

# GET READY FOR A HEALTHY COMPETITION with

ahealthyme<sup>SM</sup>



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**

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

STAY CONNECTED

