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Walkadoo

A wellness program
for every walk of life.



Have you signed up yet?

It's now easier to be more active with Walkadoo,TM a smart way to get moving for real people with real lives. It's the fun way to enhance your wellness!

Get connected

You can track your Walkadoo activity with a Pebble, a device you wear on your hip, inside your shirt, or even in your pocket – anywhere that is comfortable for you. You can also track your Walkadoo activity with your own activity monitor such as the Fitbit or Jawbone Up, or by using the Moves app available for iPhone® and Android.

Earn rewards

CCPOA Medical Plan participants* can **earn up to \$175** by

Walkadoo features:

- Daily step goals created just for you
- Derbies for competing with friends
- An online community for your connections

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participating in Walkadoo and Daily Challenge® and by taking the Well-Being Assessment survey.

It's easy, here's how:

- Register at mywellvolution.com.
- Once registered, select *Walkadoo*.
- Follow the steps to set up the program and order your Pebble, provided to you at no cost from CCPOA.
- Wear your Pebble or other activity monitor throughout the day to track your steps.
- Complete 10,000 points between June 1 and November 30, 2015, and you will earn **\$75!**

You can also earn additional rewards by participating in Daily Challenge and by taking the Well-Being Assessment survey by November 30, 2015:

- Complete the Well-Being Assessment survey and earn **\$25!**
- Earn 5,000 points in Daily Challenge and earn **\$75!**

Get moving!

For complete program details, you can also visit ccpoabff.org.

* Only CCPOA Medical Plan Blue Shield participants enrolled in the Basic plan are eligible for rewards and Pebble. Dependents can participate in the program but are not eligible for rewards or Pebble. Walkadoo is a trademark, and Daily Challenge is a registered trademark, of MeYouHealth. MeYouHealth is a wholly owned subsidiary of Healthways, Inc. iPhone is a trademark of Apple Inc., registered in the U.S. and other countries. Wellvolution is a registered trademark of Blue Shield of California. Blue Shield and the Shield symbol are registered trademarks of the BlueCross BlueShield Association, an association of independent Blue Cross and Blue Shield plans.

