



## The MIIA 30 Day Challenge comes to All MIIA Accounts

A 30-Day Clean Eating Program  
Starting on Monday, October 18, 2021

Are you feeling low energy, achy and just plain blah? Ready for a jumpstart?

The MIIA 30 is a 30-day eating challenge that will have you eating some of the healthiest and most delicious foods in the world while decreasing inflammation, improving your gut microbiome and generally just making your whole body feel better.

**Register today at [MIIAWinners.org](https://www.miiawinners.org)**

Registration deadline is Friday, October 15, 2021  
See page 2 for complete registration instructions

### The MIIA 30 Includes

- 80 breakfast, lunch and dinner recipes
- Daily instructional videos with Bill Bradley, R.D.
- A food journal
- Daily challenges
- If you are a MIIA/BCBS subscriber, you may be eligible to win a prize for participating

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Use MIIA Winners on  
your SmartPhone or  
iPad. Instructions at  
[www.miiawinners.org](http://www.miiawinners.org)

## Registration Instructions

1. Go to [www.miiawinners.org](http://www.miiawinners.org)
2. **If you have a MIIA Winners account:**  
Log in first, then follow instructions 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: 30DAY2021 (case sensitive)
4. Agree to and initial "Risk and Release Form"
5. Fill out the registration form.
6. Once you have registered, you're done till the program launches.
7. On Monday, October 18, 2021 you'll receive an email to let you know the program has begun!