



READY

RUN WALK RIDE RIP TRIP HIKE BOAT JOG GOLF KAYAK PASSTREK CANTERBEND DANCE  
KAYAK PASSTREK CANTERBEND DANCES WIM RUN WALK RIDE RIP LIVE LIFE LIVELY

## Get READY to Get Active and Get REWARDS from HealthFlex and the *Center for Health*

It's pretty simple: Get out there, get moving and we'll reward you—**up to \$300** a year! And you'll feel better, too. How's that for a reward?

Nothing too taxing—you don't need to be the next Lance Armstrong. An afternoon spin on that old 10-speed is just fine. So, dust off the seat and get ready.

We'll send you more details about HealthMiles later this month. HealthMiles is a new, free HealthFlex wellness benefit brought to you by Virgin HealthMiles. Signing up is as easy as riding a bike.

**Ride on!**

Stay tuned for more details about signing up this January.  
In the meantime, **read more** about the HealthMiles program.