

**WIN BIG PRIZES**  
AND IMPROVE YOUR WELLNESS YOUR WAY!



**AUGUST 1<sup>ST</sup> – 28<sup>TH</sup>**  
TRACK YOUR ACTIVITY • EARN 50 POINTS!

# BEAT THE BOSS

## Q3 WELLNESS CHALLENGE • PROGRAM GUIDELINES

### OBJECTIVE

For four weeks, **match or beat the step count** of Transwestern's featured boss.

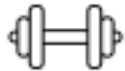
### REWARDS



**For team members: Prizes...lots of prizes!**

Each week, team members who beat the boss will be entered into a raffle for one of five **\$500 gift cards**. That's **\$10,000 up for grabs** and 20 chances to win!  
*Winners will be announced weekly.*

Team members who match or beat the boss's steps all four weeks will be entered into a **bonus raffle** for a chance to win a **\$1,000 gift card**.



**For team members and spouses: 50 wellness points!**

Team members and covered spouses/partners who report at least **160,000 steps** by Aug. 28 will earn **50 points** in the *Wellness Your Way* points program, bringing them one step closer to a lower monthly medical premium in 2023.



**For everyone: Bragging rights!**

### PARTICIPANTS

All benefits-eligible team members (including those not on a TW-medical plan) can participate and have a chance to win the raffles.

### GETTING STARTED

Access the Asset Health portal vial [OneLogin](#) and look for the Beat the Boss header on the top of the page. Follow the link to begin recording your steps manually, or follow these [instructions for syncing a wearable fitness device](#).

### RESOURCES

Use this convenient [step conversion chart](#) to ensure you're capturing all your activity. Questions? Contact Asset Health at [support@assethealth.com](mailto:support@assethealth.com) or call **855.444.1255**.