July Overview

Monthly Engagement
(Any activity on the portal)

51%

Eligible Members	Total Registered	Health Assessments	Connected a Device
467	117/ 25%	51/ 44%	76/64%

National Parks Step Challenge

31 Participants

7,161,923 Total Steps

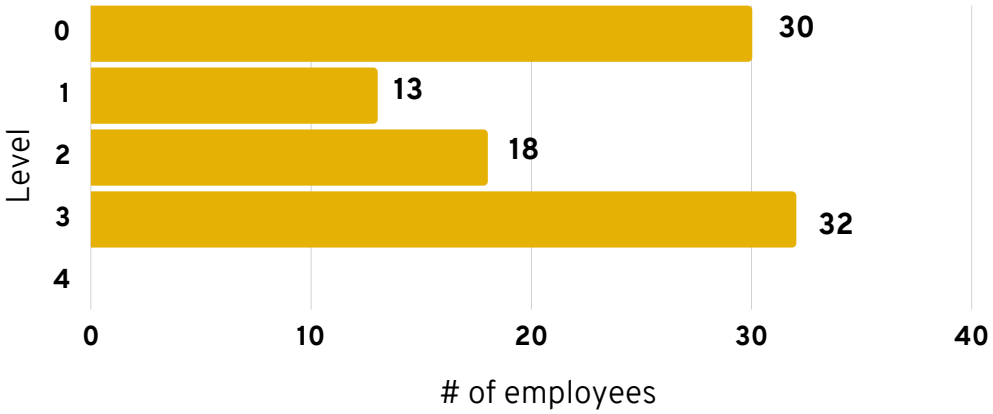
3,581 Total Miles

That's like walking length of the Continental divide!

MOST POPULAR HEALTHY HABITS

- Eating Breakfast
- Taking the Stairs
- What's your Mood?

Program Levels Earned



Requirements

1 - 6,000 points

2 - 15,000 points

3 - 25,000 points

4 - 40,000 points
- Biometrics
- Health Assessment

PCP Visits

1

Preventive Services

Biometrics

WHAT'S NEXT

September
Couch to 5k Challenge

October 17-28
Financial Wellness Challenge