

MIIA WEBINAR BUFFET

Complete at least 7 of 12 monthly webinars, answer quiz questions, and comment on your take-aways to earn a \$50 gift card!*

– SEPTEMBER 2020 through AUGUST 2021 –



JULY WEBINAR:

The Whole Story of Whole Grains

We all know by now that we should be eating whole grains instead of refined grains. But why? What health benefits do they promote? What is considered a whole grain? This webinar will answer these questions on whole grains and also share some tips on portion control and the best way to prepare grains.

Available July 1st through July 31st

Each month, you must:

- Watch the entire webinar.
- Answer 3 quiz questions about the webinar - you don't have to get them right.
- Leave a comment about your strongest take-away from the webinar.
- You must complete the above before the end of each month - no back-tracking!

Register today at MIIAWinners.org See page 2 for complete registration instructions

This is a **FREE PROGRAM** open to all MIIA employees and their spouses.

* Only MIIA / BCBS subscribers are eligible for a reward.



MIIA WEBINAR BUFFET

Complete at least 7 of 12 monthly webinars, answer quiz questions, and comment on your take-aways to earn a \$50 gift card!*

Registration Instructions

1. Go to www.miiawinners.org
2. **If you have a MIIA Winners account:** **Log in first**, then follow the link in the user portal to enroll in this new program. **If you don't have a MIIA Winners account:** Use the "Proceed to Registration" button on the MIIAWinners home page.
3. Enter the Registration Code: **buffet2020** (case sensitive)
4. Fill out the registration information and submit.
5. Once you have registered, you'll be able to access the program from the MIIAWinners user portal.

