



April 2021 | [Français](#)

2021 Wellness Challenge presented by Homewood Health

Every journey begins with a single step and a step toward wellness – especially during these difficult times – can and will take you on a journey to improve your overall health and well-being.

To help you take that step and keep your wellness in mind, Canada Post invites you and your family to join the [Wellness Challenge presented by Homewood Health](#), our Employee and Family Assistance Program (EFAP) provider. Participants are encouraged to create their own model of wellness and to take action to improve their overall health. The challenge runs from **April 19 to May 23, 2021** and registration opens on **April 6**.

How it works

- The Wellness Challenge is a five-week event where you will be given daily and weekly activities that support different aspects of wellness in your life, including nutritional, physical, emotional, intellectual and social.
- Participate individually or as part of a team. Earn points by joining fun challenges and have the chance to win prizes just by participating.
- Once registered, you will receive weekly e-newsletters with tips, advice and weekly bonus activities, and get access to the Wellness Challenge site. Keep a log of your activities and watch your points add up to a healthier you.

How to sign up

- [Register and download the Getting Started Guide here.](#)
- After you register, you will receive an e-mail from Homewood Health welcoming you to the challenge, along with a link to the challenge website

and confirmation of your username (the email you registered with) and password.

- If you have any questions about registering for the challenge, email challengesupport@homewoodhealth.com

Please continue to take care of your well-being. If you or your family need help for any reason, Canada Post's EFAP is available 24/7 at no charge. Call 1-866-565-4903 or check out our [Keep wellness in mind website](#).

