



# COMING SOON!

Regular physical activity improves your overall health. Beginning **Feb. 15**, you can participate in the four-week challenge by reporting active minutes!

Your goal is to record a total of **600 active minutes**. All who complete the challenge will be entered into a **raffle for wellness prizes!** Medically-enrolled participants will earn **25 points** for completing the challenge. The challenge ends **March 14**, but you will have until **March 21** to report your last week's activity.

Participants who have authorized a wearable fitness device will have their active minutes automatically reported during the challenge. You can authorize your device on the Settings page at [assethealth.com/grandehealth](https://assethealth.com/grandehealth).

*Note: For those of you using an Apple device to track steps, you can download the Asset Health Mobile app and sync up your device.*

Participants can also self-report their active minutes at [assethealth.com/grandehealth](https://assethealth.com/grandehealth) via their desktop or mobile device. First-time visitors to the website, use the following default credentials:

- Username:** first initial + last name + last four digits of SSN (e.g., jsmith1234)
- Password:** date of birth (mmddyyyy)

**First-time users:** You will be asked to change your username and password after logging in.

**Returning website users:** Sign on using the username and password you've already established.

**Questions?** Contact Bekah Wegner (Health & Wellness Analyst) at [rebekah.wegner@grande.com](mailto:rebekah.wegner@grande.com) or 920-952-7371. You can also contact Asset Health at [support@assethealth.com](mailto:support@assethealth.com).

