



WYOMING ON WELLNESS

2024

# Program Overview

## What is Walkingspree?

Working long hours and juggling busy schedules can make physical activity seem like a challenge to accomplish. Walkingspree is the perfect solution to motivate you to engage in an active and healthy lifestyle. Use Walkingspree as your daily tool to set goals, track activity, challenge your co-workers, earn rewards, and step into better health!



## Walkingspree Points Chart

ACTIVITY	POINTS EARNED	POINTS CAP
Reach daily goal of 3,000 steps a day through Walkingspree	3 (per day logged)	90 per month
Reach daily goal of 7,500 steps a day through Walkingspree	3 (per day logged)	90 per month
Reach daily goal of 10,000 steps a day through Walkingspree	3 (per day logged)	90 per month
Logging 12,000 steps a day through Walkingspree	100	1 per month
Participating in a Les Mills workout video available on the Walkingspree app	50 per video	Unlimited
Taking an annual financial wellness assessment	1,000	1 per year
Getting a blood draw at <b>Wyoming Health Fairs</b>	1,000 (per screening )	2 per year
Attending a seminar or webinar; see the <b>Events page</b> for current events and details	1,000 (per event)	Unlimited
Getting your annual well visit with an in-network provider	5,000	1 per year
Taking the Cigna Health Assessment through <b>myCigna.com</b>	5,000	1 per year
Participating in fitness and wellness challenges every quarter; see the <b>Events page</b> for current events and details	5,000 (per challenge)	3 per year
Participating in a pop-up challenge through Walkingspree	500 (per challenge)	Unlimited

**For every 100 points that you earn, you'll receive a raffle ticket for a \$50 gift card. Raffle drawings will be done quarterly with hundreds of gift cards given away each quarter!**

Incentives are for employee subscribers on the State of Wyoming Cigna health plan. Spouses, children over 18, and State of Wyoming employees who are not on the Cigna health plan are welcome to join Walkingspree but are not eligible for the incentives.



Need help? Contact us at [support@walkingspree.com](mailto:support@walkingspree.com)

