



BENEFITS



WalkingSpree Program Information

Join WalkingSpree as part of the *For Your Health!* wellness program – **at no cost to you!** All associates, as well as adult dependents enrolled in CNO's medical plan, are eligible to enroll for WalkingSpree at no charge. Additionally, all *new* WalkingSpree members will receive a free USB-based pedometer along with their membership.

WalkingSpree's USB-based device allows you to automatically upload all of the walking data from your pedometer to your computer, and is stored on your own personal page on WalkingSpree's web site. WalkingSpree's pedometer tracks steps walked, aerobic steps walked, distance walked, calories burned, and fat burned.

Plus, participation in the WalkingSpree program will count towards active participation in a *For Your Health!* program! If you are enrolled in CNO's medical plan and participate in the WalkingSpree program, you are eligible to receive CNO's Wellness Incentives for each quarter that you meet the active participation requirements through WalkingSpree's program. "Active participation" means you must log at least 7,000 steps per day (or other eligible physical activity that is the equivalent of 7,000 steps per day) for at least 60 days per quarter. To learn more about these incentives, as well as other general questions regarding the WalkingSpree program, please visit our [WalkingSpree FAQs](#).

WalkingSpree's web site also provides many great tools and resources, such as an activity tracker (for non-pedometer activity), a comprehensive food tracker, online support and chatting capabilities, and much more! If you'd like to learn more about the WalkingSpree program, their [Getting Started Guide](#) will provide you with information about the benefits of the program, features on their web site, and how to set up and use the pedometer.

To enroll in WalkingSpree today, simply register at

<http://www.walkingspree.com/register/conseco>

This registration page will ask you to provide a few pieces of contact information. Please be sure to provide the mailing address to which you would like your pedometer sent. Your pedometer will be mailed out within 5 business days from the time of your registration.

Once you've received your username and password from WalkingSpree (it will be mailed to you with your pedometer), go to the following link to login and get started!

<http://walkingspree.com/login/conseco>

