



Let's all do the Turkey Trot!

The Reta Trust has made arrangements with Fitbit to provide one device to you at little to no cost. Eligibility requirements are as follows:

Who: Employees & Spouses enrolled in the Reta Trust medical plan who have completed their HealthQuotient (HQ)

When: Must be completed January 1, 2018 through November 30, 2018

What: \$80 credit to the Fitbit store at <https://www.fitbit.com/welcome/80retatruster2018>

Members will need to enter in the following Promo Code:
DSAC + Birth Year + last 4 digits of Social Security (i.e.) DSAC19591234

How: Login at www.retatruster.org, click on the WebMD logo, click the Rewards tab, and complete the HealthQuotient to become eligible and earn \$100. You can also participate in other activities by Engaging in Your Health to earn an additional \$350.

Why: We will be hosting a Diocese-wide Walking Challenge in November! The Turkey Trot runs 11/1/2018 – 11/30/2018.

There are 2 ways to win a \$25 gift card. (One gift card per member)

- 1) If you participate in the challenge for 20 of the 30 days and average at least 5,000 steps a day, you will earn a \$25 gift card!
- 2) If you participate in the local "Run to Feed the Hungry 5K or 10K," you will earn a \$25 gift card! You must send proof of your registration to benefits@scd.org.

* Fitbit codes are uploaded bi-weekly.

* Please review the attached Fitbit Welcome Guide to join the walking challenge.