

LIVE LIFE LIVELY



Virgin
HEALTHMILES

Take Steps Toward a Healthier You

Walk Your Way to Health with HEALTHMILES

The **Virgin HealthMiles walking program** can help you earn rewards for enhancing your fitness and overall wellness. Daily steps toward better health can line your pockets with **UP TO \$300** over a 12-month period.

When you join HealthMiles, a **FREE** GoZone pedometer tracks your progress toward health goals and rewards. The most valuable HealthMiles benefits will be measured in inches, pounds, blood pressure or a boost in energy, but the cash you can earn is a nice reward, too.

With HEALTHMILES, every step makes cents!



GENERAL BOARD OF PENSION AND HEALTH BENEFITS
OF THE UNITED METHODIST CHURCH

Caring For Those Who Serve



Earn HealthMiles—Cash In on a Healthier You

Research shows that physical activity lowers the risk for many chronic conditions, including diabetes, heart disease, obesity, orthopedic problems and some types of cancer. If you're like most people, you may need a little "push" to exercise more and lower health risks. That's how the HealthMiles walking program can help. The bottom line: Increase activity to become healthier and earn extra cash.

Walk, run, bike, play basketball or tennis, golf, dance or take part in any physical activity you enjoy and you'll accrue steps. The GoZone pedometer—sent free by mail after registration—tracks your steps. Upload your daily steps to the secure HealthMiles Web site, and you'll receive:

- 20 HealthMiles for up to 7,000 steps
- 60 HealthMiles for 7,000 to 12,000 steps
- 80 HealthMiles for 12,000 to 20,000 steps
- 100 HealthMiles for more than 20,000 steps

Also earn HealthMiles by **taking health measurements, filling out a health snapshot, participating in challenges, improving fitness levels and measurements, and more!**

Step Up to the Next Level

HealthMiles offers five different reward levels. Reach a new program level to earn HealthCash. Use it to purchase gift cards at more than 50 national retailers (e.g., Target and Best Buy) or to write a check to yourself or your favorite charity.

