



MONTAGE
Health

Couch to 5k Challenge

INDIVIDUAL WALKING CHALLENGE



COMING SOON!

FEBRUARY 17TH, 2025 - MARCH 28TH, 2025

Participation Made Easy

Easily sync your device, check the Challenge Leaderboard, track your habits, and even confirm your Wellness Program completion status with the Wellworks For You Mobile App! Download through the Google Play or App Store to get started.

**Google Chrome is the recommended browser when participating in challenges on the Wellness Portal.*



Register for the Challenge

- Log into the **Wellness Portal**
- Click the **challenges** button under the wellbeing desktop on the homepage.
- Select the **Couch to 5K** challenge under **Activate**.

For more information on the Couch to 5K Challenge visit the Wellworks portal.

Questions

If you have any questions, please reach out to your Wellness Team

800.425.4657 | www.wellworksforyoulogin.com

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