



2022 American Cancer Society Healthy You Passport

Participate in our Healthy You Passport game! Check the boxes below as you complete an activity to keep track of your progress as this information will be required when you submit for your My Health at Mercury incentive. Complete at least six *Healthy You Passport* items and you will be awarded 50 points towards your *My Health at Mercury* incentive.

WEBINAR	TIP SHEET	Videos	ACTIVITY
Talking about cancer isn't easy, but cancer screening can save lives.	A healthy eating pattern can reduce cancer risk and help control weight.	How ACS helps cancer patients and their families through NCIC.	Take a moment to check for skin cancer. Checking Your Skin for Signs of Cancer.
The American Cancer Society Reach To Recovery program connects people facing breast cancer-from diagnosis through survivorship.	The American Cancer Society offers support in your community and online to help you during and after cancer treatment. See all the resources we provide.	Learn what the American Cancer Society is doing to Remove Barriers to Cancer Screening.	Are you living smart? Thake our quiz and find out how to incorporate nutrition and physical activity into your daily life. Tips for eating well on a budget.
Podcast: Cancer Facts & Figures-the most current information about cancer.	Being physically active is one of the best things you can do for your health.	Cancer Prevention: Debunking the Myths.	Don't be fooled by rumors and misinformation about lung cancer. Get the facts.

“I played the game and completed at least six passport items above and am eligible to receive 50 points towards My Healthy At Mercury incentive.”

Don't stop there! Encourage others to create healthy habits by sharing what you learned on Mercury Yammer Group site, Relay for Life of Mercury.

CLICK THE LINK TO SUBMIT FOR MY HEALTH AT MERCURY POINTS!