



WYOMING ON WELLNESS

# Cigna Steps Challenge

May 15 – June 25



During this 6 week challenge, focus on completing the activity each week. Register your Cigna account, get your free blood drawn done, take the Cigna health assessment, schedule and complete your annual physical - all while getting your steps in!

Earn all 6 badges over this 6 week challenge to be entered into a raffle for gift cards!



**May 15 - 21**  
Register for myCigna, if you haven't already.  
5,000 Avg. steps/day



**May 22 - 28**  
Go for your free blood drawn at WHF  
6,000 Avg. steps/day



**May 29 - June 4**  
Take the Cigna Health Assessment  
7,000 Avg. steps/day



**June 5 - 11**  
Schedule your annual well visit exam  
8,000 Avg. steps/day



**June 12 - 18**  
Prepare and plan for your upcoming doctor visit (and get a \$10 gift card).  
9,000 Avg. steps/day



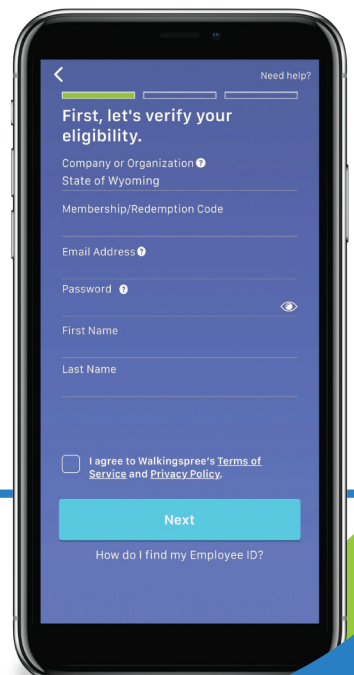
**June 19 - 25**  
Go to your annual checkup.  
10,000 Avg. steps/day

## Register Today!

- Download the Walkingspree App from the Google or Apple Playstore
- Tap Sign Up
- Type in State of Wyoming and click the pop-up
- 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.



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

