

Steps Incentive Program

Earn \$1 for every day you and your covered spouse walk 8,000 or more steps, up to 20 days per month. Earnings are deposited into your HSA.



Earn Money

Earn up to \$250 a year (\$500 with enrolled spouse) in HSA contributions.



Free Stuff

Get a free Garmin device.



Be Healthier

Improved health and cardiovascular capacity.

HOW TO PARTICIPATE

1

Create Member Account

Go to motivhealth.com and click "Log In."

2

Choose a Steps Device

Fitbit/Garmin (free)/Apple Watch. Download app, create account, sync device.

3

Connect With Member Account

Allow your app to sync with your member account.

4

Start Earning by Walking

Earn cash for cardio.