BESTHealth

A Healing Journey to Your *Total Wellbeing*

Rejuvenate your mind, body and spirit with weekly messages and tips during this six-week journey.

The goal is to log at least **10,000 steps, five times per week (Monday - Sunday) during the 6-week challenge period**. Each week you meet the goal, your name will be entered into the drawing for **weekly prizes of $50** that can be used in the Awardco gift card mall. Also, your name will be entered into the drawing for the **grand prize of $200** that can be used in the Awardco gift card mall.

The challenge begins April 15, 2019 and runs through May 26, 2019 and includes weekly tips and tools to help get you on the path to wellbeing!

To register:

- Click on "Challenges" from the menu on the inHealth mobile app or web-based portal at **https://portal.inhealth4change.com**
- Click on the **Total Wellbeing Challenge**
- Click "Enroll" to get started

To log your steps (in the inHealth mobile app or web-based portal):

- Click on "Health Tracking" from the main menu of the web-based portal at **https://portal.inhealth4change.com** or the inHealth mobile app
- Click on **Steps**
- Click **Add** at the top right corner of your screen
- Select **Manual Add, From Google Fit, From Fitbit** or **From Apple Health**
- For syncing information, return to main menu and select **Support** tab
- If you select **Manual Add**, select date and add steps

Be sure to add the correct date when logging your steps.
Winners will be announced every Tuesday during the challenge!

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