

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](#) [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.
 - o 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]

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