

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

February 10, 2020 by [Employee Services](#) [2]

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](#) [3].

[Move.](#) [4]

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[1] <https://www.cu.edu/blog/work-life/cu-will-pay-you-25-month-exercise-move>

[2] <https://www.cu.edu/blog/work-life/author/27210>

[3] <https://www.becolorado.org/program/be-colorado-move/>

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