



# GET READY FOR A LITTLE HEALTHY COMPETITION.







# **Activity Challenge Participant Guide**



Welcome to the ahealthyme<sup>®</sup> 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<sup>®'</sup> 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<sup>®</sup> 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 <u>ahealthyme.com/login</u> 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.

Sign Up

- 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.





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#### **Logging Activity**

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

- 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!



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