What is the flash Challenge?

For the Walking Week Flash Challenge, we challenge you to walk for 30 minutes on at least 3 days. Getting active during the day can be as simple as walking to a co-worker’s desk or taking a walk instead of watching television. Find time this week to get up and walk, it is easier than you think!

Once you’ve successfully completed this flash challenge, here’s what you need to do to receive points:

1. Log into www.myinteractivehealth.com and click on the Action Plan tab (If you’re not already registered on the website, use sponsor code KSUV3 to create an account).
2. Click on the All Activities button.
3. Click on the Walking Week Flash Challenge.
4. Verify that you walked on 3 days for at least 30 minutes.
5. Click Update to earn your 5 points.

When do I have to record my participation for the flash challenge by?
Your Walking Week Flash Challenge must be recorded by midnight on June 12 to earn the 5 points.

Ways that you can get more active during the day:
- Take a walk on your lunch break
- Park farther away from your destination
- Walk your children to school or the bus stop
- Use the stairs instead of the elevator
- Set reminders to get up and walk during the day
- Invest in a pedometer or tracking device
- Create a step goal for the week and challenge yourself

Unable to participate in this challenge?
Review your Personal Action plan to see all of the ways that you can earn points towards your incentive. If it is medically inadvisable for you to participate and you are unable to achieve your incentive through other activities, you might qualify for an opportunity to earn points by an alternative course of action (that, if you wish, will be developed with your doctor). Please contact Interactive Health no later than 4 weeks prior to the end of the campaign at (800) 840-6100 or at rasrequest@interactivehealthinc.com to request a reasonable alternative standard to qualify for the incentive.