

401K: Invest in Your Health FAQ



America's Walking Club

Q: How do I sign up for the 401K: Invest In Your Health Program?

A: PayPal and Credit Card buttons are being placed on AVA's Website for the Virtual Online Programs (VOP) so that you may pay securely on AVA's Website. They should be up and running by December 15. Registration, program log-in information, and instructions will then be emailed to you.

Q: I do not like paying online. May I send a check?

A: Yes. If you prefer, you may send a check to AVA: America's Walking Club, 1001 Pat Booker Rd., Suite 101, Universal, TX, 78148, ATTN: 401K: Invest in Your Health. Registration, program log-in information, and instructions will then be emailed to you.

Q: I like to track my everyday steps also. Will they be mixed up with kilometers?

A: No, steps and kilometers will be tracked separately. You may choose to track only your kilometers, only your steps, or both. They will never be combined or duplicate your progress.

Q: Can I log my bicycle kilometers?

A: At this time, this is only a Walking Program, possibly in the future.

Q: Can I see the progress of every walker enrolled in the program?

A: Yes, everyone enrolled in the Challenge will be listed on a chart by their walking alias. You can see where everyone is toward their goal and challenge/encourage other individuals. Only walkers enrolled in the Challenge can see others' progress.

Q: Can I post pictures, discuss my walks, ask questions of other walkers about their walks?

A: Yes! Finally a way to share your walks with photos and descriptions, and ask other walkers about the walks they have done. Looking for a specific walk? Ask a general question and hopefully you will get an answer from someone nearby or across the U.S., This program allows you to interact with walking friends in other countries as well.

Q: Is this the only Challenge?

A: Great Question! 401K: Invest in Your Health is the first virtual Challenge. We will be adding more challenges as we progress. There will be at least one new challenge added in 2018.

Q: Do I have to pay extra for additional Challenges?

A: Nope, you can continue with any additional Challenges until the end of the year, at which time you simply enroll for the next year to keep your virtual account open. It should be seamless.

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Q: Will there ever be any Challenges like Walking across America, Walking Iceland, Walking the Equator, or even Walking the State Capitals?

A: You bet! 401K: Invest in your Health is only the beginning! If you enjoy the virtual online program and want it to continue past the 2018 pilot you can help by encouraging others to join! Participation is what will propel it into the future.

Q: Will there ever be any Team/Club Challenges so we can have friendly competitions between each other?

A: Yes, it is up to you! IF this Virtual Online program pilot is well received we will be able to continue past 2018. Team/Club Challenges will be a great way to encourage participation and generate friendly competition. Team Challenges are done fairly by averaging the number on each Team so larger Clubs won't have an advantage.