

Walktober



WALKT*BER
2026



Get ready to take advantage of autumn's cool temperatures to step out and up to better health. **The Walktober fall step challenge begins on October 1, 2026.**

Fill your Walktober tree with red (6000), orange (8000), and gold (10,000) leaves.

Get social

Invite friends, join a team, and connect with colleagues on the Community page.

Rewards: Participants who earn at least 20 leaves by the last day of logging and complete the post-program evaluation, will be entered into a raffle to win one of 40-\$40 gift cards of your choice.

In addition, the municipality/district with the highest average number of steps at the end of the program will receive a one-time free healthy snack delivery from Berkshire Naturals for all employees to enjoy!

Important dates:

- **Registration opens: Monday, September 14th**
- **First day to log activity: Thursday, October 1st**
- **Registration Deadline: Sunday, October 11th**

[Register here](#)
by September 23



**Register on
your MIIA Mobile App**

Download the app
from the App Store or Google Play



**Free program open to all employees
and spouses.**

*Only employees and spouses enrolled in an active MIIA/Blue Cross Blue Shield health plan are eligible for gift cards.