The Human Resource Department's WellnessWorks Program invites you to participate in our Quarterly Steps Challenge

Spring into Better Health THIS CHALLENGE WILL HELP YOU INCREASE **Steps Challenge** YOUR PHYSICAL ACTIVITY. AS YOU HAVE FUN EXPLORING THE GREAT OUTDOORS AND FRESH BLOOMS THIS SPRING SEASON

THE CHALLENGE 150,000 Steps in 4 weeks **REGISTRATION OPENS** APRil 10

CHALLENGE DATES APRil 17 - May 19

ENROLL

- AvMed members visit **HealthyRoads.com**
- Select "Challenges"
- Click on "Spring into Better Health **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 guarter 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.