

Email Subject: Announcing the spring TRS-ActiveCare wellness challenge

Hidden Preheader: Open to all employees

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THE CHALLENGE RUNS
MARCH 23-MAY 3

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

Dear Benefits Administrator,

We are excited to announce our newest well-being group challenge, sponsored by TRS-ActiveCare and Aetna®: the Stride to Thrive Activity Challenge. Your employees will have access to the free and easy-to-use well-being portal at www.trsactivecarelivehealthychallenge.com.

The 2020 Stride to Thrive Activity Challenge

Everyone encounters roadblocks on their path to a healthier lifestyle. The key is to keep striding toward your goals! That's why this six-week activity challenge helps your employees add activity to your daily routine as they stride to achieve weekly activity minute goals. Employees who join learn how to research the right workout for them, set effective goals, stay motivated and more.

Now everyone can participate

This challenge is open to all of your employees, even if they are not enrolled in TRS-ActiveCare. They can join as long as their district participates in the program.

What you need to know to get people involved

Registration is open at www.trsactivecarelivehealthychallenge.com from March 11–27, and the challenge runs from March 23–May 3.

- Employees who are on the portal for the first time will need to create an account.
- Your employees can register as individuals or in teams of 2 to 10; there is no limit on the number of teams from a district.

During this challenge, your employees will sync a wearable device or app (for example, Garmin® or Fitbit®) to track their step count on the portal. They can also manually record their daily totals with the challenge to-do list on the portal's dashboard or from the calendar located on the challenge

page. The weekly activity minute goals increase as the challenge continues.

This challenge is about enhancing your employees' overall well-being. Challenge participants will have the opportunity to track the following: daily activity minutes, daily hours of sleep, daily water intake (in ounces), and weight (put in once a week).

Prizes will be awarded at the end of the challenge:

- The first 1,500 challenge participants to register will receive a T-shirt.
- Challenge participants who track each week of the challenge will enter a drawing, and 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 enter a drawing, and up to 50 winners will receive an additional 5,000 credits in the Rewards Mall.

Remember, the portal provides recipes, workout videos and additional resources to help employees along their personal well-being journey. Even better, these resources are available to everyone registered on the portal, even if they do not plan to participate in the challenge! Encourage your employees to participate in the challenge.

Sincerely,

TRS-ActiveCare and Aetna



Please help promote the challenge and motivate superintendents to do the same.

We appreciate all of your hard work, and thank you in advance for supporting this challenge. If you need any additional resources, please let us know! More information can also be found at

www.trsactivecarelivehealthychallenge.com.

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