



Explore and Move Outdoors

April Webinar Buffet
Available April 1st through April 30th

Exploring and moving outdoors has many positive health benefits and it's fun! In this webinar, we will talk about some of these health benefits, highlighting 3 outdoor activities and leisurely ways to enjoy being outdoors which you can do solo or with the whole family.

Register today at MIAWinners.org
See page 2 for complete registration instructions

Each month you must:

- Watch the entire webinar
- Answer 3 quiz questions about the webinar - you don't have to get them right
- Leave a comment about your strongest take-away from the webinar
- Complete the above before the end of each month - no back-tracking!

MIIA Webinar Buffet



Complete 7 of 12 monthly webinars, answer quiz questions, and comment on your take-aways to earn a \$50 gift card! Only MIIA/BCBS subscribers are eligible for a reward.

Registration Instructions

1. Go to www.miiawinners.org
2. **If you have a MIIA Winners account:**
Log in first, then follow instructions to enroll in this new program.
If you DON'T have a MIIA Winners account:
Use the "Proceed to Registration" button on the MIIAWinners home page.
3. Enter the Registration Code: Buffet2021 (case sensitive)
4. Fill out the registration form.
5. Once you have registered, you may access the program.