Get ready for the Hit Your Stride Walking Challenge

It’s time to burn up the streets and lots of calories! Here are the details:

- Register now! Registration stays open until October 5th
- Use your own pedometer or conversion chart to track your steps
- The Hit Your Stride Walking Challenge runs from 10/1–11/23
- You can earn 60 points under Total Wellness Rewards

Follow these steps to join the challenge:

- Log in to www.ibxpress.com and go to WebMD
- Click the Hit Your Stride Walking Challenge on the WebMD homepage, accept the terms and conditions, choose a display name and then you will be randomly assigned to a team.
- Once you sign up, you’ll be able to monitor both your personal and team results during the challenge.

For a list of rules and eligibility requirements, log onto www.ibxpress.com, click on WebMD and visit the FAQ on the Hit Your Stride Challenge page or on the WebMD rewards page.