



# Move your way to well-being

Register for The Invitational Team Steps Challenge from **April 29 – May 19**  
at [webmdhealth.com/zollwellness](http://webmdhealth.com/zollwellness).

The challenge starts **May 20**.

This year, everyone on the top stepping team will receive a \$100 gift card.



## TRACK ANY ACTIVITY

You can step, dance, bike or get active any way you like. Just use our steps conversion chart to see how you stack up. To record your activity, sync a fitness device or enter your steps manually.

## DOWNLOAD OUR APP

Use the Wellness At Your Side app to register and track your steps during The Invitational.  
Use connection code: **ZOLL**



## EARN REWARDS

You can win every week! Earn 50 points by logging at least 5 days of steps in each round!

