



February 7, 2020

Are you ready to challenge yourself while taking steps to be a healthier, happier you? If you haven't done so already, register for Sharecare today at peehip.sharecare.com and sign up for the 5K-a-Day Steps Challenge!

The goal is simple – track 5,000 steps for at least 21 days this month to complete the challenge. Not a big walker? Don't worry! You can convert other daily activities to steps to boost your numbers. All participants who complete the challenge are automatically entered to win one of 100 available wellness prize packs.

Joining the challenge is easy:

- ◇ Log in to your account at peehip.sharecare.com.
- ◇ Select the **Achieve** icon and navigate to **Challenges**.
- ◇ Select **Upcoming** from the dropdown box in the upper right corner.
- ◇ Select the February **5k-a-Day Challenge** and **Join Now**.
- ◇ Participation is **not** a required activity to earn your \$50 monthly wellness premium waiver.

If you prefer not to visit the website or download the app, you can also access the *Choose Well, Live Well* wellness program by calling Sharecare at 855.342.6809.

Don't miss out on the opportunity to challenge yourself and get rewarded!

Statement of Nondiscrimination: PEEHIP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Multi-Language Interpreter Services: **Spanish:** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.877.517.0020 **Chinese:** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1.877.517.0020

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