



LIVE LIFE LIVELY

SET YOUR SIGHTS ON REWARDS

You can earn up to **\$300** for getting active, getting fit and losing those extra pounds. Stuff that's good for you anyway! And it's a free HealthFlex wellness benefit—so, why not sign up?

Here's what you'll receive:

- a "GoZone" pedometer to track your daily physical activity,
- a personal "LifeZone" Web site for monitoring your progress,
- rewards that you can redeem as gift cards for national retailers (e.g., Target and Best Buy) or as checks you can use to donate to a charity or write to yourself,
- challenges and competitions to keep things exciting,
- an opportunity to compete with other districts or departments within your plan sponsor group,
- all the health benefits of being physically active, and
- so much more!

Sign-up is only a short time away!



The GoZone Pedometer

- Accurately tracks steps, distance, and calories burned
- Easily and securely uploads to your PC
- Captures all daily activities, whatever fits your lifestyle

HealthMiles is brought to you by HealthFlex and the *Center for Health*.
Be on the lookout for more information on the **HealthFlex/WebMD** Web site.