

# Venture Through Virginia

## Part 1: Western Virginia

Individual  
Walking  
Challenge

Coming Soon  
April 1– April 30



### Your Challenge Journey

Step into the beauty of Virginia with **Venture Through Virginia – Part 1: Western Virginia!** This virtual walking challenge takes you on a scenic journey starting off at the exciting Virginia Creeper Trail in Abingdon and ending at the beautiful Hotel Roanoke.

Participants are **encouraged to walk 8,000 steps per day** throughout the challenge. If you are aiming to complete the entire route, walk a total of 272,000 steps throughout the 30-day challenge. Remember to set a goal that is manageable and motivating to you!

Stay consistent, build healthy habits, and enjoy the adventure one step at a time! Stay tuned for **Part 2: Eastern Virginia coming this fall!**



### Sign Up for the Challenge

Save the date - Sign ups begin on March 18th!



### Log into the Wellness Portal

1. Go to [www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com) or click **Sign In** on the Wellworks For You Mobile App
2. Your username will be : **Work Email**
3. Your temporary password will be: **Date of Birth in MMDDYYYY format** including all leading zeros (no spaces, dashes, or other punctuation)
  - a. Example: 05051975
4. Click **Login** on the Web Portal or **Sign In** on the Mobile App
5. Accept the terms of the Consent Form
6. Fill in the required information

## Download the Mobile App

Access your Wellness Program guide, submit forms, and track your progress — all in one place. Connect with our wellness team and stay on top of your goals, right from the app.

