

## **CU will pay you \$25 a month to exercise with Move.** <sup>[1]</sup>

February 10, 2020 by [Employee Services](#) <sup>[2]</sup>

What could you do with an extra \$25-\$75 per quarter? The *Move.* program allows you to earn incentives for maintaining an active lifestyle.

*Move.*'s app tracks physical activity through your smartphone or activity-tracking device (e.g., Fitbit, Apple Watch, etc.). The app records activity stats like calories burned, heart rate, steps-per-day and more.

Open to CU Health Plan members, *Move.* participants who log either 30 minutes of activity or 10,000 steps a day, for at least 12 days a month, can earn an incentive of \$25 a month. These incentives are added to paychecks quarterly in January, April, July and October.

Set your own wellness goals in the *Move.* app interface as a way to hold yourself accountable to improving your health – and your wealth.

For more information, visit [BeColorado.org](https://www.becolorado.org) <sup>[3]</sup>.

[Move.](#) <sup>[4]</sup>

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