

Join our
4-week
challenge

Go GOLD 2026

Celebrate the 2026 Winter Olympics through Go Gold!

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: February 9, 2026
Ends: March 8, 2026

[Click here or
scan the code to
register today](#)



Discover what Go Gold has to offer

[Click here](#) to join our kick-off event on February 4, 2026, from 11:30 a.m. to noon.

Be part of a team

Start or join a team (up to 25 people) and get active with others.

Track your activity

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

View this [short video](#) for more information about Go Gold.

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.

* Medicare, Medicaid (QUEST Integration), Federal Employee Health Benefits Program, and Postal Service Health Benefits Program 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.

kp.org/eutf/getinshape



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