

250K STEPS MOVEMENT

Register each Quarter to participate!



Connect and get active using an app or device.

Whether you want to release stress with a walk, improve cardio endurance by jogging, or work toward weight-management goals with a run, there are many ways to get active*. Whichever you choose, being more active is a great way to lead a healthy lifestyle.

HOW IT WORKS

Sync a compatible health app or device and then start moving! Check if your device will work here: MyAppsAndDevices.com. For instructions on syncing your Apple watch to the Connect app, [click Here](#).

Once you're set up, sign up for the quarterly 250K Steps Movement Challenge under the **Well-being > Activity tab** on connect.viverae.com or through the Viverae app.

You must sign up for the challenge each quarter.

YOUR GOAL

Once you've signed up for the quarterly challenge, reach 250,000 steps by the end of the quarter and earn \$25.00. Remember, points = dollars!

BENEFITS

Regular physical activity can help you:

- Maintain a healthy weight
- Lower your risk of some chronic diseases
- Help strengthen your bones and muscles

Now, you can keep track of how far you go! Some of our compatible devices include Fitbit and Garmin, as well as apps like MyFitnessPal and Moves.

NEW 7/1/2018

Employees now have the: **250K Step Plus Movement!** Keep the momentum going, for each additional 250K steps taken you can earn an additional \$25.00 (up to \$75.00 per quarter)!

**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.*

Questions?
Call Viverae at 888-833-5829