



# 2022 AHEALTHYME<sup>®</sup> REWARDS CHALLENGE OVERVIEW

## Get your employees\* informed, engaged, and excited to sign up.

Be proactive and promote ahealthyme Rewards virtual team challenges. The theme changes every quarter, giving your employees new motivation to get moving, track their steps, and earn more points,\*\* so they can earn more rewards.

### Q1 – Step It Up to a Better You

All it takes are a few lifestyle changes to improve your physical and emotional health. The process starts with you, so let's take the first step together.

Registration Starts: **2/7/22**

Challenge Starts: **2/21/22**

Challenge Ends: **3/21/22**

### Q2 – Rhythms That Move You

Nothing gets us moving like music—whether it's a samba in Rio or a waltz in Vienna. Explore a range of musical traditions, from Cuban jazz to the London Philharmonic. Put on your walking shoes—or your dancing shoes.

Registration Starts: **5/2/22**

Challenge Starts: **5/16/22**

Challenge Ends: **6/13/22**

### Q3 – Great American Adventures

Team up to trek across the United States—from New York City to Hollywood! Your crew is walking coast to coast, unlocking American sights and cities along the way. Let's get moving!

Registration Starts: **8/1/22**

Challenge Starts: **8/15/22**

Challenge Ends: **9/12/22**

### Q4 – Mindful Exploration

Be aware, be present. That's what mindfulness means. During this challenge, you'll explore different cultures' mindfulness practices, and reap the many rewards.

Registration Starts: **10/24/22**

Challenge Starts: **11/7/22**

Challenge Ends: **12/5/22**

## Engage Your Employees

We've created easy-to-use communications to encourage your employees to sign up.

Visit [ahealthmerewards.com/GetGoing](https://ahealthmerewards.com/GetGoing).

\*Program is available to employees only.

\*\*Data upload deadline is Wednesday following the challenge end date. Points are available Friday after the challenge end date.

