

Wild on Walking – Guidelines for Wellness Incentive

HRA ~ Wild on Walking Incentive Activity

Wild on Walking is an exciting voluntary wellness initiative that encourages participants to increase their physical activity and track their personal health. The HealthPassport Wellness Tracker and the Wild on Walking activity are open to all City of Tampa employees.

HRA Incentive Program: As part of the City's HRA Incentive program, Wild on Walking is an approved initiative that allows employees to receive \$250 HRA Incentive Rewards. For eligibility, please see guidelines for participation below:

Participants MUST ATTEND a Wild on Walking Registration Meeting to be eligible for the Wellness Incentive

Wild on Walking Registration Meeting Schedule: July 30th – August 10th: **View Scheduled meetings on the Tampa City Pulse page: www.Tampagov.net/TampaCityPulse**

Please register on the City's EDP training system located in Oracle

Participation Dates: January 1, 2018 – November 13, 2018

How does it work? It's Easy...

Get connected on the HealthPassport Wellness Tracker:

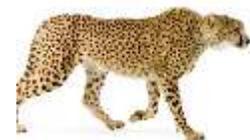
- + Participation in the Wild on Walking Challenge and utilization of the HealthPassport Wellness Tracker is voluntary.
- + Participants may use any electronic fitness tracker to track their steps:
 - o **Start by syncing your electronic device** – steps are recorded automatically. There is an instructional video on How to Sync Your Electronic Device on the HealthPassport/Wild on Walking page. HealthPassport Trainers will be at all Wild on Walking Registration Meetings to assist employees with getting connected.

Participation Guidelines

- + **Eligibility:** Open to **City of Tampa employees on the City's medical plan.**
- + Participants can enter the walking challenge as an individual or as a team.
- + **Average steps required:**
 - o Minimum 2000 steps a day – per week
 - o Total Steps: 14,000 per week (4 weeks total: 56,000 steps).
 - o Participants are encouraged to set an average target of 5000 steps a day as a personal health goal.
- + **Participation**
 - o **Minimum 4 weeks (accumulative)**
 - o **Must not interfere with the work schedule**
- + Utilize the Tracker Dashboard to view steps, set-up individual challenges, and set-up & track personal goals.



Start Walking Now!



Deadline to complete Wild on Walking HRA Incentive Activity:

November 13, 2018

Last date to enroll in the walking initiative to complete challenge by the deadline:

October 16, 2018.