

## **Keep on moving: Move program alive and well for CU employees** <sup>[1]</sup>

August 9, 2018 by [Employee Services](#) <sup>[2]</sup>

Move is an incentive program that lets you earn cash for being active and tracking exercise. While the UCH health hospital system ceased offering Move on July 1, CU employees will continue to have access to the program.

Move is open to all CU employees who are primary members of a medical CU Health Plan.

The program allows users track physical activity through their smart phones or activity-tracking devices (e.g., Fitbit, etc.) with the Move app. The app records activity stats like calories burned, heart rate, steps-per-day and more. Each month, participants who log 30 activity minutes or 10,000 daily steps for 12 days earn a \$25 incentive.

To learn more about Move, visit the [CU Health Plan website](#) <sup>[3]</sup>.

[CU Health Plan](#) <sup>[4]</sup>, [Move](#) <sup>[5]</sup>, [perks](#) <sup>[6]</sup>, [wellness program](#) <sup>[7]</sup>, [UCH](#) <sup>[8]</sup>

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