



250K STEPS APPS & DEVICES MOVEMENT

SIGN-UP BEGINNING: 10/1/17

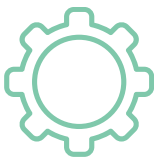
CHALLENGE STARTS: 1ST day you sync your device

CHALLENGE ENDS: 12/31/17 (points awarded once device is synced and 250K steps have been completed)



Get connected and get moving with the 250,000 Steps Apps & Devices Movement.

Release stress with a walk, get in cardio by jogging, or work toward weight-management goals with a run. Whatever you do, getting active helps lower your risk of some chronic diseases. Now, you can see how far you've gone!



HOW IT WORKS:

Sync a compatible health app or device and then get moving! Need to know if your device will work or which one is compatible? Check here: www.myappsanddevices.com and look under the **Steps Challenges** section.

A few recommendation from SCHOOLCARE participants:

Are you the type that likes to carries your smart phone with you? Try one of these three FREE apps: Moves, BeWell Connect or Yoo Challenge.

Looking to purchase a device? Try a FitBit or Garmin devices. They are rated best fitness trackers in 2017, are reasonably priced easy to find, and easy to sync!



HOW TO SYNC DEVICE:

- Scroll to the bottom of the homepage at www.connect.viverae.com and click on **Connect a Device**
- Select your device from the list of compatible trackers
- Click **Connect**

YOUR GOAL:

Reach 250,000 steps by the end of the quarter and earn incentive (\$50 for employees, \$25 for spouses & retirees)

Questions about this challenge or your wellness program? Call 888-VIVERAE (848-3723).

*Consult your physician before a new physical activity program, especially if you are a man over 40, woman over 50, or if you experience chronic health problems, such as heart disease, diabetes, or obesity.

Cash incentives, payments, and rewards paid to wellness program participants are taxable income. Please review with your tax consultant for more information.

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