

MMHG WELLNESS PRESENTS:



Step it up!



SPRING WALKING & ACTIVITY CHALLENGE

April 29th– June 9th



Weekly Raffles:

May 6th	1- \$25 Gift Card Voucher
May 13th	1- \$25 Gift Card Voucher
May 20th	1- \$25 Gift Card Voucher
May 27th	1- \$25 Gift Card Voucher
June 3rd	1- \$25 Gift Card Voucher
June 10th	1- \$25 Gift Card Voucher

*Gift Card Voucher– you choose the gift card you want from over 100 vendors

Grand Prize Raffle (June 10, 2024):

6- \$50 Amazon Gift Cards

Winning Team Prizes:

The MMHG member unit team that earns the most Wellable points during the challenge will win a **Well-Being Journal** for each team member. We'll choose another team randomly by raffle to win the same prize too!

All registered participants in the MMHG Spring Activity Challenge that log miles on the Wellable website each week are eligible to win prizes in the weekly raffle and the grand prize raffle. Grand prize raffle and top team prize to be announced on June 10, 2024.

Learn more about MMHG Wellness at

www.mmhg.org/wellness

Step it Up! is a 6 week team-based ACTIVITY program with user friendly online tracking that helps you view your progress. It's easy to sign up and easy to use.

What if I'm not very active? If you're not very active but are able to walk, start slow and increase your walking distance gradually. You can also manually enter other types of physical activity during the Challenge and it will convert the activity to steps. Once registered, check the challenge bulletin board for instructions. Even 10 minutes of activity is beneficial!

Challenge your Coworkers & Spouse. Your MMHG member unit will be your team, so encourage your coworkers to join! Retirees & dependents over age 18 from MMHG member units are also eligible to participate in the program. **The team that earns the most points will all win a prize.**

Win Prizes. All participants who register for the challenge and log miles each week will be entered in the weekly raffles and grand prize raffle.

Get Motivated. We'll send you weekly emails with new challenges and frequently update the Wellable online bulletin board with walking tips to help keep you on track. Have fun while you track your team's progress and "compete" with other MMHG member units!

Improve your Health. Every journey begins with a decision to get started. Take the first step to becoming more active by registering for the MMHG Wellness Spring Walking & Activity Challenge!

How to Participate– Registration Begins April 22nd!

You'll need a MMHG/Wellable Account:

~Create a 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.

~If you already have a Wellable Account from participating in previous MMHG Challenges, you're all set! Just log into your Wellable account at <https://app.wellable.co/login> and check the challenge bulletin board for information on how to get started.

Having Trouble Registering or Logging in? Send an email to support@wellable.co