



The most popular 10,000 steps a day program ever.

## Register now for our 4-week wellness challenge

### 10K-A-Day Challenge

Starts: February 10

Ends: March 9

 **Click Here to Register!**



[Click here](#) to join the 10K-A-Day Challenge Kick-Off event on February 5 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](#) about 10K-A-Day and how to join a team.



Earn a chance to win a \$250 VISA gift card\*  
See official rules

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

\* 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.

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](http://kp.org/eutf/getinshape)

