

**You are all invited to join OUR fall STEP Challenge!**

**Only employees who subscribe to our BCBS health insurance can participate.**

The enrollment period for the Fall Step Challenge is from September 5, 2022 – September 18, 2022

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Challenge will begin September 12,2022 and will end on October 24 ,2022 at 11:59pm.

Step challenge instructions are available on the district website click on this link

[BENEFITS](https://www.newbedfordschools.org/depts_programs/human_capital_services/benefits)

To successfully complete this challenge, you will need to log 294,000 steps within 6 weeks, an average of 7,000 steps a day, using a pedometer, Fitbit® or other device to keep track of steps. Steps must be entered into ahealthyme, either on the website, through the HealthyNow app, or through a connected Fitbit® device, to be counted toward the challenge goal.

**All employees and dependents that join the challenge will be entitled to the Fitbit Inspire 2 if they did not receive one on the previous challenge while supplies last!**

Please contact Marcia Tome in the Benefits Office at 508-997-4511 Ext. 14355 or email [mtome@newbedfordschools.org](mailto:mtome@newbedfordschools.org) to claim your Fitbit.

Employees who complete the challenge will be eligible to receive a $25.00 gift certificate.

**Gift certificates will be issued to employees only**.