



# Lace up and get moving

## Join the BMC Step It Up! Walking Challenge

### frequently asked questions

#### About the Step It Up! Walking Challenge

Step It Up! is a fun, four-week walking challenge that is part of the *Healthways Wellness Program* with one simple strategy—left—right—left. It's meant to get us moving more. Make us stronger. Healthier. Help us feel better. And have fun, too.

#### Walking heals. Moving benefits everything from your:

- heart and blood sugar
- metabolism
- muscles
- joint functions

Walk, and you just may start breathing better, losing a few pounds and lowering your stress. Walking can even help protect against certain cancers and improve physical functioning for those in poor health. Want to live longer, too? Take a walk.<sup>1</sup>

**The goal?** To walk 50,000 steps a week for four weeks. You can also enjoy your favorite activities and convert them to steps during the challenge.

#### How does the challenge work?

#### When you sign up for Step It Up! Challenge, your goals are to:

- ✓ **Use your personal steps tracker** on the Well-Being Connect™ portal to record your total daily steps from walking and/or other activities. You may use a pedometer if you want to count your steps during the day; then, record them in your online steps tracker. If you have a Fitbit® you can sync this to your Well-Being Connect account. Your steps will automatically for the day. [Click here](#) to learn how.\*
- ✓ **Walk as often and as far as you can each day**—ultimately 50,000 steps every week.
- ✓ **And/or perform your favorite activities that can be converted** into a specific number of steps on your tracker. Activities-to-steps conversions will be based on the activity, the intensity and how long you perform the activity.

For tracking purposes a week is defined as Monday - Sunday.

\*A Fitbit is the only device that will sync to Well-Being Connect. Steps will have to be loaded manually if using other devices.

#### What are the challenge dates?

**Challenge starts:** May 12

**Challenge ends:** June 8

#### How can you win prizes?

**All challenge participants** will receive a free pedometer for signing up for the challenge.

**Weekly Winners\***—Every week during the first three weeks of the challenge, you can be one of 20 lucky participants to win a Fitbit®! Here's how to qualify:

- **Track your steps daily**—track your steps every day of the week and be entered into the weekly drawing (10 winners/week).
- **Be a top stepper**—track the most steps for the week (10 winners/week).

\*Weekly winners are only eligible for one of the three weekly prizes. Weekly winners are eligible for the grand prize.

**Challenge Winners**—20 Challenge Champions will be announced at the end of the challenge. Winners will receive a \$250 gift card! Here's how to qualify:

- **Be an ultimate stepper**—The top 10 participants who track the most steps by the end of the challenge period will win a gift card.
- **Be a full-time participant**—10 participants who track their steps every day **and** meet the weekly goal of 50,000 steps every week will win a gift card.

## Do I have to participate?

No, this is a voluntary challenge. If you are unable or unwilling to participate there are several other ways to earn your 2015 wellness credit. For more information see the [incentive grid](#).

## How much credit do I earn towards the 2015 wellness credit by participating in this challenge?

You will earn \$200 towards the 2015 wellness credit when you complete the participation requirements.

## What does it mean to 'participate'?

In order to earn the \$200 credit towards 2015 premium, you will need to complete the following:

Log into [www.mybmcwellness.com](http://www.mybmcwellness.com) to register for the challenge and

- log your steps at least 8 times during the competition; or
- comment on the Challenge Chatter site at least 8 times during the competition

## Am I eligible to participate in the competition?

Refer to the below Eligibility Matrix:

Type	Status	Eligibility
Employee	Enrolled into BMC Medical plan in 2014	Yes
Employee	Not enrolled in BMC Medical Plan	No
Spouse and Dependents		No
New Hires after May 1		No

## I am a New Hire, am I eligible?

Refer to the Eligibility Matrix. You can earn credits from other activities. For more information refer to the [incentive grid](#).

## How do I get the pedometer?

Once you sign up, the pedometer will be shipped out within 3 days to the address that you have provided at [www.mybmcwellness.com](http://www.mybmcwellness.com).

## Is walking or running the only way to get steps?

No, you can use the activity converter on the site to convert your various activities (such as biking or swimming) into steps for the challenge.

## What if I couldn't walk 10,000 steps for a day?

Steps are accumulated for a full challenge week, so missing or not tracking one day will not hurt your weekly goal.

## How do I know if I am a weekly winner?

Winners will be notified weekly via email and a list of winners will be posted on Challenge Chatter (first name/last initial only).

## Is my information private?

Yes, you may customize your public profile at any time by configuring your account at [www.mybmcwellness.com](http://www.mybmcwellness.com).

Names of weekly winners will be shared with Corporate Benefits to fulfill weekly prizes.

## What is a recommended steps goal?

After signing up, set a steps goal you know you can achieve. Remember, the goal of the challenge is 50,000 steps a week.

### To get an idea of how many steps you walk on an average day:

- Use a pedometer for a day or two in the time before the challenge officially starts.
- Determine the average number of steps taken over those few days.
- Consider adding 500 additional steps to that number and set that as a goal.

## How do you use your personal steps tracker?

- Each participant must set up a personal steps tracker on Well-Being Connect and declare an individual steps goal.
- To add your steps tracker, you will be asked to select your goal. Select "Take a specific number of steps every week" as your goal and enter 50,000 steps per week. See "What is a recommended steps goal?" to help set your goal.
- Try and record your steps daily on your personal steps tracker to be considered as "participating" in the BMC Step It Up! Challenge.

## Can other activities be counted as steps?

**Yes. Other activities can be converted to steps too!** The BMC Step It Up! Challenge isn't just about walking; other activities count toward a steps goal each day too. You can convert almost any activity into steps—from playing basketball to taking a Zumba class—using the online steps converter.

### Track more than steps.

You can convert other activities into steps using the online tracker.



## Is this challenge right for you?

Based on your health and how active you are now, consider these suggestions:

- **Just starting?** If you're just beginning to be more physically active, walk a little each day during week one of the challenge. Then, walk a little more each day during week two, adding more steps every week throughout the challenge period until you reach 50,000 steps each week.
- **Already active?** Make 50,000 steps your weekly goal during the challenge period. Walk more if you can.

## What is a pedometer?



Use a pedometer to help you count the total number of steps taken. Each step you take triggers the pedometer, and a step is added to your total. Most are small enough to attach to the waist of your pants and can be great motivation.<sup>2</sup> You can sync your Fitbit® too! [Click here](#) to learn how.

## Connect while on the go

Stay connected with wellbeingGO™, the mobile app for your personal well-being website. wellbeingGO currently is available for iPhone, iPad, iPod Touch and Android. Download the latest version in the Apple App Store or Google Play.



**Questions?** If you have questions about the Step It Up! Walking Challenge, go to [www.mybmcwellness.com](http://www.mybmcwellness.com) or call 866-336-8226.

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You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.

