

GET READY FOR A LITTLE HEALTHY COMPETITION.



ahealthyme[®]
Activity Challenge
Participant Guide



Welcome to the ahealthyme® Activity Challenge! This guide will provide you with all the information necessary to sign up for the challenge, to log your minutes of activity, and to join your coworkers in getting active. Get ready for a little healthy competition!

Activity Challenge Overview


The ahealthyme® Activity Challenge is an engaging program that provides a path toward better health and wellbeing. You and your coworkers will be challenged to log as many minutes of your preferred exercise as possible during the challenge period—and to provide each other with positive encouragement along the way. The library of challenge-eligible exercises spans a considerable number of activities, including (but not limited to): walking, biking, dancing, swimming and hiking.

Individual Goal: Each participant is challenged to log an average of 150 minutes of exercise per week, each week of the challenge. Exercise minutes can be logged by signing into the ahealthyme® site and entering activity in the Cardio Log.

Team Goal: Team rankings are based on team exercise minute averages. At the end of the challenge, the team with the highest average number of exercise minutes wins.

Signing Up for the Challenge

Follow the steps below to sign up for the challenge:

1. Go to ahealthyme.com/login and either sign in or sign up for an account.
2. On your homepage, you will see the prominently-featured *challenge widget. Click the  button located within that widget.
3. After clicking **Sign Up**, a window will appear and provide you with additional challenge information—the challenge description, individual goal, challenge dates, and registration period—and prompt you to either create a new team or to join an existing team.
4. To join an existing team, simply select your desired team from the dropdown menu.
5. Click the **Sign Up Now** button at the bottom of the window to finalize the process.

**Please note that the widget will appear on the site one week before the challenge begins.*

Logging Activity

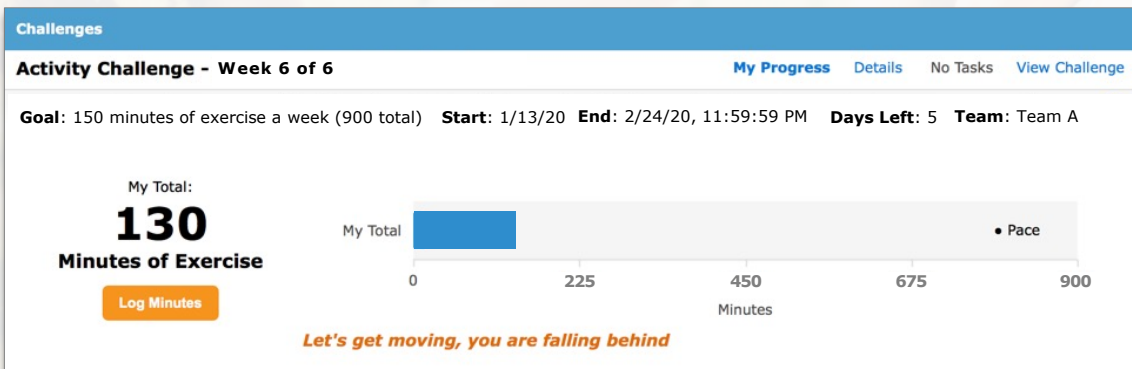
To log minutes of exercise—and make progress toward the challenge goal—follow these steps:

1. Go to ahealthyme.com/login and sign into your account.
2. On your profile homepage, at the center of the screen, you will see the challenge widget. Simply click the **Log Minutes** button, located within that widget.
3. Use the resulting search bar to find and select an exercise.
4. Enter the number of minutes that you engaged in the selected exercise. You do not need to enter calories or heart rate.
5. Click **Save**.

Please note that any steps logged on the site—either manually or via a synced Fitbit®—will not automatically count toward the challenge goal; instead, time spent walking would need to be logged as exercise minutes using the process outlined above.

Exploring the Challenge Widget

The challenge widget is not just the place where you sign up and log your activity; it also serves as the hub for all challenge information from start to finish. View your progress and other general challenge details directly on the main screen of the widget. Click *View Challenge* to get an in-depth look at where you rank on your team and across the company—as well as how your team stacks up against other teams across the organization. Be sure to click through the widget to see all the available graphs and statistics!



Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID Card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association.

© Registered Marks of the Blue Cross and Blue Shield Association.

© Registered Marks of Blue Cross and Blue Shield of Massachusetts, Inc., and Blue Cross and Blue Shield of Massachusetts HMO Blue, Inc.

© 2019 Blue Cross and Blue Shield of Massachusetts, Inc., and Blue Cross and Blue Shield of Massachusetts HMO Blue, Inc.