



Ochsner Wellness Challenge Volunteers of America

“Connect To Your Health”

Spring Challenge

Physical activity is an important part of a healthy lifestyle and now is the time to get out and soak up the spring weather. Connect your fitness tracking device or smart phone app to participate in activity challenges and to stay motivated throughout the year. The “Connect to Your Health” challenge is simple and requires you to connect your activity tracking device or phone app to your Blue Cross Health Portal. Get moving to rack up steps, points, and prizes!

Challenge Goal: Link your supported fitness tracking device OR smartphone fitness tracking app to your wellness portal and earn at least 100K steps. Please note that if you already completed the challenge goal, your name will still be entered in the raffle.

Challenge Ends: June 1st

Final Day to Earn Steps: May 31st

Incentive: Each participant who completes the challenge goal will earn 10 wellness points and be entered in a raffle. One winner will take home a gift basket including fitness apparel and a complimentary FitBit Zip.

Winner Announced: June 4th



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