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Want to earn an extra $25 each month? Join Be Colorado Move. program and stay active. [1]

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Earn $25 each month just by staying active! Payments are made quarterly in January, April, July and October.

As a primary member of a CU Health Plan, you can participate in Be Colorado [3]*Move* [3]. This program provides an incentive of $25 a month just for tracking at least 12 days a month of qualified fitness/exercise with either the *Move.* app [4] or a wearable activity tracker.

Move. participants who log either 30 minutes of moderate activity or 10,000 steps a day for at least 12 days a month, will receive up to $25 a month. Moderate activity is any movement that elevates your heart rate for at least 30 minutes. This includes weightlifting, biking, running or swimming.

Participants must be the primary member of a CU Health Plan to sign up for monthly incentives. Dependent spouses and children are not eligible to enroll.

How to participate:

1. Enroll in the Be Colorado *Move.* program [4].
2. Complete 30 minutes of moderate to intense activity or walk 10,000 steps a day for at least 12 days a month.
3. Track each activity on your phone with the Be Colorado *Move.* app [4] or an activity-tracking device such as a Fitbit, Jawbone, Misfit Shine, Garmin, etc.
    - Sync your active days to the Be Colorado website if you are tracking with the app. Wearable devices automatically sync your activity by linking them at becolorado.digifit.com [4].
4. Earn your $25 incentive payment

Learn more [3]

Wellness [5]
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