

ROAD TRIP

To Wellness

Quarter 3 Road Map: Nutrition

Explore. Discover. Achieve. The Take Charge | Live Well program is taking you on an adventure through your Virgin Pulse platform with the Road Trip to Wellness! Each quarter of the program year, a new roadmap will be released with new destinations. When you complete five of the six destinations, you can submit your roadmap to tclw@virginpulse.com so you could earn up to a \$10 reward. The Q3 roadmap begins Jan. 1 and ends March 31.



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For more program information, visit das.ohio.gov/wellness

