



250K STEPS MOVEMENT APPS AND DEVICES



Get connected and get moving with the 250,000 Steps Movement!

Release stress with a walk, get in cardio by jogging, or work towards 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!



CHALLENGE DATES:

Sign-up: 4/1/2018

Challenge Runs: Begins 1st day you sync device, ending 6/30/2018

HOW IT WORKS:

Sync a compatible health app or device and then get moving! Not sure if your device is compatible? Check here: www.myappsanddevices.com and look under the **Steps Challenges** section for a complete list.



HOW TO SYNC ' \ yk ' DEVICE:

- Visit connect.viverae.com
- Click on Connect a Device on the bottom of the homepage
- Select
- Click **Connect**

For instructions on syncing your Apple watch to the Connect app, click [Here](#).

A few recommendation from SCHOOLCARE participants:

Are you the type that likes to carry 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 going into 2018 and are reasonably priced, easy to find, and easy to sync!



YOUR GOAL: Reach 250,000 steps by the end of the quarter and earn your incentive (\$50 for employees, \$25 for spouses & retirees). Points awarded when device is synced during the quarter and challenge has been completed.

**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.

**Questions?
Contact Viverae at 888-833-5829.**