



BENEFITS



WalkingSpree FAQs

1). What is WalkingSpree and how does the program work?

WalkingSpree is a corporate walking program that uses the technology of a USB pedometer to allow you to track steps walk, aerobic steps walked, calories burned, fat grams burned, and distance walked. The program also provides you with access to your own private web page where you can upload all of this data from your pedometer, as well as track other activities such as biking, swimming, gardening and even house cleaning! To read more about the WalkingSpree program, go to the [Getting Started Guide](#).

2). Do I have to pay anything to participate in the WalkingSpree Corporate Walking Program?

No. The initial pedometer, as well as your membership fees, will be paid by CNO. Additionally, any adult dependents (18 and older) that are enrolled in CNO's medical plan are also eligible to participate in this program at no cost.

3). Is my spouse or adult dependent also eligible to join the WalkingSpree program through CNO?

Yes, your spouse or any adult dependent is eligible to join the program. For adult dependents enrolled in CNO's medical plan, the initial pedometer and their membership is provided at no charge.

If your spouse or adult dependent is not enrolled in CNO's medical plan, they are still eligible to participate, but will be required to pay for their pedometer and membership. If you are interested in purchasing a membership for a spouse that is not enrolled in CNO's medical plan, please e-mail foryourhealth@cnoinc.com.

4). How can I register to join the WalkingSpree walking program?

Go to www.walkingspree.com/register/conseco to complete your registration. A pedometer and membership registration instructions will be mailed to you within one week. When entering your contact information on the registration site, please be sure to provide the mailing address to which you want your pedometer shipped. If you are registering more than one person, you must complete separate registrations for each person.

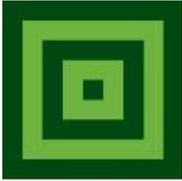
5). Will my WalkingSpree participation count towards receiving my CNO wellness incentives?

Yes. If you are enrolled in CNO's medical plan and participate in the WalkingSpree program, you are eligible to receive the applicable CNO wellness incentive for each quarter that you meet the active participation requirements through WalkingSpree's program. "Active participation" means you must 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 must meet this requirement to earn your *For Your Health!* wellness incentive. (Plus, if your spouse is enrolled in the CNO medical plan and participates in the WalkingSpree program, your spouse can also earn CNO wellness incentives for participation in the program which will be funded into the associate's Health Savings Account.)

6). If I participate in non-pedometer activity (such as swimming or Yoga), will I still receive credit towards participation in *For Your Health!*?

Yes. Your non-pedometer activity will be converted into steps walked. 30 minutes of non-pedometer activity will equal 3,000 steps walked. You will still be required to meet the equivalence of 7,000 steps per day for at least 60 days to earn your *For Your Health!* incentive for the quarter.





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7). If my adult dependent participates in WalkingSpree, can they also earn the *For Your Health!* quarterly incentive?

If your spouse is enrolled CNO's medical plan, then they are eligible to receive HSA incentives on your behalf for their participation. Please refer to CNO's [HSA Incentives Menu](#) for more information about incentives for spouses.

8). Can I download my pedometer data at any computer?

When you receive your pedometer, there will be a set of instructions for you to follow in order to register your pedometer on the WalkingSpree web site. The computer that you use to complete this registration and download the necessary software will be the PC that you will need to use each time you upload your data. However, you can access your WalkingSpree page to view your data, chat with walking buddies, and see CNO's walking stats from any computer – anytime, anywhere.

9). Is the WalkingSpree software compatible with all computers?

At this time, the WalkingSpree software is only compatible on Windows-based systems. WalkingSpree is currently in the process of expanding the systems capability for the software, but there is no estimated time of completion yet for this project.

10). If I lose or break my pedometer, what is the process for receiving a new one?

If you lose or break your pedometer, you will be responsible for replacing your pedometer at CNO's cost of \$44.00. Please complete the [replacement pedometer form](#).

If your pedometer becomes defective through no fault of your own, and it is within one year from the time you originally received it, you may be eligible for a replacement at no charge. To request a replacement under these circumstances, please contact WalkingSpree at (877) 789-WALK or via e-mail at support@walkingspree.com.

11). Can I opt out of the program at any time?

Enrollment in this program is voluntary, and you may opt out at any time. Additionally, any member who shows no activity for 90 days will be automatically inactivated.

12). If I have questions regarding my pedometer or about the WalkingSpree program, who should I contact for assistance?

All technical questions regarding the WalkingSpree program should be directed to WalkingSpree. You may e-mail them at support@walkingspree.com, or call them at (877) 789-WALK.

