

Kick-Start Healthier Habits!

Participate Physical Activity Challenge!

CHALLENGE BEGINS MARCH 29, 2015!

Develop healthier habits and earn a \$100 co-share incentive credit* by tracking your steps OR exercise minutes every day for four (4) weeks.



Submit the Paper Tracker Form at the **end** of the challenge. Submissions prior to April 25 will **not** be accepted.

The form is available at

www.wellness.ri.gov or from your HR Department.



**Deadline for Paper Tracker Form
submissions is May 8, 2015.**

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*All State of Rhode Island employees are eligible to participate in Rewards for Wellness activities, but only employees who are paying State employee medical co-shares posted at www.employeebenefits.ri.gov are eligible to receive incentives for co-share credit.