

Kentucky Employees' Health Plan 15 Day Dash Step Challenge

Join a team, earn prizes, and have some fun!

Enrollment starts: Tuesday 9/1/15

Enrollment ends: Monday 9/14/15

Challenge starts: Tuesday 9/15/15

Challenge ends: Wednesday 9/30/15

Upload ends: Friday 10/2/15

15 DAY DASH

Ready to be challenged?

The KEHP is sponsoring a statewide step challenge Sept. 15-30.



Step 1: Get and synchronize a fitness tracking device

Your HumanaVitality compatible pedometer or other fitness device must be synced to HumanaVitality for your steps to be uploaded and tracked.



Step 2: Join a team

Starting Sept. 1, go to LivingWell.ky.gov and sign in to HumanaVitality:

HumanaVitality website:

1. Hover over the "Get Healthy" tab and then click on "My Challenges."
2. Click on the link for the "KEHP 15 Day Dash."

HumanaVitality Mobile app:

- Select "Challenges" from the dashboard menu.
- Click on "Join Challenge."
Select "Sponsored" and search for "KEHP 15 Day Dash."

3. Click on "Create a team" or type the name of the team you wish to join in the search box and click on "Join team," agree to the conditions and click on "Yes."
NOTE: If you create a team, please include your state agency, department or school board name in the team name (10-50 members per team).
Example: "Personnel Cabinet Dashers."



Step 3: Get stepping!

Find ways to walk more each day: Take the stairs, park in the back lot, walk to lunch. If your device doesn't automatically upload your steps, upload them periodically. Follow the action on the challenge "leaderboard" (Steps may take 24-48 hours to show up in the challenge platform).

HumanaVitality® is not an insurance product. HumanaVitality is only available to covered KEHP members. HumanaVitality is administered by Humana Insurance Company.



KRS Retirees enrolled in a KEHP plan are eligible to participate in the 15 Day Dash Step Challenge.

If you create a retiree team make sure "KRS" is in the title to represent.

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Individual and team Vitality Bucks® prizes

The top 10 individual finishers and members on the top 10 teams will be awarded these prizes:

1st: 5,000	6th: 2,500
2nd: 4,500	7th: 2,000
3rd: 4,000	8th: 1,500
4th: 3,500	9th: 1,000
5th: 3,000	10th: 500

See rules and additional information at LivingWell.ky.gov.

15 Day Dash Rules

Updated August 12, 2015

1. Registration begins September 1, 2015 and will continue through September 14, 2015. No late entries will be accepted for any reason.
2. You may only count your own steps for this Dash. The Dash team reserves the right to disqualify anyone who has been identified as being dishonest.
3. Only steps counted during the event are counted toward prize eligibility.
4. Steps will only be counted using a Humana g1/g2 pedometer, FitBit or other HumanaVitality® compatible pedometer.
5. If your pedometer becomes lost or broken during the event, you will need to purchase a new device through the Vitality Mall or outside vendor. Humana and KEHP are not responsible for any steps not uploaded prior to the misplacement or breakage of your pedometer. Humana and KEHP are not responsible for any lost or stolen pedometer devices.
6. You can only use one device to record your steps.
7. There is a daily step maximum of 30,000; steps over 30,000 per day will not be counted in a member's challenge total.
8. You are responsible for purchasing, ordering, and/or obtaining your own pedometer.
9. You must include your agency/department name in your team name to qualify for prizes. (Vitality Bucks will be awarded within 45 days of the challenge end date.) If you choose to leave your team, you will be removed from the team's leaderboards, but will remain on the individual leaderboard.
10. If a member is removed from the Dash for any reason, his/her steps will be removed from the team to which he/she belonged.
11. You may only participate on one team.
12. The 50 points for joining a team and 50 points for joining a challenge are limited to once per month.
13. Teams must be officially formed before the closing deadline on September 14.
14. KEHP members eligible for HumanaVitality can participate in the Dash; members who waive KEHP coverage are not eligible for HumanaVitality and therefore cannot participate.
15. You authorize your employer and/or the KEHP to publish or distribute the results of the challenge and/or your photograph or likeness in a photo for the purpose of publicizing the KEHP programs. You agree the materials will become the property of KEHP and, use of the materials shall be without compensation to you.

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Need a fitness tracker for the step challenge? The Kentucky Employees' Health Plan recommends these devices.

You can get fitness devices through the HumanaVitality Mall using Vitality Bucks (or a credit card if you do not have enough Vitality Bucks). Actual prices for devices are dependent on your Vitality status. You can also buy them at many retailers. Be sure to check if a device will work with your computer or phone before purchasing.

What are you more comfortable using?

A computer or a smartphone?

Computer or smartphone

These devices work with a computer with internet access, and a software download, OR a smartphone.

Fitbit "Zip"

HumanaVitality
"Bucks": 4,055
Average retail: \$49



Clips to your clothing. Tracks steps, distance, calories burned, and active minutes.

Garmin "Vivo Fit"

HumanaVitality
"Bucks": 8,000
Average retail: \$85



Tracks distance, steps, calories burned, sleep activity.

Fitbit "Flex"

HumanaVitality
"Bucks": 7,095
Average retail: \$79



Tracks distance, steps, calories burned, sleep activity.

Smartphone

Smartphone app

HumanaVitality
"Bucks": 0
Average retail: \$0



Try the "Moves" app. If you have an iPhone, you could use the "Apple Health" app, too. Search for them in your app store.

Fitbug "Air"

HumanaVitality
"Bucks": 1,850
Average retail: \$49



Clips to your clothing and tracks your steps.

Computer

This device requires a computer with internet access, and a software download.

Humana "G2"

HumanaVitality
"Bucks": 1,850
Average retail: n/a



Clips to your clothing and tracks your steps. If you've taken the Vitality Health Assessment and never redeemed any Vitality Bucks, you should have enough to get a G2 pedometer.