

FEEL LIKE A  
**MILLION**

**August 21 – October 1**

**Brought to you by your FEB/FEA and GEHA**



**GEHA®**

# What is it?

- **6-week activity board game-themed challenge** to increase energy and help you feel your best.
- August 21 – October 1
- All FEB/FEA employees and contractors



Register online [feb.ifeellikeamillion.com](https://feb.ifeellikeamillion.com)

Registration dates: Monday, August 7 – Monday, August 28



GEHA.

# Registration

- Opens August 7
- Closes August 28
- [feb.ifeellikeamillion.com](https://feb.ifeellikeamillion.com)
- Start tracking behaviors August 21



# How it works

- Each day you record one or more energy-boosting activities, you'll earn virtual dollars and experience progress by moving along the gameboard.
- Activities include moving more, sleep, balanced meals, morning outdoor activity, meaningful connection, and suspending judgement.
- Every activity is a move closer to achieving the goal of \$1 million virtual.



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# Goals

- Earn \$1 million virtual dollars.
- Record record physical activity and choose two additional health behaviors. The behaviors can be switched up daily or weekly.
- The additional health behaviors recorded will add additional dollars to your overall earned dollar amount.

6000-7999 steps= \$15,000  
8000-9,999 steps= \$20,000  
10,000+ steps= \$25,000  
Health Behaviors= \$10,000

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# Team challenge

- Double your chances of success.
- Create or join a team of 4-5.
- Teams compete to see who can top the leaderboard.
- Scores are based on the team's average amount earned.
- Weekly opportunity to add \$5,000 to your team's score.



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The GEHA logo, consisting of the letters 'GEHA' in a white, bold, sans-serif font on a dark blue rectangular background. To the right of the logo is a decorative graphic of overlapping squares in shades of purple, pink, and yellow.





# Ways to win and bragging rights

1. **Top FEB/FEA:** wins overall champion trophy. FEB/FEA must have 250+ participants to be eligible. Also, GEHA will donate \$5,000 to the Combined Federal Campaign in the FEB/FEA name. (Donation is optional)
2. **Top 3 teams and top 3 individuals in each FEB will be recognized.**



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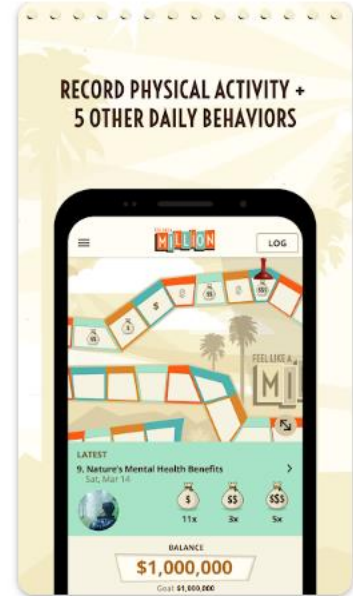
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# Download the app



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# Important dates

- Registration opens August 7
- Register at [feb.ifeellikeamillion.com](https://feb.ifeellikeamillion.com)
- First day to log activity August 21
- Last day of the program October 1

