



MASSACHUSETTS

GET READY FOR A LITTLE HEALTHY COMPETITION

The ahealthyme Steps Challenge kicks off soon. Team up with co-workers and take a step toward healthier living!

Registration: 4/4/22 to 4/17/22
Challenge: 4/11/22 to 5/23/22



STEPS CHALLENGE OVERVIEW

The ahealthyme Steps Challenge is an engaging program that guides you toward better health and well-being. You and your co-workers can log as many steps as possible during the challenge period – and encourage each other along the way.

Steps can be logged daily by signing into the ahealthyme website and entering data in the Steps Log, or by syncing your FitBit.

Join for a chance to win! The first 25 registrants will earn a \$25 gift voucher and the Top 10 participants will be entered into a \$100 raffle!

If it's unreasonably difficult or medically inadvisable for you to participate in this challenge, contact your human resources department to learn about alternative activities. Recommendations of your personal doctor will be accommodated.

Sign Up

Go to ahealthyme.com/login today!



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ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).