

MoDOT and MSHP Total Wellness Virtual 5K Challenge

We are challenging all MoDOT, MSHP, and MPERS employees to run or walk a 5K (3.1 miles) from any location you choose! You can do it on the treadmill, trail, or complete an official 5K!

When: You will have from September 1 – October 31, 2018 to complete a 5K. Participants of the [2nd Annual MoDOT and MSHP Total Wellness 5K](#) on September 22, 2018 will automatically be entered into the Virtual 5K Challenge.

Prizes¹: We are raffling 75, \$50 gift certificates to participants of the Virtual 5K Challenge.

What if a 5K isn't for me? Running a 5K takes approximately 6,700 steps. You can complete an alternative activity that takes about 6,700 steps. Use this [chart](#) to help you convert other activities into steps. All participants of the MoDOT and MSHP Total Wellness 5K do not need to submit documentation as they will be automatically entered.

How do I show you I completed the Virtual 5K Challenge? Email documentation that you completed a 5K to MoDOTMSHPWellness@aetna.com between September 1 – October 31, 2018.

What are examples of documentation I can send?

- Picture of you running/walking a 5K or alternative activity
- Picture of an App showing you completed a 5K
- Picture of your name listed on the results page of the 5K website
- Picture of your watch listing the amount of time or steps you took to complete the 5K

Questions? Contact [Brook Luecke](#) at 573-526-0138 or [Robin Gammon](#) at 314-506-1632.

¹Prizes are only available to active employees with medical insurance through the MoDOT and MSHP medical plan.

Rules

The prizes are for active employees with medical insurance through the MoDOT and MSHP medical plan. Employees will need to complete a 5K (3.1 miles) or equivalent physical activity. The odds of winning a gift certificate will depend upon how many people enter. 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.