

Spring into ACTION!!!



Spring has sprung! Flowers blooming, fresh air, birds chirping, and a little rain to wash away the pollen. How are YOU feeling this season? When the seasons change, it's always a great time to reflect and make the necessary adjustments for us to live and feel GREAT.

Join the "Spring Into Action" steps challenge with Wellness Works to earn 25 wellness points towards a chance to receive \$250 in the quarterly wellness rewards drawing. So get out there and get moving!

From May 6th – June 2nd, your goal is to reach 125,000 steps.

To track your progress, simply use one of the devices compatible with MDC's Wellness Works Connected program.

Contact your Wellness Liaison to find out how to receive a *FREE Fitbit Flex 2™ activity tracker if you have not already received one.



REGISTRATION BEGINS APRIL 23rd

To enroll in the steps challenge, visit www.healthyroads.com and log in to your account. • Click on **Challenges** • Select **"Spring into Action"**

Need to connect a device?

Once logged into www.healthyroads.com, click the "My Health" tab at the top of the page, followed by "Connected!"



* Employees that received a Free Fitbit through the Wellness Works program in the past are not eligible for another free Fitbit.

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 wellness rewards (subject to payroll taxes.)

For additional information contact the Wellness Works team by emailing WVOnsiteCoaching@AvMed.org.

Human Resources...Matters!

