



TRI-COUNTY SCHOOLS INSURANCE GROUP



WALK ACROSS AMERICA CHALLENGE

Thank you for your interest in the TCSIG Walk Across America! We are excited about this 4 month walking challenge and pleased to welcome you as a participant.

The Walking Challenge begins on Wednesday, February 1st. You should be receiving your pedometers at your worksite by Tuesday, January 31st. Make sure to wear your pedometer each day and track your steps.

Each week you should report your steps as an Individual or as a Team of 5. The Step Reporting Surveys are located online and will be open each Wednesday at 5:00 a.m. and will close each Sunday at midnight.

Here are the Individual Step Reporting Links [Link to Individual Step Reporting Document](#) and the Team Step Reporting Links [Link to Team Step Reporting Document](#). Included in these handouts are the dates for each survey and the web link you will use to access the correct survey. Individual and Teams of 5 will report their first week's steps Wednesday February 8 - Sunday February 12. Remember, if you forget to report your steps for the week, keep your number in a safe place and add it to the following week's total.

Here is a Step Tracker [Link to TCSIG Participant Step Tracker](#) which you can use to help keep track of your steps. You will not turn this

form in to anyone; this is a tracking tool for you to use if you wish.
You are not required to use this tool.

Click here [Link to Walking Plan](#) for a walking plan to help guide your participation in this Challenge. You are not required to use this plan, but can use it if you would like to. The Walking Plan provides beginning, intermediate and advanced programs to help keep you on track.

You will receive Walking Challenge Updates throughout the Challenge to this email address. The first update will be sent out the week of February 20th and will include the distances walked through Week 2.

We encourage you to read these updates - they will contain educational and motivational information to support you in the TCSIG Walk Across America.

If you have any questions, please contact Delta TeamCare at 866-724-0032 or teamcare@delapro.com and a Health Educator will be able to assist you.

Happy Walking!

Join Our Mailing List!

Tri-County Schools Insurance Group
1445 Butte House Road, Suite A
Yuba City, California 95993
(530)822-5299