



Join our 4-week challenge

Celebrate the 2024 Olympics through our Go Gold challenge!

Go Gold inspires participants to aim for gold, silver, or bronze medals every day while climbing the podium to better health.

Go Gold Challenge

Starts: August 12, 2024
Ends: September 8, 2024

Click here or scan
the code to
register today





Earn chances to win
a \$250 gift card*
[See official rules](#)

EUTF challenges are open to retirees
and all employees regardless of
medical plan affiliation.

Discover what GoGold has to offer

[Click here](#) to join our
Kick-Off event on August 6, 2024
from 11:30 a.m. to noon.

Be part of a team today

Start or join a team (max. 25
people) and get active with
others. View this [short video](#)
on how to join a team.

Track your physical activity each day

Use your favorite devices and
mobile apps to record exercise
minutes that convert to steps.

* Medicare, Medicaid (QUEST Integration), and Federal Employee Health Benefits Program (FEHBP) members are not eligible for the \$250 VISA gift card sweepstakes.

One \$250 VISA gift card winner will be randomly selected for each of the 4 weeks from all participants who log physical activity during that week.

In addition, all participants who meet their 4-week challenge goal will be entered into a random drawing to win 1 of 3 \$250 VISA gift cards.

For more information, visit
kp.org/eutf/getinshape

