



THE CHALLENGE 200,000 Steps Over 4 Weeks

registration opens
July 24

challenge dates
Aug 7 - Sept 1

## **ENROLL**

- AvMed members visit HealthyRoads.com
- Select "Challenges"
- Click on "Hustle Up and Thrive this Fall Steps Challenge"

## CONNECT

Connect a compatible device to track your progress:

■ Select "My Health" tab, followed by "Connected"

## EARN POINTS

Upon completion of the challenge, you will receive 25 points toward your 75 point goal for the quarter. For each quarter in which you earn 75 points you will be entered to win one of the many \$250 drawings (subject to payroll taxes).

## **MORE INFO**

For more information contact WellnessWorks@miamidade.gov

Presented by the Human Resources Department's Benefits and Employee Support Services Division









To request materials in accessible format, sign language interpreters, and/or any accommodation to participate in any County-sponsored program or meeting, please contact Myra.Marlow@miamidade.gov five days in advance to initiate your request. TTY users may also use the Florida Relay Service by calling 711.