

# Bike & Walk to Work Week

## May 12-18

**Join the Movement!  
Commute Green and Be Active.**

**Work Remotely? No Problem!**

**Check out the ideas available in ManageWell or create your own.**

**Grab your bike or sneakers and hit the road.  
Be Healthy. Live Well.**

Scan the QR code below to log into ManageWell or visit  
[ManageWell®](#) | [Benefits](#) | [DHMC and Clinics Careers](#) for  
ManageWell registration details



Questions?

Contact [LifestyleImprovement@hitchcock.org](mailto:LifestyleImprovement@hitchcock.org) or call (603) 650-5950