



**Independence
Blue Cross**

WALKING TOWARDS WELLNESS



Orientation Program

I. Introductions/Welcome

II. Overview of program

- A. Health improvement challenge!
- B. Review benefits of walking
- C. 12-week program
- D. Medical clearance from primary care physician (if needed)
- E. Registration process
- F. Buddy system
- G. Goal setting
- H. Role of Program Coordinator

III. Participant packet

- A. Review contents of packet
- B. Review Tracking Log

IV. Kick-off walk

- A. Date/time/location
- B. Incentives to attend—i.e. water bottles, T-shirts, etc.
- C. Balloons for work area

V. Company Incentives (optional)

- A. Identify company incentives
- B. Review the process for the participant to receive the incentive—i.e. most minutes walked the first week

VI. Completion of Program

- A. Process to submit Tracking Log
- B. Participant certificate distribution