San Diego City College’s
Step Up to Spring Walking Challenge

Challenge Description

Join your colleagues in the 6-week Step Up to Spring Walking Challenge organized by the San Diego City College Step Up to Live Well campaign. You are encouraged to walk (or run, hike, swim, bike, etc.) the equivalent of 10,000 steps (5 miles) every day or 10 minutes of any physical activity counts as 1000 steps. You will receive a pedometer (sent to your home after you register for the challenge) to track and report steps in the weekly online survey. This challenge is open to all VEBA members regardless of benefit status!

The individual from San Diego City College with the highest total number of steps/miles will receive a $25 gift card (options will be provided to the winner). One random selection of all participants will receive a $10 gift card to Sprouts! The San Diego City College department with the highest average number of steps will receive an on-site healthy cooking class and samples for up to 30 people!

Registration Dates: Now – March 30th
Challenge Dates: March 10th – April 14th

How to Register: VEBA Members

- Go to http://www.vebaonline.com/wellness-benefits/. In the gray box on the right hand side, below “VEBA Wellness Challenges and Tools,” click on “HERE.”
- On the next page “VEBA Health & Fitness Challenge”, enter your pin & password. To register or receive a new pin, click on the “Register/Get New Pin” box.
- Once you are logged into your Wellness Toolbox, click on the “Challenges” tab and register for “Step Up to Spring.”

How to Register: Employees not covered under a VEBA Kaiser or UHC Plan

- If you are an employee not covered under a VEBA Kaiser or UHC plan, please email healthcoach@vebaonline.com with your first name, last name, email address, and in the email “SUBJECT” line type the following “Step Up to Spring”. We will load you into the system so that you will have access, and then send you an email on how to get registered.

For questions, please contact us at healthcoach@vebaonline.com or (619) 466-4386.