

*The*  
**INVITATIONAL**  
**TEAM STEPS CHALLENGE**



Don't miss the fun! Step up your well-being  
between April 10 and May 14.

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**Track any activity**

Walk, dance, swim, or stay active any way you like. There's a steps conversion chart in SmartHealth. To record your activity, sync your fitness device or enter your steps manually.

**Earn points**

You can earn 50 SmartHealth points per weekly round.

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Register at [smarthealth.hca.wa.gov](https://smarthealth.hca.wa.gov) or on the Wellness At Your Side app between March 27 and April 9.

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