



Eat the Rainbow challenge begins February. 13.

REACH is excited to provide you with the opportunity to challenge yourself eating a colorful, healthy diet by participating in this four-week challenge from **Feb. 13** to **March 12**.

To complete the challenge, and earn **25 Healthy Habit Points**, you need to report at least **75 servings** before the challenge ends. Registration is not required to participate. You will be able to back report your activities one week prior for the duration of the challenge so please plan accordingly.

You will have until March 19 to finish reporting your servings.

You can record your **Eat the Rainbow** servings on your desktop or mobile device. Visit **www.RiversideHealthcare.org/REACH** to log in and begin recording your activities on **Feb. 13!**

Employees can access the challenge by clicking on the REACH icon found on Rivernet or the Employee Self Service Portal from the Riverside network.

Login Instructions for First-Time Users:

Username: first name + last name (johnsmith)

Password: date of birth (mmddyyyy)

You will be asked to change your password after logging in.

Returning Website Users: Sign in using the username and password you've already established.