

2019 Get Active Challenge

Be Rewarded for Being Well

Complete ALL 3 fitness challenges offered between 1/1/19 and 9/30/19 to qualify for cash award in October 2019. If employee completes all three challenges, he or she will receive monetary award in their October paycheck (\$385). If employee and spouse both complete all three challenges, employee will receive increased monetary award in their October paycheck (\$483).

How to Participate

Challenge 1 1/1/2019 – 3/31/2019

Challenge 2 4/1/2019 – 6/30/2019

Challenge 3 7/1/2019 – 9/30/2019

Track a total of 1,950 minutes of physical activity or track a total of 650,000 steps during each challenge period to complete the challenge. All three challenges must be complete to qualify for award.

To be successful, participants are encouraged to set a goal to be active for a minimum of 150 minutes each week or to walk a minimum of 50,000 steps each week.



To get started, **go to www.DekalbHealthWellness.com**. Upon logging in you will arrive at your personal wellness dashboard.

Click the Get Active icon (shown left) to access your challenge homepage and participate in the Get Active Challenge.

Track your physical activity one of two ways:

1. Sync a compatible fitness device to the wellness portal to have your physical activity updated to your challenge homepage automatically.
 - If your fitness device is not supported on the portal, you can upload screenshots from your fitness device's app that include the date and steps or minutes of activity recorded for that date.
2. Upload a completed Activity Verification Form that is signed by your chosen fitness center. You can download a blank Activity Verification Form from your challenge homepage. You can also upload a signed print out of your gym attendance provided by your fitness center.

For portal support, call 260.434.0909 or email support@cws4life.com