



WYOMING ON WELLNESS

FINANCIAL FITNESS CHALLENGE



April 3 - 30

Take some time to focus on financial wellbeing. Financial wellbeing is a continuous journey of building resilience and making adjustments to maintain financial equilibrium, not only to make ends meet but also to enjoy a more stable, healthy and successful life.

Learn valuable tips along the way as you meet weekly step goals and earn the badges!



Watch a Free Financial Wellness Webinar and earn 1000 pts

Apr 3 - 9
6,000 avg. steps/day
250 points



Meet with a Financial Advisor for a Free 30-Minute Financial Wellness Checkup

Apr 10 - 16
7,000 avg. steps/day
250 points



Take a Free Financial Wellness Assessment and earn 1000 pts

Apr 17 - 23
8,000 avg. steps/day
250 points



Keep Stepping to Earn Points for a Chance to Win a \$50 Gift Card

Apr 24 - 30
9,000 avg. steps/day
250 points

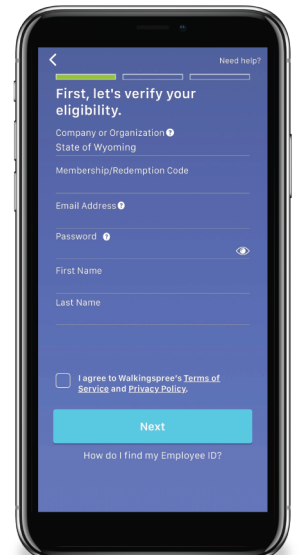
REGISTER TODAY!



- Download and Open the Walkingspree App
- Tap Sign Up
- Select State of Wyoming from the Drop Down Menu
- Membership/Redemption Code: **WYOMINGONWELLNESS**
- Connect your Phone and/or Devices by following the prompts

Be sure to open your Walkingspree app every few days to update your steps! Fitbit and Garmin users should open the Fitbit or Garmin app first and then open the Walkingspree app to ensure all steps are synced.

Walkingspree will never share your data with outside parties. Your employer will only receive your step count for any incentives offered for challenges. You may participate within the app anonymously by choosing your own screen name.



Have questions about the Wyoming on Wellness program? Email WyomingHealthyLife@Cigna.com
Need help with Walkingspree? Contact us at support@walkingspree.com

