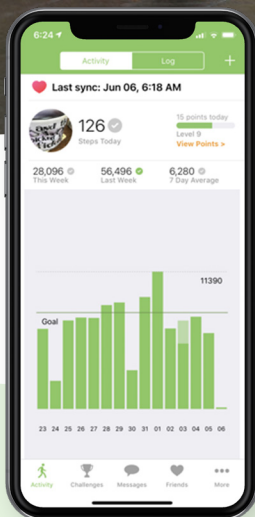




JOIN THE COMPETITION

# 2021 WALKER TRACKER CHALLENGES

*You're already taking steps each day, why not track them to earn rewards?*



Walker Tracker is a program that allows you to track and record your healthy activities and participate in challenges. The program is quick and easy to use. You can sync it with your fitness tracker or mobile device to automatically record your activity after you join a challenge.

**Don't have a fitness tracker?  
No problem! You can quickly  
record and submit your activity  
on the website or mobile app.**

If you need assistance using Walker Tracker, contact your Wellness Champion.

## THERE ARE FIVE CHALLENGES IN 2021:

### New Year's Celebrations

📅 January 4 – February 14

**Goal:** Track a minimum of 6,000 steps a day for 42 days

### 7 Wonders of the Ancient World

📅 March 1 – April 11

**Goal:** Track a minimum of 6,000 steps a day for 42 days

### Strive to Thrive

📅 May 31 – July 11

**Goal:** Earn a minimum of 21 points a day for 42 days

### Celebrations Around the World

📅 August 2 – September 12

**Goal:** Track a minimum of 6,000 steps a day for 42 days

### Fall Festivals of America

📅 October 4 – November 14

**Goal:** Individuals must track a minimum of 6,000 steps a day for 42 days, and the team must track a minimum of 252,000 total steps during the challenge

## REWARDS



Completing a walker tracker challenge is one of the three requirements in earning a \$100 gift card for the It Pays to be Well Challenge 1 incentive program. It Pays to Be Well - Challenge 1 is open to MoDOT & MSHP employees, non-Medicare retirees, and spouses enrolled in an Anthem Blue Cross and Blue Shield medical plan.

Additionally, there will be a raffle drawing at the end of each of the five challenges. The raffle drawing is only open to MoDOT & MSHP employees enrolled in an Anthem BCBS medical plan. Retirees and spouses are not eligible for raffle prizes.

For more details please see the 2021 Wellness Program Guide or contact your wellness champion.

To join, please log in or register at

[MODOTMSHP.WALKERTRACKER.COM](https://MODOTMSHP.WALKERTRACKER.COM)