



## Join the Race to Mt. Olympus Challenge!

June 11 – July 23

Pass ancient ruins and sunken cities, journey into cool wooden valleys and explore ancient Greece on your way to Mount Olympus. Participants track their daily activity while enjoying one of Greece's most memorable treks.

### HOW TO PARTICIPATE

- The goal is to log at least 8,000 steps per day for a total of six weeks.
- That equates to 56,000 steps per week for a total of 336,000 steps over the course of the challenge.

Record your participation at [www.myinteractivehealth.com](http://www.myinteractivehealth.com) (Action Plan tab)

Register your **activity tracker** by logging in and clicking **Connect a Device** then **Connect** to record your steps or use the **Steps Log** to log your minutes of exercise.

### SIGN UP & JOIN THE FUN!

Register from **Monday, June 4 – Monday, June 18.**

1. Log on to [www.myinteractivehealth.com](http://www.myinteractivehealth.com) (Action Plan)
2. Click **View All Challenges** select *Race to Mt. Olympus* challenge then click **Join Challenge**
3. Click **Done** to complete the sign up process

First time registrants use sponsor code **PJC5B.**

### KEY DATES

**Challenge start date:**  
Monday, June 11

**Challenge end date:**  
Monday, July 23

**Last day to sign up for the challenge:**  
Monday, June 18

**Last day to record your participation:**  
Monday, July 23

### EARN REWARDS

Maximize your wellness program benefits. **Complete the challenge and earn 25 points.**

\* Always consult a physician or other qualified health care professional before starting a diet and exercise program

#### Unable to participate in this challenge?

Review your Personal Action plan to see all of the ways that you can earn points towards your incentive. If it is medically inadvisable for you to participate and you are unable to achieve your incentive through other activities, you might qualify for an opportunity to earn points by an alternative course of action (that, if you wish, will be developed with your doctor). Please contact Interactive Health no later than 4 weeks prior to the end of the campaign at (800) 840-6100 or at [rasrequest@interactivehealthinc.com](mailto:rasrequest@interactivehealthinc.com) to request a reasonable alternative standard to qualify for the incentive.

