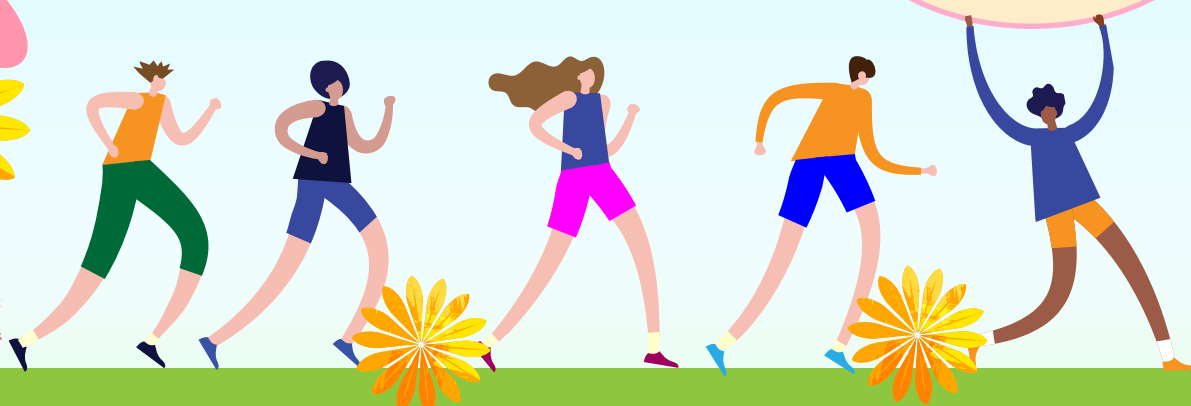




# SPRING into BETTER HEALTH Steps Challenge

THIS CHALLENGE  
WILL HELP YOU INCREASE  
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 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)