



Introducing a FUN, NEW, **FREE** program brought to you by the Diocese of Toledo, in partnership with Medical Mutual



## Get Ready for a Global Excursion to Better Health

From snow-capped mountains and coastal beaches to ancient castles and dense forests, *10K-A-Day* will take you on a fun-filled adventure to better health. This summer you are invited to go on a virtual trip to amazing sites around the world as you step up physical activity. Registration begins May 22<sup>nd</sup> and we start stepping on June 12<sup>th</sup>!

**There are 500 **FREE** Fitbits available to help you participate fully in the program!**

When you sync your Fitbit to your computer or smart phone, this motivating, easy-to-use tracking tool automatically records steps to your online *10K-A-Day* account.



**Ready to step up your physical activity?**

**Registration begins May 22, 2017** and is open to all employees\* who are enrolled in the Diocese of Toledo Healthcare Plan.

To register and order your Fitbit®, visit

<https://dioceseoftoledo.10kaday.com>

For more information on *10K-A-Day*, contact Meghan Reed, Diocesan Benefits Administrator at 419-244-6711 ext. 4936 or [mreed@toledodiocese.org](mailto:mreed@toledodiocese.org).

\*This program is for *enrolled employees* only. Spouses/dependents covered on the plan and employees not enrolled in the healthcare plan are not eligible for the free Fitbit or the *10K-A-Day* program. Free Fitbit is limited to the first 500 employees who order the device through our custom Fitbit webstore.

## Check out some of the *10K-A-Day* program features:



Whether you're an experienced exerciser or just starting out, this 8-week walking program will help you step up to a more active lifestyle. You'll "visit" interesting places along the way, plus there are helpful resources, interesting articles, supportive features, and an engaging message board.

- ✓ **Fitbit Flex 2 at no cost to you!** When it comes to reaching fitness goals, steps are just the beginning. Fitbit tracks every part of the day—including activity, exercise, and sleep. In addition to helping you fully engage in the *10K-A-Day* program, your new Fitbit could help you jumpstart your personal wellness goals. *Only 500 available!*
- ✓ **Motivating, simple logging.** For every 2000 steps you record, you'll move 1 mile along a virtual route.
- ✓ **Spectacular images and breathtaking sites.** As you travel along the virtual route, you'll discover great places to visit and all they have to offer.
- ✓ **Inspiring emails to keep you on track.** Receive daily encouraging reminders and tips.
- ✓ **Encouraging Sole Mates.** Invite others to support you and share your journey; then watch their progress, too.
- ✓ **Walking Wall.** Post encouraging messages or gather ideas to help you along your trek to better health. The *10K-A-Day* expert will answer questions and offer practical tips for getting the most out of your walking program.
- ✓ **Hundreds of healthy, easy-to-make recipes.** 260+ delicious, nutritious dishes to sample and fuel success.
- ✓ **Top-notch resources.** The best fitness, nutrition, and well-being information on the web is only a few clicks away.

## Get started in three easy steps:

1. Visit <https://dioceseoftoledo.10kaday.com> beginning May 22, 2017.
2. Sign up for the *10K-A-Day* program. Track your steps from June 12, 2017 through August 6, 2017 (8 week program).
3. Order your Fitbit on the Fitbit webstore – click on “order a Fitbit” on the “Profile” or “Getting Started” page and enter your promo code to start your order. The promo code consists of the FIRST three (3) characters of your LAST name, followed by the LAST five (5) digits of your Medical Mutual member identification number (located on your Medical Mutual ID card). *Only the first 500 employees to order a Fitbit in this way will receive theirs for free – so don't delay!*



### **What is the program timeline?**

5/22/2017 10K-A-Day registration and Fitbit webstore open  
6/12/2017 10K-A-Day program begins  
6/23/2017 Last day to register for program and order Fitbit  
8/6/2017 10K-A-Day program ends, results tabulated,  
prizes awarded

### **Who can participate?**

All employees enrolled in the Diocese of Toledo Healthcare Plan are encouraged to participate in the 10K-A-Day program. Only 500 Fitbits are available, so order yours before they are gone! Whether you are just beginning or an avid walker/runner, 10K-A-Day gives you simple, motivating tools to track your progress and see results. Spouses/dependents covered on the plan and employees not enrolled in the healthcare plan are not eligible for the free Fitbit or the 10K-A-Day program.

### **How do I order my free Fitbit?**

Visit <https://dioceseoftoledo.10kaday.com> and click "Order a Fitbit" on the "profile" or "getting started" page to be directed to the Fitbit webstore. You will be prompted to enter a Fitbit Promo Code. Your personalized Fitbit Promo Code consists of the FIRST three (3) characters of your LAST name, followed by the LAST five (5) digits of your Medical Mutual member identification number. The member identification number can be found on your Medical Mutual ID card.

Example: Jane Stevens, Medical Mutual ID Number 123456789012  
Fitbit Promo Code: STE89012

### **Can I choose my own Fitbit?**

A free Fitbit Flex 2 is available for the first 500 employees who place an order through our custom storefront. One of Fitbit's most popular models, the "swimproof" Flex 2 monitors steps, calories, active minutes, hourly activity and sleep. You also get the benefit of Fitbit's SmartTrack technology to automatically recognize and track workouts, including walking, running, cycling and aerobic workouts. Additional features include "reminder to move", call/text notifications, and a long battery life.

When you enter your Fitbit Promo code, you will be given additional Fitbit options to purchase. While the Fitbit Flex 2 is offered at no cost to you, you can choose to apply the value of the Flex 2 towards purchase of another Fitbit device. The webstore will apply that value to the already discounted price of these other Fitbit models: Alta, Charge 2, Blaze, and Surge.

For all Fitbits, you will be able to choose from a number of available sizes and colors.

### **How and when will I receive my Fitbit device?**

Once you place your Fitbit order through the webstore, the Fitbit will be shipped to your home address within 5-7 days. Standard shipping rates are included. You should order your Fitbit as soon as possible so that it arrives before the start of the 10K-A-Day program on June 12<sup>th</sup>. If your Fitbit doesn't arrive before the start of the program, you will be able to manually track your steps online until you set up and sync your Fitbit.

### **Do I really have to walk/run 10,000 steps a day?**

Achieving 10,000 steps a day is a challenge for many – that's ok! All exercise – even a brisk 10-minute walk – is good for you. So take advantage of any opportunity to add activity to your day and record your progress. Just wearing a step tracker like a Fitbit motivates individuals to add another 2,000 step per day without a lot of extra effort.

### **Do I need to order a Fitbit to participate in the program?**

No, participation in the *10K-A-Day* does not require use of the Fitbit. Use of a Fitbit or other step tracker enhances the program by automatically syncing and tracking your progress. However, you can also log your steps online or through the mobile app. You can also track steps using a Jawbone, Movable, Garmin, or Yoo device (Apple devices are not supported).

### **How can I stay engaged throughout the 8-week program?**

The *10K-A-Day* program is designed to keep you engaged by taking you on an international journey. Through photos and descriptions, you'll feel like you are on a virtual summer vacation to exciting destinations. In addition, we are offering some great prizes for participation and achievement. The following prizes will be awarded at the end of the program:



**Three Grand Prize Winners** – The top three participants with the most accrued steps for the entire challenge. (\$200, \$100 and \$75 gift card)

**Deanery Winners** – One participant from each Deanery with the most accrued steps for the entire challenge. (\$50 gift card)

**Participation Raffles** – Any participant who logs steps a minimum of 30 days during the 8-week program will be entered to win a \$50 gift card (one per Deanery).

**Note:** Employees can only win one of the above categories. (Grand prize winners will be selected first.)

### **Why is the Diocese of Toledo offering this program?**

The *10K-A-Day* program is based on research showing that active individuals – those who achieve 10,000 steps a day or more – have lower risk for many chronic conditions including heart disease, some cancers, diabetes, and obesity. People who are regularly active also report greater energy, better mood, improved sleep, and other quality of life benefits. We hope this program will jump start or reenergize your daily activity. Thanks to the generosity to our healthcare partner Medical Mutual, we are able to offer this program at no cost to the Diocese of Toledo or our employees.

### **Where can I find additional information and details?**

The Diocese of Toledo *10K-A-Day* website <https://dioceseoftoledo.10kaday.com> contains a host of resources and FAQ's including:

- How does the Fitbit sync to my *10K-A-Day* account?
- What if I don't have a Fitbit or forget to wear it?
- If I have a disability, can I still participate?
- How can I prepare for success in *10K-A-Day*?
- If I'm doing an activity that's not accurately measured with a tracker – like cycling – how do I count steps?

You always can click on the “contact” link on the website to contact the program administrators directly. They are standing by to help. You will receive a response within 24 hours – or sooner!



You can also contact Meghan Reed, Diocesan Benefits Administrator with any questions about the program: [mreed@toledodiocese.org](mailto:mreed@toledodiocese.org) or 419-244-6711 ext. 4936