



BENEFITS

WalkingSpree Program Information

Get Moving – Improve Your Health and Earn Cash Incentives!



Top Three Reasons to Join WalkingSpree, a For Your Health! Wellness Program:

- 1 It's Free!** When you join WalkingSpree, you'll get a free USB-based pedometer!
- 2 It's Easy!** Your WalkingSpree pedometer tracks steps walked, aerobic steps walked, distance walked, calories burned, and fat burned. Because it's USB-based, you just plug it into your computer to upload your walking data and store it on your personal WalkingSpree web page.
- 3 It Pays!** Log at least 7,000 steps per day (or other eligible physical activity that is the equivalent of 7,000 steps per day) for at least 60 days per quarter, you can earn a quarterly wellness incentive (enrolled associates earn \$100/quarter and enrolled spouses earn \$50/quarter).

WalkingSpree is **open to all associates** and adult dependents enrolled in CNO's medical plan.

Resources

The WalkingSpree web site (<http://walkingspree.com/login/conseco>) offers great wellness tools and resources, like an activity tracker (for non-pedometer activity) and a comprehensive food tracker, plus online support and more!

Check out the Getting Started Guide (<http://tinyurl.com/onc5yo7>) to learn more about the WalkingSpree program and the associated health benefits. You can also learn more about the WalkingSpree web site resources and how to get started.

Also, check out our WalkingSpree FAQs at <http://tinyurl.com/pj55krr>

Register Now!

Register for WalkingSpree at <http://www.walkingspree.com/register/conseco>. At registration, please provide your contact information, including your mailing address (this is where your free pedometer will be sent).

Your pedometer, username, and password will be mailed within five business days. After you receive it, go to <http://walkingspree.com/login/conseco> to get started!

