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

GET FIT and GLOW

AWAKEN A FRESH, GLOWING, ENERGETIC AND HEALTHY SIDE OF YOU

SPRING STEPS CHALLENGE

This four-week challenge will help you move more and have fun exploring the great outdoors as fresh flowers bloom this spring season.

ENROLL
- AvMed members visit HealthyRoads.com
- Select “Challenges”
- Click “Get Fit and Glow Spring Steps Challenge”

CONNECT
Connect a compatible device to track your progress:
- Select “My Health Tab”, followed by Connected

MORE INFO
For more information contact WellnessWorks@miamidade.gov

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. WellnessWorks rewards are subject to payroll taxes.

BONUS PRIZES
Accumulate 150,000 and submit a photo to WellnessWorks@miamidade.gov, of you enjoying an outdoor walk, for a chance to be featured in the monthly newsletter and entry into a bonus prize drawing.

- Tritan Single Wall Water Bottle
- Fit Bit Inspire 2
- Apple Smart Rope
- Frozen Yogurt Maker

THE CHALLENGE
150,000 Steps over 4 Weeks

REGISTRATION OPENS
April 25

CHALLENGE DATES
May 2 - May 28