

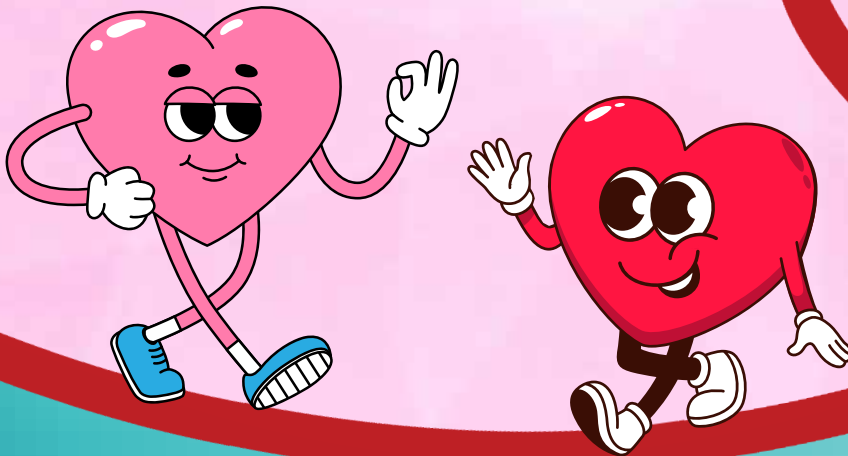
THE WELLNESSWORKS PROGRAM INVITES YOU TO PARTICIPATE IN OUR QUARTERLY STEPS CHALLENGE

2024 STEPS CHALLENGES  
Q1  
2024 STEPS CHALLENGES

# BOOST YOUR STEPS TO BUILD YOUR BEATS

## STEPS CHALLENGE

WALKING CAN BOOST YOUR  
OVERALL PHYSICAL HEALTH  
AND MENTAL WELL-BEING.  
JOIN THIS CHALLENGE AND  
WALK YOUR WAY TO A  
HEALTHIER YOU



FEBRUARY IS  
HEART MONTH

### THE CHALLENGE

210,000 STEPS  
OVER 4 WEEKS

### REGISTRATION OPENS

FEBRUARY 5

### CHALLENGE DATES

FEB19 - MAR16

### ENROLL

- AvMed members visit [healthyroads.com](https://www.healthyroads.com)
- Select “Challenges”
- Click “Boost Your Steps to Build Your Beats Steps Challenge”

### CONNECT

Connect a compatible device to track your progress:

- From dropdown menu under the “Connected! Tab,” select “Apps and Devices”

### 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](mailto:WellnessWorks@miamidade.gov)

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



I THRIVE @  
MIAMI-DADE COUNTY



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](mailto:takia.burnett@miamidade.gov) five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service).