



## Physical Activity Challenge

Did you know that adults need at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity (i.e. brisk walking) EVERY week? The **MoDOT & MSHP Physical Activity Challenge** is a great way to help you reach this goal and improve your health!

### What is the Physical Activity Challenge?

The Physical Activity Challenge offers a six-week and 12-week challenge.

- **Six-Week Challenge** - Members who complete 150 minutes or more of physical activity each week for **six** weeks (April 10 – May 21) will have a chance to win a \$50 gift certificate.
- **12-Week Challenge** - Members who complete 150 minutes or more of physical activity each week for **12** weeks (April 10 – July 2) will have a chance to win a fitness tracker or a \$100 gift certificate (based on the winner's preference). *Members who complete the **12-Week Challenge** will be eligible to win the six-week challenge prize (\$50 gift certificate) and the 12-Week Challenge prize (\$100 gift certificate or fitness tracker).*

### When?

The Physical Activity Challenge begins April 10, 2017. The Six-Week Challenge ends May 21 and the 12-Week Challenge ends July 2, 2017.

### How does it work?

1. Each week, members will keep track of their weekly physical activity by recording it on an activity log. The activity log can be a paper or an electronic log.
2. Members who complete the **Six-Week Challenge** of 150 minutes or more of physical activity each week will submit their completed logs to [MoDOTMSHPWellness@aetna.com](mailto:MoDOTMSHPWellness@aetna.com). Logs will need to be received by May 21 at 11:59 p.m. to be eligible for the \$50 gift certificate. Thirty winners will be randomly selected on May 22 from the pool of eligible members.
3. Members who complete the **12-Week Challenge** of 150 minutes of physical activity each week will submit their completed logs to [MoDOTMSHPWellness@aetna.com](mailto:MoDOTMSHPWellness@aetna.com). Logs will need to be received by July 7 at 11:59 p.m. to be eligible for the \$100 gift certificate or a fitness tracker. Thirty-five winners will be randomly selected on July 10 from the pool of eligible members.

### What activity log should I use?

The activity log can be a paper or an electronic log. The logs can be sent as an attachment, picture, or screen shot. The logs need to contain the date, activity, and amount of time doing the activity for the week. An example of a paper log can be found [HERE](#).

If you have a question about the rules or if your activity will qualify you can contact:

**Robin Gammon at 314-506-1632 or [rlgammon@aetna.com](mailto:rlgammon@aetna.com)**

### **Rules**

If a member completes the 12-Week Challenge they will be eligible to win the \$50 gift certificate and a \$100 gift certificate or fitness tracker. The odds of winning will depend upon how many people enter. The reward(s) are for active subscribers of the MoDOT and MSHP medical plan. Members will need to complete at least 150 minutes of physical activity each week to be eligible for the prizes. The reward may be taxable. Members may consult with a tax advisor as to the proper tax treatment of this reward.

If you are unable to participate, you might qualify for an opportunity to earn the same reward by different means. Contact us at 314-506-1632, and we will work with you with the input of your physician to find a program with the same opportunities that is right for you in light of your health status.