

Take the Path to Better Health...



HealthTrails™

New year, new challenge! HealthTrails lets you travel along famous trails like Spain's French Way and Denmark's West Coast Trail as you practice healthy habits and physical activity.

Registration opens Monday, March 9, 2020. The first 200 SJUSD employees to register will be entered in a raffle for a \$50 gift card (3 winners). Competition begins Monday, March 23. Participant prizes will be drawn throughout for individuals and teams!

Learn more at

<https://sjusd.healthtrails.com>



Challenge Prize Structure

Early Registration Raffles:

- First 200 individuals to sign up will be entered in a drawing for a \$50 VISA gift card

Weekly Raffles:

- Individuals with 30 miles/week or more will be entered in a weekly raffle to win a \$50 VISA gift card
- Individuals with 50 miles or more/week will be entered in a weekly raffle to win a \$100 VISA gift card

Prizes for top 4 Teams and Individuals:

- Top 4 teams with the highest average miles will receive a \$125 gift card per team member
- Top 4 individuals with the highest total miles will receive a \$125 gift card
- Participants that achieved at least 300 miles will be entered in a raffle for a \$50 gift card

Note: One prize per participant. Raffle winners are chosen by a third party with a random number generator. This challenge is administered by HES and Kaiser Permanente. Please send any questions or concerns to Baelee at Baelee.M.Zeiher@kp.org.