



BENEFITS

Walking Spree Program Frequently Asked Questions (FAQ)



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 track your steps walked, 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. CNO pays the cost for your initial pedometer as well as your membership fees. In addition to all associates, any adult dependents (age 18 and older) who are enrolled in a CNO Care Options medical plan may also participate in Walking Spree at no cost.

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

Yes, your spouse and your adult dependents may join the Walking Spree program. CNO will cover the cost of the initial pedometer and membership fees for any spouse or adult dependent who is enrolled in a CNO Care Options medical plan.

If your spouse or adult dependent is not enrolled in a CNO Care Options medical, they may still participate in Walking Spree, but you will be required to pay for their pedometer and membership. If you'd like to purchase a membership for a spouse or adult dependent, please send an email to foryourhealth@cnoinc.com.

4). How do I register for the WalkingSpree walking program?

Go to www.walkingspree.com/register/conseco and complete the online registration. When you register, please provide the mailing address to which you'd like your pedometer shipped (in your contact information). You must complete separate registrations for each person joining the program.

You'll receive your pedometer and membership registration instructions within one week after submitting your online registration form.

5). Will I receive CNO wellness incentives for participating in the Walking Spree program?

Yes. If you're enrolled in a CNO Care Options medical plan, you're eligible to receive CNO wellness incentives each quarter in which you meet the active participation requirements for the Walking Spree program. The active participation requirements are:

- Log at least 7,000 steps per day (or the equivalent to 7,000 steps for other eligible physical activity) for 60 days in a calendar quarter.

If your spouse is enrolled in a CNO Care Options medical plan and participates in the Walking Spree program, he or she can also earn CNO wellness incentives. Please see [CNO's Wellness Incentives Menu](#) for more information about incentives.





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6). If I participate in non-pedometer activity (such as swimming or Yoga), will I still receive credit toward earning my CNO wellness incentives?

Yes. You may enter other eligible non-pedometer activity into your Walking Spree account. Walking Spree will convert this activity into steps, where 30 minutes of eligible non-pedometer activity equals 3,000 steps. To earn your incentive, you must still log 7,000 steps (in actual steps, non-pedometer activity, or a combination of the two) per day for at least 60 days in a calendar quarter.

7). If my adult dependent participates in WalkingSpree, can they earn the CNO wellness incentive?

No, only associates and spouses who are enrolled in a CNO Care Options medical plan may earn CNO wellness incentives for participating in the Walking Spree program. Please see [CNO's Wellness Incentives Menu](#) for more information about incentives.

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

When you receive your pedometer, you'll also receive instructions for registering it on the Walking Spree website. When you complete this registration, you'll also download the Walking Spree software on to your computer. From this point forward, you'll only be able to use the computer on which you completed your registration or another computer that has the Walking Spree software installed on it to upload data from your pedometer. However, you may use any computer to log in to the Walking Spree program and you're your data, chat with your walking buddies, and see CNO's walking stats.

9). Is the Walking Spree software compatible with all computers?

The Walking Spree software is compatible with all Windows-based computers and newer Mac computers (2008 and newer). Walking Spree program software may not run correctly (or at all) on older Mac computers.

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

If you lose or break your pedometer and you wish to continue your membership in the Walking Spree program, you'll be responsible for replacing your pedometer at a cost of \$45. To request a replacement pedometer, please complete a [replacement pedometer form](#).

If your pedometer is defective (through no fault of your own) within one year of receipt, you may be eligible for a free replacement pedometer. To request a free replacement due to these circumstances, please contact Walking Spree at (877) 789-WALK or support@walkingspree.com.

11). Can I quit the Walking Spree program?

Enrollment in the Walking Spree program is voluntary. You may opt out at any time. Additionally, if you do not record any activity in the program for 90 days, your membership will be automatically inactivated.

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

Please direct all technical questions about the Walking Spree program to support@walkingspree.com, or (877) 789-WALK.

