

Reach Your Peak!

APRIL 3 - MAY 15, 2013

REACH YOUR PEAK DURING THIS CHALLENGE BY STAYING ACTIVE AND EATING WELL!

How the Challenge Works:

The goal is to climb 29,000 total feet to the summit of Mt. Everest.

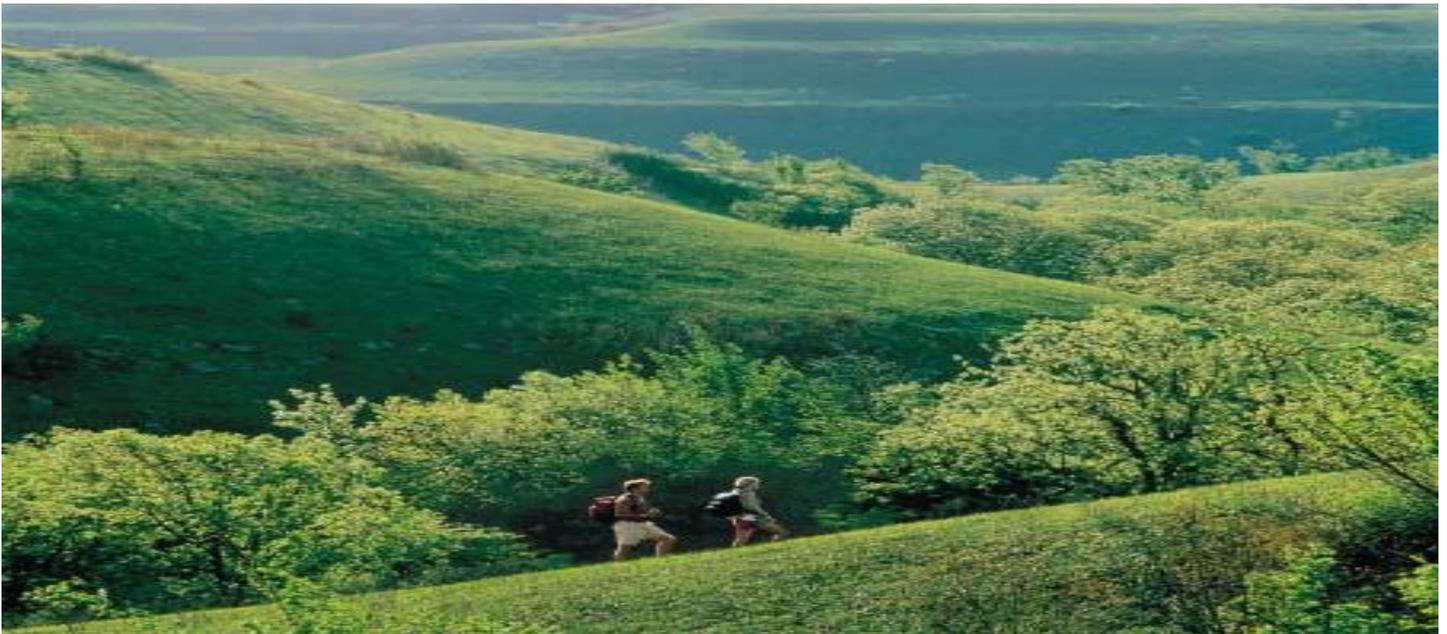
You will earn 700 feet for each of the two activities you track daily:

- Exercising for 30 minutes or more
- Eating 3 or more servings of fruits and/or vegetables

You can earn a total of 1,400 feet each day.

How to Track Feet:

- Record your activity at www.KansasHealthQuest.com.
- You may print and use the paper tracking form for convenience and enter your feet online later.
- Or track your activity using the *Mya*™ app and your portal account will be automatically updated. Learn more about this new feature below!
- Record all of your activity by May 22.
- 5 credits will be awarded to your HealthQuest account when you complete the challenge!



Download the free *Mya*™ app through the App Store or Google Play. The app can be used with iPhone, iPad, iTouch and Android devices so you can track your healthy choices right at your fingertips. Login with the same User ID and Password that you use on www.KansasHealthQuest.com.

Scan the code to download
Mya™ to your device.

