**NEWSLETTER CONTENT**

**Headline:** Small moves lead to big gains

Adding a little bit of exercise to your routine can have a big effect on your well-being.

The Invitational Team Steps Challenge is back to help you stay active. Join this fun,

team-based competition that can help you move your way to your well-being goals.

**How it works**

Join a five-person team and track steps between May 21 and June 24. Your team will compete against a new team each week. The team with the most steps each week wins! You can walk, dance, bike, swim, or stay active any way you like. Use the steps conversion worksheet in [SmartHealth](file:///C%3A%5C%5CUsers%5C%5Cagill%5C%5CDownloads%5C%5Csmarthealth.hca.wa.gov) to convert your activity minutes into steps.

**Earn points**

You can earn 50 SmartHealth points per weekly round. There are 5 weekly rounds. Earn up to 250 points!

**Download our app**

Use the **Wellness At Your Side**app from the [Apple App Store](https://apps.apple.com/us/app/wellness-at-your-side/id957943648) or [Google Play Store](https://play.google.com/store/apps/details?id=com.webmd.ways&hl=en_US&gl=US) to register and track your steps during The Invitational.

1. Visit the Apple App Store or the Google Play Store and search “Wellness At Your Side.”
2. Download the app and enter your connection code: **SmartHealth**

**Sign up today!**

Visit [SmartHealth](file:///C%3A%5CUsers%5Cagill%5CDownloads%5Csmarthealth.hca.wa.gov) and register for The Invitational Team Steps Challenge between May 7 and May 20**.**

Note: Employees are encouraged to participate in this challenge during work breaks or outside of work hours.