

On the Move and Stepping this Spring 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.



Enroll

- AvMed members visit HealthyRoads.com
- 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 information contact WellnessWorks@miamidade.gov

