



## Walk Well

Program requirements and verification form must be met and submitted to employee wellness by October 31, 2020

\*Caregivers and spouses covered under the INTEGRIS Medical Plan are eligible for the 2020 cash incentive

This is an 8-week program physical activity program. This program is designed to gradually help you increase the steps or distance that you are walking. Participants will track their walking with an approved device or app, provide verification reports from those devices or app and submit the verification form.

### Program Guidelines:

- Par-Q and Walk Well Registration must be returned, no later than the end of week 1. If your form is not received, you will not receive credit for this program.
- Complete/meet the walking goals 4 days of the week for 7 out of 8 weeks. More than 2 missed weeks will result in you not receiving credit for this program.
- Submit the Verification form by the following Monday after the program ends as well as your verification from your device or app.

Program is at no cost if guidelines are met.

### Approved list of devices and apps\*:

- Fitbit (can be purchased from any INTEGRIS Retail Pharmacy)
- Garmin
- Samsung Gear
- Apple Watch
- Polar
- MapMyWalk App
- RunKeeper

\*If there is one not on this list that you would like to use, please let your coach know to receive approval.

### Schedule of Walk Well:

- Session 1:
  - Must be enrolled by Friday, January 31<sup>st</sup>
  - Programs Runs: February 3<sup>rd</sup> – March 30<sup>th</sup>
- Session 2:
  - Must be enrolled by Friday, May 1<sup>st</sup>
  - Program Runs: May 4<sup>th</sup> – June 29<sup>th</sup>
- Session 3:
  - Must be enrolled by Friday, July 31<sup>st</sup>
  - Program Runs: August 3<sup>rd</sup> to September 28<sup>th</sup>

To enroll, email [employee.wellness@integrisok.com](mailto:employee.wellness@integrisok.com)