

GET READY FOR A HEALTHY COMPETITION with

ahealthymeSM



Everything to live
a healthier life.

STEP CHALLENGE for Individuals

an engaging program that provides a path toward better health and wellbeing

Enrollment begins today

You can register this week and during the first week of the challenge .

Challenge starts April 6, 2020

Enrollment Ends: April 12, 2020

Challenge Ends: May 18, 2020

Log **294,000 steps** (an average of 7,000 steps per day)
Over the course of **six weeks**

To Sign Up for the Challenge

Sign into the [ahealthyme®](#) and enter your data in Steps Log | Download the [HealthyNow app](#) | Sync your [Fitbit®](#) tracking device with the site

To log your Steps

Sign into your account | Select challenge widget | Log Steps button, located within that widget
| Enter the number of steps that you accumulated on the date selected | Update.

If you need to enter steps for additional dates, simply click the arrows next to the date.

To link your Fitbit® tracking device

Create an [Fitbit account](#) | Follow the directions | Download the app on your mobile device |
Sign in to ahealthy | Select "Fitbit widget" | Enter your Fitbit account info | Log in

Successful Individuals:

Wellness points are awarded (if applicable) based on an individual's successful completion of the challenge, after the challenge ends.

Each participant will receive a challenge completion email with his/ her final percentage of the challenge goal met.

For more information, please check the [Participants Guide](#).

You can also contact HR@ [Teodora](#) or [Michelle](#).

Enjoy the challenge!



**BlueCross
BlueShield**

[aHealthyMe Programs](#)
[Step Challenge Log in](#)

STAY CONNECTED

