



May 18, 2026 through August 25, 2026

Register Now for the 32nd Annual Walk 100 Miles in 100 Days®!

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 32nd annual Walk 100 Miles in 100 Days® walking program!

How It Works:

Kicking off on May 18, 2026, this 15-week challenge encourages you to complete an average of one mile per day for over 100 days through walking or other forms of movement that work best for you. You will track your physical activity by inputting your daily steps (2,000 steps is equivalent to one mile). You will successfully complete the challenge if you record at least 100 miles (or 200,000 steps) before it ends on **Aug. 25, 2026**. By completing the challenge, you will earn **100 Points** toward the **Wellness Rewards Program!** For additional details regarding the Wellness Rewards Program, [click here](#).

Reporting your activity is now easier than ever. While the challenge is team-based, each participant is responsible for logging 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 29, 2026. You can create or join a team* or select "I Need a Team" to join the Wellness Center team. Information on ordering a T-shirt will be shared when the challenge launches on May 18, 2026.

**Note: Since the program is integrated into the Wellness Rewards portal, only employees and spouses enrolled in a WVU Medicine medical plan can participate in teams together. Anyone that is not medically enrolled in a WVU Medicine 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).

