



— STEP IT UP — CHALLENGE

2017



TEAM TIP SHEET!

2017 Step-IT-Up! Team Challenge



Get Ready to Go Supersonic

May is the time to “hero up” and join the most epic Mission Superheroes battle of them all – the fourth annual Step-IT-Up! Team Challenge. This Challenge is your best shot at **Going Supersonic**, the top reward level of Mission Superheroes. It’s also your annual opportunity to earn 500 bWell points, a \$150 gift card and—if you Go Supersonic with 7,000 points—a chance to win one of 10 Great Escapes Prizes. Now is the time to embrace your super strengths and vow to prove that you can move—a lot—in May.

All superheroes can achieve great feats by themselves, but they’re more powerful in teams. Band together and form an alliance (team) with your superhero co-workers and collectively meet the 1.5 million “steps” challenge goal. You can convert almost any activity into “steps.” (Check the activity [conversion chart](#) for easy translation of your activity).

Details

- Join an existing alliance (team) or create your own.
- **Team size:** 5 to 7 individuals per team.
- **Goal:** Aim for 75,000 steps a week (through walking or converted from ANY fitness activity) for four weeks for a total of 1.5 million “steps” between May 1 and 28.
- The Step-IT-Up! Team Challenge and Mission Superheroes are open to all employees—whether or not you have medical coverage through BMC. Note: Only employees with BMC medical coverage are eligible for the Powering Up (Level 2) and Taking Flight (Level 3) rewards, both with savings on medical premiums. Get the details [here](#).

CHALLENGE DATES

- Challenge Starts: **May 1**
- Challenge Ends: **May 28**
- Last day to track and enter activity: **June 1**

Get Your Rewards



- **Two teams will take home a \$150 gift card for each member**—one for the team with the highest total steps and one for the team with the highest average steps per member. (Each team member must meet the weekly 75,000 “steps” goal).



- **500 bWell points** if your team collectively meets the 1.5 million “steps” goal. Achieve the goal and each team member is closer to advancing to Going Supersonic (Level 4) reward of Mission Superheroes. When you go supersonic, you’re eligible for the ultimate reward—one of 10 thrilling Great Escapes prizes. Winners will choose from five epic trips or five awe-inspiring experiences designed to reinvigorate or recharge weary superheroes.



- **Weekly gift card draw.** Each member of your team could win the weekly draw for a \$50 gift card to recognize your heroic efforts.



- **Health hero status.** Participating in the Step-IT-Up! Challenge gives you the satisfaction knowing you thwarted inertia, the arch-enemy of an active lifestyle.

Tracking Tips

- If you are logging your activity manually, be sure to visit mybmcwellness.com at least once a week to report your activity.
- Go online frequently to check your progress and urge on your team members.
- Use your smartphone as an activity tracker. Download an app like **Moves** to your phone. Moves automatically records any walking, cycling and running you do.

Resources

- **Activity trackers** you can sync to your account on mybmcwellness.com.
- Mobile apps for exercise tracking:
 - **Moves**
 - **Accupedo**
 - **Runkeeper**
 - **MapMyFitness**
 - **Strava**
 - **Argus.**
- **Activity Conversion Chart**
Please note: Conversions are estimates; your actual steps may vary.
- **2017 bWell Olympics Overview.**

SIGN UP TODAY!

If you haven't created an account on mybmcwellness.com:

- Go to mybmcwellness.com and click on **Get Started**.
- Find the link to the Step-IT-Up! Challenge page.
- Link your account to your activity tracker or activity tracking website or app (such as **MapMyFitness** or **Moves**).

Step-IT-Up! Team Challenge FAQs



Q: How do I start my own team?

A: From the leaderboard – click on **Start your own team** next to the green plus symbol. A new window will pop up to instruct you on how to finish the creation of your team. Choose a team name and click on **Create Team**. A message window will pop up above the challenge after you have successfully created your team.

Q: How do I invite people to my team?

A: To invite people to your team, scroll down on the challenge page. Find the green plus sign and click on **Invite another person to join this team**. Type in their sign-in name or email address to invite them.

Q: How do I join a team?

A: Look to the left of the challenge page for the leaderboard. Find the team you would like to join and click on **Join**.

Q: I don't see the team that I want to join. Why?

A: If you do not see the team you want to join, that means it already has the maximum seven members. Please join another team or create your own.

Q: Any restrictions on team size?

A: You must have at least five team members, and no more than seven team members.

Q: Can I remove a team member who isn't contributing?

A: Team members cannot remove one another, only the users can remove themselves. To change teams, users must leave the challenge entirely, rejoin it and select a different team.

Step-IT-Up! Team Challenge FAQs



KEEP YOUR HARD-EARNED POINTS

Q: When will we earn our points for completing the Step-IT-Up! Challenge?

A: Points are awarded 3 days after the challenge end date. Do not delete the challenge from your **My Plan** until a full 3 days have passed and your points have been awarded.

Q: Can I leave a team?

A: If you leave a team you can't recover your tracked activities or transfer them to another team. You must start again with a new team, from zero.

Q: Can I transfer my tracked activities to another team?

A: No. If you leave a team, your actions and points will be removed from that team, and you will be starting again with a new team, from zero.

Q: When is the latest I can track my past activities?

A: You are able to track activities as far back as one week.

Q: How do we determine winners?

A: The leaderboard will show total steps. At the end of the four-week challenge the team in first place will win one of two prizes. Another winning team will be determined based on the highest average steps per member over the four-week challenge. Winners will receive an email at the end of the challenge and will be announced in the June benefits newsletter.

Boost Your Step Count



Ideas for Increasing Activity Levels

- **Stairs are your friend.** Ten minutes of climbing the stairs—at work, home or at the mall—can add nearly 2,000 steps to your daily count.
- **Wheel it.** A 10 minute leisurely cycle can add about 1,100 steps to your day.
- **Add 15 minutes of walking to your lunch menu.** At work or at home, we often allot 30 to 60 minutes to eat, but eating usually takes just 10 minutes. Spend your extra time walking, not sitting.
- **Be a health and community hero.** If volunteering is one of your goals, tie it to the goal of moving more. Look for volunteering opportunities that involve movement, such as clean-up days in your community or a run/walk event. Find an event near you:
 - [Luke's Locker](#)
 - [iRun Texas](#)
 - [Houston Running Calendar](#)
 - [Runner's World](#)
- **Mall walk.** Walk the length of the mall before you go into the store you want to visit.
- **Multitask your chores.** Take out the trash then do a lap of the block before you return to your house.
- **Involve your tribe.** Make it a nightly habit to go for an after-dinner stroll with the family.
- **Raise money while you move.** Download an app like [Charity Miles](#) that allows you to raise money for a charity of your choice every time you walk, run, or bike. That way you're committing to exercise for something much bigger than just yourself.