

# Step IT Up

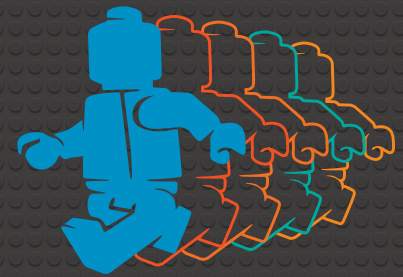
2020

# TEAM TIP SHEET

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2020



## 2020 Step-IT-Up Team Challenge



The month of May features one of the biggest kits (challenges) of bWell Builds — the Step-IT-Up Team Challenge! The challenge is one of your best shots at reaching the Master Builder level (8,000 points), qualifying to win awesome prizes and earning a \$600 discount on your 2021 medical premiums.

We're stepping things up this year. Now you can create your own Step-IT-Up Challenge team or join an existing team by emailing [support@wellright.com](mailto:support@wellright.com). You'll form or join a team between 4 and 7 colleagues and battle to achieve the highest average step count between May 4 and 29. The winning team will claim the grand prize — an awesome team trophy and a \$250 gift card\* for each team builder.



### Details

- If you are a first-time visitor to [mybmcwellness.com](https://mybmcwellness.com), create your username and password before May 4.
- On May 4, log in to [mybmcwellness.com](https://mybmcwellness.com) and click on the Step-IT-Up Challenge graphic.
- Form a team and invite others or join an existing team by emailing [support@wellright.com](mailto:support@wellright.com).
- Aim for 160,000 steps (through walking or converted from ANY fitness activity) between May 4 and May 29.

## Challenge DATES

- Register: Before May 4
- Challenge Starts: May 4
- Challenge Ends: May 29
- Last day to track and enter activity: June 5

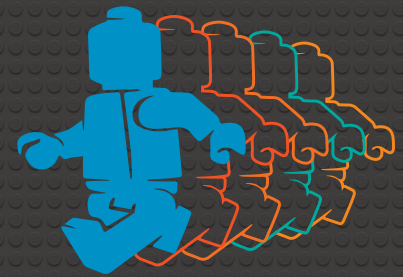
*\*The Internal Revenue Code considers the gift card value as taxable income.*



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## 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 two builders with the highest step count.
  - A \$250 gift card\* to two random winners who reach the goal of 160,000 steps.
- 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 for activities not already tracked through a device or app.

## Sign Up Today

- Go to [mybmcwellness.com](https://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. You can also manually add activities you tracked on devices and apps that aren't supported by the WellRight portal or app.

- Supported devices or apps include:

### Devices

- Fitbit
- Striiv
- Polar
- Garmin
- Withings
- iHealth

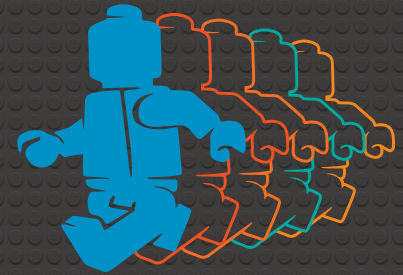
### Apps

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

## Resources

- For questions, email [support@wellright.com](mailto:support@wellright.com) or call 800-240-0733
- **Activity Conversion Chart** (Please note: Conversions are estimates; your actual steps may vary)
- **2020 bWell Builds Overview**

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## Step-IT-Up Team Challenge FAQs

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

**A:** Yes, you will form a team on the bWell portal and invite 4 to 7 work colleagues to join your team. If you haven't been invited to join an existing team, email [support@wellright.com](mailto:support@wellright.com) and WellRight will assign you to a team. Your team will compete against other teams to achieve the highest average step count. The winning team will win the grand prize — an awesome team trophy and a \$250 gift card\* for each team member.

### Q: How do I create or join a team?

- A:**
- If you're already registered at [mybmcwellness.com](https://mybmcwellness.com), log in and click on the Step-IT-Up Challenge graphic. If you're a new visitor, you can visit [mybmcwellness.com](https://mybmcwellness.com) and click on **Register** to create an account.
  - Create a team and give it an inspiring name. If you create a team, you are automatically designated team captain.
  - Invite colleagues to join your team. Scroll down below the Challenge information and click on **Invite More Users**.
  - If you prefer to join a team, email [support@wellright.com](mailto:support@wellright.com) and ask to be added to a team.
  - Teams with less than four members on Friday, May 8, will be dissolved. WellRight, our wellness program partner, will create new teams with members of the dissolved teams.
  - If your team is dissolved, any activity you logged between May 4 and 8 and tracked with supported devices or apps will transfer to your new team. Activity logged manually will appear in your Calendar view, available in the top menu bar when you log in to the bWell portal.

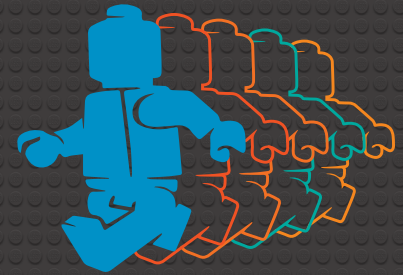
### Q: Where can I see who is on my team and our current step count?

**A:** You can view your team members by clicking on the Step-IT-Up Challenge tile and scrolling down to the bottom right of the page. You can also click on Email Group to view your team members and send them an encouraging message. Visit the leaderboard to see all teams and their current step count standing.

### Q: What are the benefits of participating?

**A:** Think of the Step-IT-Up Challenge as a fun build for better health with some friendly competition among colleagues thrown in. Participating can also help you beat the COVID blues. If you're not exercising as much as you used to or you feel the need to start exercising, the Step-IT-Up Challenge could be the motivation you need right now.

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## Step-IT-Up Team Challenge FAQs

### Q: Do I have to participate?

**A:** No, participation is entirely 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 physical 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 typical day. For example:

- If you live in a two-story home, take breaks throughout the day and walk the stairs.
- Use the time you're not spending commuting right now to add an extra walk or run to your day.
- Take a 5-minute walk at lunchtime.
- Grab your family and your bicycles and enjoy an early evening ride.

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

**A:** As soon as you have tracked the equivalent of 160,000 steps, you will receive an email confirming that you've completed the individual challenge and awarded your bWell points.

### 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 overall Step-IT-Up Challenge.

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

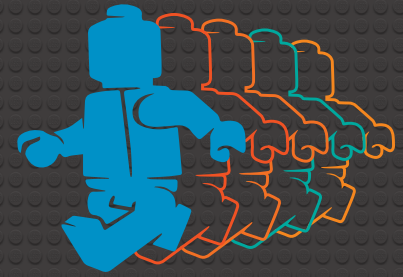
**A:** You can track activities as far back as one week.

### 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 soon after the end of the challenge.



## 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 (safely at home)— 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.
- Multitask your chores. Take out the trash, then do a lap around 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 park or recreational area that's open in May.
- Create fun, mini-challenges with your family. Add activity to your day by conducting a physical education class for your kids. Gather up the skipping ropes, hula hoops, balls, or everyday household items and enjoy some healthy competition. Get inspiration [here](#).
- Register for ClassPass. This BMC benefit gives you free access to 1,000 streaming audio and video workouts like strength, cardio, stretching, and more. Register [here](#).
- Rock it like Rocky. Join free boxing-inspired fitness classes on Instagram each morning. Turn on post notifications for [@doyourumble](#) to receive alerts when the classes are about to go live (generally at 8 a.m. ET).
- Put the “dancing” in “social distancing.” Dance it out like nobody’s watching with free cardio routines and movement classes on the 305 Fitness YouTube page every day at 6 p.m. ET. See [a list of their upcoming digital events here](#).
- Two in one. Are you binge-watching Netflix these days? Why not use this time to kick-start your fitness and well-being goals? Watch all those saved episodes while walking on a treadmill, riding a stationary bike, or rowing on a row machine.
- Move more in May. Get your heart pumping. Join the American Heart Association for a variety of free [online workouts](#). Workouts include dance parties, Tabata, and more.
- No Commute Running Schedule. Use the time you're saving not commuting to schedule an extra run or walk in your day.

