



Good Morning all,
Our office will be participating in Well-U's Operation Hydration from _____!

Operation Hydration Orientation

Increase your water intake for a chance to win prizes! Anyone who signs up for this challenge will receive a free Well-U water bottle to track their water intake. Here's how it works:

- Reply to this email to participate and receive your Starter Kit.
- On the start date, mark off each total bottle of water (32 ounces) drank on the [Well-U Operation Hydration Record Keeping Card](#).
- Once the challenge period is over, you'll send your card total bottles to _____. Its' that simple!
- Prizes will be awarded to the top three individuals on _____ and will include a variety of exciting and fun surprises! Note: In the event of a tie, a raffle made up of the top individuals will determine the winner.

What's the Situation with Other Forms of Hydration?

The only liquids that you can count towards your daily total are water, flavored water, sparkling water, and seltzer water.

NOT Included: Coffee, tea, juice, vitamin water, soda, etc.

Some Hydration Education

Mayo Clinic [guide to daily water intake](#).

The Hydration Calculation

At the end of the challenge you'll add up your daily water intake (in ounces) and send your number over to _____.

Operation Hydration Participation

To participate in our department's Well-U Operation Hydration Challenge, respond to this email by _____, then start tracking your water intake the morning of _____! All University of Rochester employees can participate.

What If I'm On Vacation?

You can still participate! Just be sure to track your water intake and submit your number to _____ on the _____.

Reply to this email to let me know if you are interested in participating!

Find other support resources on the [Well-U website](#).