



Register Now for the 30th Annual Walk 100 Miles in 100 Days®!

May 20 through August 27

At WVU Medicine, we bring out the best in one another. We are committed to excellence and fostering resilience not only in the work we do, but the way we live. That's why we're encouraging you to commit to exercise for your total well-being by participating in the 30th annual Walk 100 Miles in 100 Days® walking program!

How It Works:

Kicking off on **May 20**, 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 your 2025 wellness credit! For additional details regarding the Wellness Rewards program, [click here](#).

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! Also, if you participate in activities other than walking (e.g., biking, tennis, yoga, etc.), you will have access to a steps conversion chart to help you convert those activities into equivalent steps.

Register Now to Get Started!

To get started, you must register by May 31. You can create or join a team* or select "I Need a Team" to join the Wellness Center team.

*Note: Since the program is integrated into the Wellness Rewards portal, only WVU Medicine and Allied Health Solutions employees and spouses enrolled in a medical plan can participate in teams together. Anyone that is not medically enrolled in a medical plan must visit the Wellness Center's [website](#) to participate.

Questions?

If you have questions regarding the Wellness Rewards Program, please contact Asset Health at 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 or by calling **833-599-2100** (available from 7 a.m. to 5 p.m. ET, Monday through Friday).

