

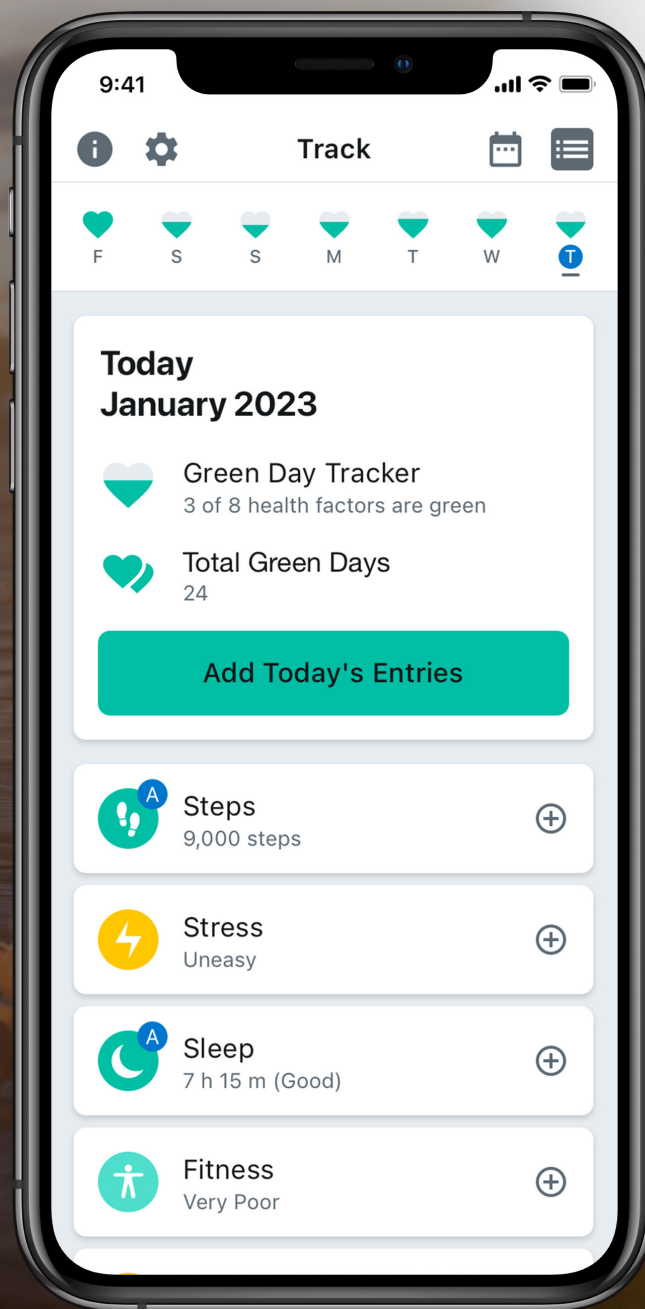


# JOIN AN UPCOMING STEPS CHALLENGE

A good pair of walking shoes and a few minutes each day can boost your mood and improve your health. Let the Steps Challenge be your motivator to get at least 7,000 steps a day!

Plus, earn 40 points towards the reward of your choice:

- \$150 Sharecare Rewards Visa® Prepaid Card **OR**
- 480 well-being incentive credits



**Sign up at [BeWellSHBP.com/Step](https://BeWellSHBP.com/Step)**

Steps Challenge is offered in January, April, July, and October 2023.

## Step

**Take** at least **7,000 steps** for **21 days** during the month to meet the goal.

## Track

**Track your steps** and enter at least 21 days in your Sharecare account.

## Earn

Members who meet the challenge goal will earn **40 points**.