

# WELLNESS PROGRAM

## *“Step Up To 10,000 FIT Challenge”*

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### SUMMARY

Walking is an excellent activity for improving your health, increasing your fitness, and managing stress. 10,000 steps is the recommended amount to achieve daily! We encourage you to participate in this challenge, at least 5 days a week, over the next 3 months. Tracking your steps (or activity which can be converted into steps) will all be done on the wellness website!

### OVERVIEW

**DATES:** The challenge begins **7/2/2018** and ends on **9/30/2018**

**ELIGIBILITY:** ALL Employees!

**CHALLENGE:** Complete 10,000 steps (or activity equaling 10,000 steps) per day at least 5 days a week. Track your steps using a fitness device or through the wellness portal.

**REWARDS:** *The most important reward is the improvement of your own health – **PRICELESS!***

- **Monthly Drawings:** There will be a monthly drawing for employees who entered their activity into the Health Advocate Wellness Portal. There will be two winners per division who will each receive a \$250 VISA e-gift card.
- **Program Completion:** At the end of the challenge, employees who entered their activity for all 3 months of the challenge, into the Health Advocate Wellness Portal, will each receive 50 incentive points.
- **Healthy Change Rewards Incentive Mail:** Incentive points are converted to dollars (1 point = \$1.00) which can be used to purchase e-gift cards, from over 40 merchants including Amazon and VISA! This will ensure that the incentive is meaningful for every employee!

