



THE CHALLENGE RUNS
MARCH 23-MAY 3

Registration open March 11–27, 2020, at www.trsavecarelivehealthychallenge.com.

Motivate employees to join and have fun

Dear Business Administrator,

It's time for the next well-being group challenge, sponsored by TRS-ActiveCare and Aetna®. We know the health and well-being of your employees is your top priority. That's why we're excited to announce the spring 2020 activity challenge: the Stride to Thrive Challenge! During this **six-week activity-minute challenge**, weekly newsletters will help employees set effective goals and stay motivated as they track their daily activity minutes.

All of your employees can participate in this challenge, even if they are not enrolled in TRS-ActiveCare. They can join as long as your district participates in the program. Employees can learn more, join the challenge and use other resources at www.trsavecarelivehealthychallenge.com.

Please help promote the challenge, and motivate Superintendents to do the same!

Here's how it works:

- Registration is open at www.trsavecarelivehealthychallenge.com from March 11–27, and the challenge runs from March 23–May 3.
- Employees who are new to the portal will need to create an account.
- Your employees can register as individuals or in teams of 2–10; there is no limit on the number of teams from a district.
- To complete the challenge, employees need to track their daily activity minutes on the portal for at least four out of the six weeks.
- **Prizes** will be awarded at the end of the challenge.
 - The first 1,500 participants to register will receive a T-shirt.
 - Participants who track their steps each week of the challenge will be entered into a drawing — up to 400 winners will receive 5,000 credits in the Rewards Mall.
 - All team captains with at least four team members (including the captain) will be entered into a drawing — up to 50 winners will receive an additional 5,000 credits in the Rewards Mall.

Please share the [prize flyer](#) and the [registration flyer](#) with your employees to encourage registration.

Make sure to let employees know that their account also provides access to recipes, workout videos, health tracking and other resources, whether they participate in the challenge or not. Thank you for all of your hard work and support!

Sincerely,

TRS-ActiveCare and Aetna

