5 for 5 in July Challenge!

Monday, July 7—Sunday August 3

Participant Instructions

Step 1:

Visit the Live**Well** Vermont Wellness Portal and login: https://mybluehealth.bcbsvt.com/

Not registered yet? Create an account. See the Live**Well** Vermont Portal FAQ for registration instructions.
For technical support, email: bwell@bcbsvt.com.

Step 2:

Sign up for the 5 for 5 in July Challenge! Click "Sign Up" in the challenge box on your dashboard.

Registration ends Monday, July 7!

Weekly Challenge Drawings:

- Log 5 fruits & veggies (**2 fruits**; **3 veggies**) for 5 days! (Weeks run Monday-Sunday)

Completion Requirements for the "One Life, Live it Well" 2014 Incentive Program:

1. Log 5 fruits & veggies (**2 fruits**; **3 veggies**) for 5 days per week for **ALL** 4 weeks of the challenge.

2. Complete pre– and post-challenge surveys.

Fun "Extras" (optional):
Complete weekly tasks in "My To Do List" on your dashboard.