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

September 6, 2017 by Employee Services [2]

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 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]

be colorado [5], Move. [6]

Display Title:
Want to earn an extra $25 each month? Join Be Colorado Move. program and stay active

Send email when Published:
No

Source URL: https://www.cu.edu/blog/work-life/want-earn-extra-25-each-month-join-be-colorado-move-program-and-stay-active

Links
[1] https://www.cu.edu/blog/work-life/want-earn-extra-25-each-month-join-be-colorado-move-program-and-
stay-active

[5] https://www.cu.edu/blog/work-life/tag/be-colorado