

January 16, 2017

Dear IUOE Local 4 Health and Welfare Participant,

The IUOE Local 4 Health and Welfare Fund is excited for the Steps Challenge that will take place between January 23 – March 6, 2017. Congratulations on taking the first step to make 2017 a Healthy New Year! Enclosed please find your free Fitbit Zip that you earned by completing the Health Assessment provided by Blue Cross Blue Shield of Massachusetts.

Now it is time to put your Fitbit to good use to earn a \$50 Gift Card and a chance to win a Trek Mountain Bike! Here's how:

Steps Challenge: January 23, 2017 – March 6, 2017

- **Challenge sign-ups are now open on www.ahealthyme.com/login until January 29th. Don't forget to take the next step and sign-up for the challenge!**
- You can use your enclosed Fitbit device (or one you may already have) to log your steps automatically by synching your device to www.ahealthyme.com/login.
- To successfully complete this challenge and be eligible for your \$50 Gift Card, you will need to log 294,000 steps within six weeks – an average of 7,000 steps a day.
- The two individuals with the highest average number of steps at the end of six weeks will be the winners and will earn Trek Mountain Bikes!

If you have any questions about the challenge, please contact the Funds Office at 508-533-1400 (select option 5).

Sincerely,

Your Board of Trustees

Louis G. Rasetta, Chairman
Paul C. DiMinico
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IUOE Local 4

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