



250K STEPS

SYNC YOUR DEVICE AND GET MOVING!

Get connected and get active by logging 250,000 steps on your app or device.

Whether you want to release stress with a walk, get in cardio by jogging, or work toward weight-management goals with a run, there are many ways to get active.* Whichever you choose, getting active is a great way to lead a healthy lifestyle.

BENEFITS

Regular physical activity can help you:

- Maintain a healthy weight
- Lower your risk of some chronic diseases
- Help strengthen your bones and muscles

Now, you can keep track of how far you go! Some of our compatible devices include Fitbit and Garmin, as well as apps like MyFitnessPal and Moves.

HOW IT WORKS

Sync a compatible health app or device and then get moving! Check if your device will work here:

[MyAppsAndDevices.com](https://www.simplywell.com/my-apps-and-devices)

Once you're set up, you can earn 45 program points for logging 250,000 steps.

Register and track your progress on connect.simplywell.com or the SimplyWell® mobile app under the **Well-being** section.

TIP: If you're using an Apple Watch, sync your Apple Health app using the SimplyWell mobile app. Log in to the SimplyWell app at least once every 30 days for your Apple Health data to sync. If more than 30 days passes without a log in, only the previous 30 days of data will sync.

*Consult your physician before a new physical activity program, especially if you are a man over 40, woman over 50, or if you experience chronic health problems, such as heart disease, diabetes, or obesity.

Get moving today!

Questions about your wellness program?
Call 888-848-3723.