

4TH ANNUAL ST. PETER'S HEALTH

60-DAY STEP CHALLENGE

MAY 19 TO JULY 17, 2022

St. Peter's Health Wellness is teaming up with HealthyWage®, BCBSMT and Wells Fargo to offer **money** for the 2022 Step Challenge!

STEP
1

Starting May 19, 2022, download the HealthyWage app on your smartphone to register for the 60-day challenge (scroll to the bottom and search for the St. Peter's Health challenge) or visit www.healthywage.com/steps/stpetes/ from your phone to download the app. The first 500 people to register will pay a reduced registration fee of \$35 (can be split over 2 months). You can also find instructions and additional details at www.sphealth.org/stepchallenge.

STEP
2

Once you register, connect your tracking device to your HealthyWage app. If you have any issues, contact info@healthywage.com or 1-888-636-3832.

STEP
3

Encourage all friends, family, co-workers and community members to join the challenge. After the first 500 register at the reduced rate, registration costs will double to \$70 (\$35/month for 2 months). All winners will split the pot, winning at least the full registration fee or more. The more people that register, the more money in the pot, and the more you could win!

STEP
4

Challenge starts May 19 and ends July 17. Teams can be made up of two to six people but are just for fun and encouragement. **The challenge is 100 percent individual!** If you've already been tracking, your challenge is to average a 25% increase in your steps while those who will just start to track will be given a baseline average. If you meet your average over the 60-days you win!

IMPORTANT THINGS TO NOTE:

- Only the first 500 registrants are eligible for the reduced registration.
- Steps are logged either using a wearable device or by smartphone (no manual entry allowed). FitBit, Garmin, Apple Health and Google Fit are compatible. Contact HealthyWage at info@healthywage.com or 1-888-636-3832 for specifics on the app, your tracking devices, and any registration questions.
- If you don't have a 45-day previous average, baseline steps will automatically be calculated at a 10,000 steps/day average. If you don't meet your steps on one day, you can make them up another day during the challenge.
- Registration is open now and the challenge runs May 19 to July 17, 2022.
Download the HealthyWage app today!