

Quench

Stay fully hydrated and feeling your best during the Healthy Hearts! Healthy You! **Rethink Your Drink** challenge.



Register by **July 30**
at webmdhealth.com/zollwellness.

How it works

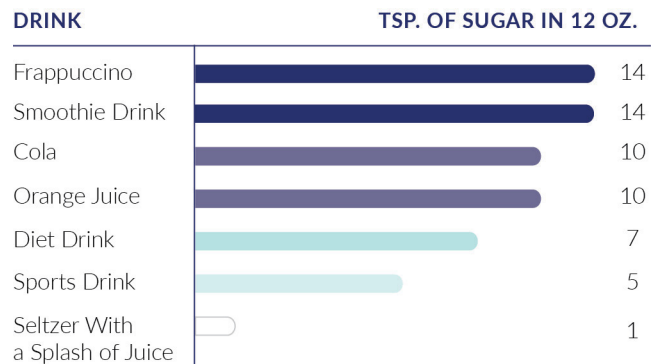
During Rethink Your Drink, track your water intake for 21 of 28 days between **July 23** and **August 19**. Drink six or more glasses for 14 days and you'll earn **50 points toward your reward** and enjoy better well-being! Just record your progress on webmdhealth.com/zollwellness.

Drink to good health

Your body weight is made of 50 to 70 percent water, making hydration important to every part of your body. By staying hydrated and replacing sugary drinks with water, you can help feel your best and prevent health issues like type-2 diabetes, heart disease, kidney disease, cavities and more.

Avoid sneaky sugars

Many drinks claim to be healthy but have high amounts of sugar in them under names like concentrated fruit juice, agave, honey, sucrose and more. See the chart below to find out how much sugar is hiding in popular drinks.



Find support from a coach

Stay motivated and on track toward your goals—during the challenge and beyond!

Connect with a health coach today by calling **866.513.2506**

or visiting webmdhealth.com/zollwellness.

SOURCE

Mayo Clinic: "Water: How much should you drink every day?", Centers for Disease Control and Prevention: "Rethink Your Drink", National Geographic Area Coordination Centers: "Are You Hydrated? Take the Urine Color Test", American Heart Association: "Rethink Your Drink: Reducing Sugary Drinks in Your Diet", Harvard Health Publishing: "How Sweet Is It?"



Doctor Verified

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