



July 13, 2018

Mr. Brian J. Wagner
President
National Association of Postal Supervisors
1727 King Street, Suite 400
Alexandria, VA 22314-2753

Dear Brian:

As a matter of general interest, the Postal Service plans to sponsor a "10K-a-Day Walking Challenge" for Headquarters, Northern Virginia District and Capital District employees.

Participation in the event, which is scheduled to begin August 6 and conclude September 30, is voluntary. Interested employees can register for the event at www.uspswellness.10kaday.com beginning July 23.

Employees who meet certain participation thresholds during the event will be entered into a drawing for prizes.

We have enclosed a final copy of the rules and a promotional flyer concerning the 10K-a-Day Walking Challenge.

Please contact Bruce Nicholson at extension 7773 if you have questions concerning this matter.

Sincerely,

A handwritten signature in blue ink, appearing to read "Alan S. Moore".

Alan S. Moore
Manager
Labor Relations Policies and Programs

Enclosures



COMING SOON!
USPS Wellness
10K-a-Day
Walking Challenge
Step up to better health.

The USPS Wellness Team invites you to join the 10K-a-day 8-week walking challenge. There is no easier, more cost effective way to enhance fitness.

The program will motivate you to walk more as you can join virtual routes, make stops to see sites along the way. You also have the option to convert other exercises into steps to help you move through the routes. Whether you are a beginner or an avid exerciser this program is for everyone.

Participant Results

- 89% increase in physical activity
- 91% are motivated by using counters or activity devices
- Easy, fun, and builds friendly competition

Challenge Runs
August 6th
Through
September 30th

Registration begins
July 23rd
Enroll Here:
Uspswellness.10kaday.com

PRIZES
GIVEAWAYS

Question please email
healthandwellness@usps.gov

Privacy Notice: Your participation in the Health Enhancement Systems (HES) 10K-A-Day Campaign is voluntary. If you choose to participate, you will be subject to the HES privacy principles, and terms and conditions. The United States Postal Service will not collect or maintain your personal information. For more information, you may view the HES privacy principles at <https://www.hesonline.com/privacy/> and the HES terms and conditions at <https://www.hesonline.com/terms/>.

10K-A-DAY WALKING CHALLENGE CONTEST RULES

WHAT

An 8-week walking challenge that allows employees to compete to earn points based on the number of steps the employee walks (or equivalent exercise).

WHEN

Competition begins on August 6, 2018 with registration beginning on July 23, 2018 and ends on September 30, 2018.

PURPOSE

To encourage employees to increase their physical activity.

ELIGIBLE POPULATION

Employees in Capital District, Northern Virginia District, and Headquarters (located in Capital and Northern Virginia Districts). Contractors are not eligible for this program.

COMPETITIVE GROUPS

All participating employees will be in the same competitive group.

HOW TO EARN POINTS

Employees earn points based on the number of steps they take each day or equivalent exercise completed. Activities must be logged into the 10K-A-Day system to count towards total points. You can sync an activity tracker or manually enter your steps to track your activity. Exercises will be converted into steps based on the HES 10K-A-Day system. Below is a breakdown of daily points earned based on steps taken:

- 6000-7999 Steps= 3 points
- 8000-9999 Steps= 4 points
- 10,000+ Steps= 5 points

PRIZE

Lanyard and Fitbit Charge 2

HOW ARE THE WINNERS DETERMINED

All employees that meet their goal set at the beginning of the challenge will be awarded a lanyard. 10 participants will win a Fitbit Charge 2. Winners of the Fitbit Charge will be determined through a random drawing. Participants will need to earn at least 168 points to be entered into the drawing. Participants that earn 168-223 points will be given 1 entry in the drawing. Participants that earn 224-270 points will be given 2 entries in the drawing. Participants that earn 270 or more points will be given 3 entries in the drawing.

WHEN WILL PRIZE BE AWARDED

The prizes will be awarded by October 31, 2018.