

On the Move and Steppina this



Steps Challenge

The Challenge 235,000 Steps over 4 Weeks

Registration Opens April 15

Challenge Dates April 29 - May 26

As the flowers bloom this spring, now's the time to get on track and achieve a healthier you.

Join this challenge and step up your physical fitness and enjoy the great outdoors.





Sporas

- AvMed members visit <u>HealthyRoads.com</u>
- Select "Challenges"
- Click on "On the Move and Stepping this Spring 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 in a raffle to win \$250 wellness rewards (subject to payroll taxes).

More Info

For more informvation contact WellnessWorks@miamidade.gov

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









To request materials in an accessible format, sign language interpreters, and/or any accommodation to participate in any County-sponsored program or meeting, please contact Takia Burnett at 305-375-4585 or takia.burnett@miamidade.gov five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service).