

GO

RUN WALK KRIE R I P T R I P H I K E B O A T J O G D I V E K A Y A K P A S S T R E K O A N T E R B E N D D A N C E
K A Y A K P A S S T R E K O A N T E R B E N D D A N C E S W I M R U N W A L K K R I E R I P L I V E L I F E L I V E L Y

It's Time... **GO!** Sign Up for HealthMiles.

Today's the day! With HealthMiles, it pays to be active—and we've made it easy to sign up. Click [here](#) to read more about the HealthMiles program.

To enroll, log in to the HealthFlex/WebMD Web site (go to www.gbophb.org and select "HealthFlex/WebMD") and click on the "Join Now" link at the top of the page.

Once you fill in your contact information, Virgin HealthMiles will send you a **FREE** pedometer. Fill out a health and fitness questionnaire—earn your first 1,000 HealthMiles.

Remember, you can **EARN UP TO \$300** a year for getting active. Plus, signing up will make you eligible for other HealthFlex incentives in 2009. Don't miss out!

It only takes a few minutes, and then you're off walking, jogging, biking...whatever you do to keep moving!

HealthMiles and HealthCash

Once you join the program, you'll earn HealthMiles for tracking and improving your activity. As you achieve different levels, you're rewarded with HealthCash.

Give HealthCash to charity, redeem it for gift cards (e.g., Target and Best Buy) or write a check to yourself.



Join Today!