

## The 30th Annual Walk 100 Miles in 100 Days® Is Here!

Thank you for registering for the 30th annual Walk 100 Miles in 100 Days®. Below is everything you need to know to help you complete this program.

### HOW TO COMPLETE THE PROGRAM

This 15-week walking program challenges you to walk an average of one mile per day for 100 days. You will track your physical activity by inputting your daily steps (2,000 steps is equivalent to one mile). You will successfully complete the program if you record at least 100 miles (or 200,000 steps) before the program ends on **Aug. 27**. By completing the program, you will earn **100 points in the Wellness Rewards Program** and be one step closer to earning a wellness credit! For additional details regarding the Wellness Rewards Program, [click here](#).

### Track Your Physical Activity

Reporting your activity is now easier than ever. Even though participation in the program is team-based, everyone will be responsible for entering their own activity directly within the Wellness Rewards portal.

- You can enter your steps manually, or you can [sync your wearable activity tracker](#) or app for automatic reporting! Popular compatible trackers include Fitbit, Garmin, Apple HealthKit (for Apple Watch and iPhone steps), Withings, and many more!
- If you participate in activities other than walking (e.g., biking, tennis, yoga, etc.), [click here](#) to reference a steps conversion chart that will help you convert those activities into equivalent steps you can report.
- There is no cap on the number of steps you can report each day.
- You will be able to report your steps for the current day, as well as any past days through the beginning of the program. Though the program ends on Aug. 27, you will have until Sept. 5 to finish reporting your activities.

### T-Shirt Order Information

T-shirt orders can be placed online through our specially licensed vendor Davis & Lee at: [Walk 100 Miles in 100 Days® T-shirts](#). Please use the Promo Code **WALK-30-YEARS** to get 25% off your order which you will redeem before you checkout. The deadline to order t-shirts is Aug. 31.

### Questions?

If you have questions regarding the Wellness Rewards Program, please contact Asset Health at [support@assethealth.com](mailto:support@assethealth.com) or **855-444-1255** (available from 8 a.m. to 8 p.m. ET, Monday through Friday).

You can also access additional program information and FAQs at [HROneSource.org](https://HROneSource.org) or by calling **833-599-2100** (available from 7 a.m. to 5 p.m. ET, Monday through Friday).