



Summer Challenge: Scale the Summits
Registration is open! Challenge begins July 23.



The Scale the Summits Challenge is now open for registration!

The Scale the Summits Challenge will begin on July 23 and runs through August 26. **Register NOW** at <http://benefits.mt.gov/Challenges/Summer-Challenge>. Be sure to read the registration instructions!

Scale the Summits is a 5-week physical activity challenge. Participants will track their steps to have some fun and a chance at prizes! This is a great way to continue your active lifestyle and/or find fun new ways to keep yourself motivated to stay active in the summer heat!

- NO COST – open to ALL State of Montana Benefit Plan (State Plan) members.
- Completion of the Scale the Summits Challenge is an [eligible Next Step activity!](#)

- Lots of great prizes.
- Weekly challenges and recipes.
- Improved health.
- Fun new features including a virtual “walking” path (all kinds of activities count!) and more ways to get connected!

2018 Challenge Schedule

July 13 - Registration opens online at <http://benefits.mt.gov/Challenges/Summer-Challenge>.

July 23 – August 26 - Start and End date for the Scale the Summits Challenge.

For questions on how to get registered or use the Virgin Pulse challenge site, contact MyActiveHealth (855) 206-1302.