

MMHG Wellness Presents:

REACH THE PEAK STEP CHALLENGE

April 6th—May 24th

Registration Begins March 23rd

WIN RAFFLE PRIZES

Grand Prize Raffle

(to be held on May 25th)

Each peak you reach will enter you in a raffle for a chance to win a **\$50 Dick's Sporting Goods Gift Card** (that's one \$50 gift card for each peak – 7 in total!)

Mt. Kosciuszko

Mt. Vinson

Mt. Elbrus

Mt. Kilimanjaro

Mt. Denali

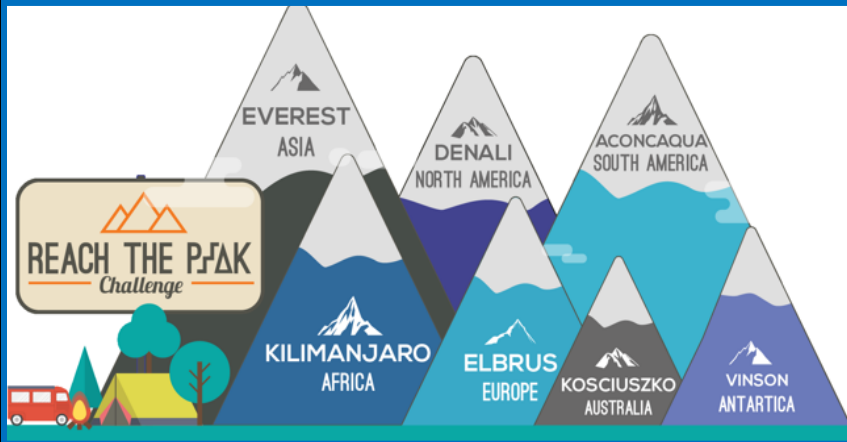
Mt. Aconcagua

Mt. Everest

In addition we'll raffle 7- **\$25 Gift Card Vouchers** (you choose from over 100 vendors) among all participants.

Participation in the Reach the Peak Challenge is FREE and open to all employees & retirees of MMHG member units and their dependents age 18+.

Always check with your medical provider before making changes to your exercise or diet routine.



Grab your hiking shoes and get ready to travel the world!

Participants in the 7 week **Reach the Peak Challenge** will earn Wellable Points (by logging their steps) to virtually climb the highest mountain peaks on each of the seven continents for a chance to win raffle prizes! Along their journey, participants receive interesting health tips about the regions of the world they visit.

How to Participate-
Registration begins March 23rd

Create a MMHG/Wellable Account at:

<https://app.wellable.co/mmhg>. Once you've successfully registered you'll receive an email with log in instructions and information on how to connect & get started. Having Trouble? Contact support@wellable.co or call 774-773-9306.

If you already have a MMHG/Wellable Account, you're all set! Just log into your MMHG/Wellable account beginning 3/23 and check the **bulletin board** for information on how to get started.