

IC Memorandum 15-26



Commonwealth of Kentucky
Personnel Cabinet
Department of Employee Insurance
2nd Floor, State Office Building
501 High Street
Frankfort, Kentucky 40601

Website kehpn.ky.gov

To: KEHP Insurance Coordinators (ICs)
From: Department of Employee Insurance (DEI)
Re: 15-Day Dash Step Challenge Registration Starts Today
Date: September 1, 2015

Don't forget – enrollment starts Sept. 1 for the statewide 15-Day Dash sponsored by the Kentucky Employees' Health Plan (KEHP).

Enrollment starts: Tuesday 9/1/15
Enrollment ends: Monday 9/14/15
Challenge starts: Tuesday 9/15/15
Challenge ends: Wednesday 9/30/15
Upload ends: Friday 10/2/15

**15
DAY
DASH**

How you can help

- Promote participation and generate enthusiasm for the Challenge at your agency
 - Have several computers in your HR area to assist people with uploading their pedometers
 - Go to the Wellness Champs page at LivingWell.ky.gov for various resources to help you promote HumanaVitality, getting active and overall wellness
- Reach out to your HumanaVitality Consultant now
 - Visit the [regional consultant contact page](#) to locate your consultant
 - For information on how to acquire and set-up devices at your worksite
- Understand the rules
 - Teams can have 10-50 members
 - Team names should include your agency, department or school board's name
 - Refer to the attached 15-Day Dash Challenge guidelines for more details

The top ten individual finishers and members on the top 10 teams will be awarded Vitality Bucks.

