



May 6 - 31

**Do it for your team, do it for you,
do it for a good cause**



TEAM TIP SHEET



2019 Step-IT-Up Team Challenge



Join the *Battle of the Business Units*

May is reserved for the biggest trip on the Destination bWell journey to well-being – the Step-IT-Up Challenge. The Step-IT-Up Challenge is your best shot at reaching the Luxury Resort level (8,000 points) and qualifying to win one of 10 eligible wanderlust vacations.

We're stepping things up this year and making your business unit your Step-IT-Up Challenge team. You'll join your business unit peers and battle to achieve the highest average step count by the end of the Challenge. The winning team will claim the grand prize – a \$5,000 donation from BMC to the charity your team chooses.



Details

- On May 6, log in to mybmcwellness.com and click on the Step-IT-Up Challenge graphic.
- You'll see your name listed under your Business Leader's name.
- New to bWell? If you register after May 6, you will need to contact WellRight to have your name added to your team. Email support@wellright.com or call 800-724-1215.
- Aim for 160,000 steps (through walking or converted from ANY fitness activity) between May 6 and May 31.



- Register: May 1 – 6 (If you're new to bWell and have never registered)
- Challenge Starts: May 6
- Challenge Ends: May 31
- Last day to track and enter activity: June 7
- Winners announced: June 12



Get Your Rewards

- You'll score 500 bWell points when you log 160,000 steps during the challenge.
- You'll also be eligible for individual prizes:
 - A \$250 gift card to the member of each team with the highest step count.
 - A \$250 gift card to the member of each team who wins the random prize drawing.
- Bragging Rights: If your team wins the Challenge, enjoy the spotlight as you celebrate your victory knowing that you and your team stepped it up in May.

Manual Tracking

Manual tracking is allowed only if your activity wasn't already tracked through a device or app.



- Go to mybmcwellness.com and click on Register (If you are a first-time visitor).
- Once registered, log in and click on the Step-IT-Up Challenge graphic.
- Link your account to your activity tracker or an activity tracking website or app. See the list of compatible devices.

Tracking Tips

- You will need to track all your activity with either a tracking device or smartphone activity tracker. Manually tracking is allowed only if your activity wasn't already tracked through a device or app.
- Use these devices or apps:

Devices

- Fitbit
- Striiv
- Polar
- Garmin
- Withings
- Ihealth
- Movable

Apps

- Apple Health
- MapMyFitness
- Runkeeper
- Go online frequently to check your progress and cheer on your peers.

Resources

- For questions, email support@wellright.com or call 800-724-1215
- **Activity Conversion Chart** (Please note: Conversions are estimates; your actual steps may vary)
- **2019 Destination bWell Overview**



Step-IT-Up Team Challenge FAQs

Q: Do I need to create or join a team?

A: No, this year you are automatically assigned to your business unit. You and your business unit peers will compete against other business units to achieve the highest average step count. The winning team will win the grand prize – a \$5,000 donation from BMC to a charity your team chooses.

Q: How do I join my business unit's team?

A: If you are registered at mybmcwellness.com, log in and click on the Step-IT-Up Challenge graphic. You should already be assigned to your Executive Leader's team.

Q: What are the benefits of participating?

A: Think of the Step-IT-Up Challenge as a fun trip to better health with some friendly competition among workmates thrown in. By participating, you might also make new friends and discover a new activity to enjoy.

Q: Do I have to participate?

A: No, participation is completely voluntary, but everyone is encouraged to participate. Whether you regularly compete in Ironman Competitions or haven't stepped foot in a gym in years and the thought scares you a little, the Step-IT-Up Challenge is for you. Besides physical activity has undeniable positive effects on your mood, with anxiety reduction among them.

Q: I haven't participated before. How do I get started?

A: The Step-IT-Up Challenge is all about introducing activity into your very busy and often hectic workday, without having to set aside 'special' time for exercise. Make yourself aware of the opportunities available to you during your normal day. For example:

- Take the stairs instead of the elevator or escalator
- Carry the shopping in one bag at a time
- Take a 5-minute walk at lunchtime
- Step out for 10 minutes with a friend or work peer



Step-IT-Up Team Challenge FAQs

Q: When will we earn our points for completing the Challenge?

A: As soon as you have tracked the equivalent of 160,000 steps, WellRight will send you an email, confirming that you've completed the individual challenge and award 500 bWell points to your total.

Q: Do I stop tracking my activity after I've logged 160,000 steps?

A: After you've achieved your individual goal of 160,000 steps and scored 500 bWell points, we encourage you to keep moving and tracking your activity to help your team win the Challenge.

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

A: You can track activities as far back as one week.

Q: How do I connect my fitness tracking device or app to auto-sync with the website?

A: It's easy to add a fitness tracking device or app to your WellRight profile using the WellRight mobile app. Log in to the WellRight app for **iPhone** or **Android** and follow **these steps**.

Q: How do we determine winners?

A: The leaderboard will show total average steps. At the end of the four-week challenge, the team with the highest average steps per member will win the Challenge. Winners will receive an email at the end of the Challenge and be recognized in the benefits newsletter.



Boost Your Step Count

Ideas for Increasing Activity Levels

- Mile-a-Day Challenge. Walk, run, jog, or bike (including a stationary one) a mile a day.
- Stairs are your friend. Ten minutes of vigorous climbing the stairs—at work, home or at the mall— can add nearly 3,000 steps to your daily count.
- Wheel it. A 10-minute leisurely cycle can add about 1,700 steps to your day.
- Add 15 minutes of walking to your lunch menu. At work or 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 movements, 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](#)
 - [Running in the USA](#)
- Ditch the golf cart. Play a four-hour round of golf without a cart and add almost 32,000 steps to your daily count.
- 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. When it's time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat 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.