



LiveWell Vermont 5K Fitness Challenge

APRIL 7–MAY 18, 2014

PARTICIPANT INSTRUCTIONS

Step 1:

Create an account on the LiveWell Vermont Wellness portal. <https://mybluehealth.bcbsvt.com>
See LiveWell Vermont Portal FAQ for registration instructions. For technical help, contact My Blue Health customer support at (888) 778-5570 or email bwel@bcbsvt.com.

Step 2:

Create a team. Before registering on the portal, designate a captain and decide on your team name. Participating solo? You should create your own team with a unique name.

Step 3:

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

Captain and Solo Instructions:

"Create Your Own Team" by typing your team name in the box and clicking "Sign Up Now". To invite teammates, click "Email others to join your team". Feel free to customize your email. Click "Close".

Teammate Instructions: Select and click on a team from the drop down box. Click "Sign Up Now".

You are now registered! The 5K Fitness Challenge starts April 7.

Weekly Challenge Drawings: Earn 1 entry each for the following achievements:

- Logging your activity 3 days or more per week.
- Achieving 150 minutes of activity per week.

5K Challenge Award

Each week:

1. Log 3 days or more of activity.
2. Achieve 150 minutes of activity...AND...
3. Complete a 5K* (on your own or in an organized event) at any point during the challenge. Under Healthy Habits on your menu bar, report your time, type of exercise and date completed. 5K must be completed by 5/18/14.

**For those interested in the VT Corporate Cup and State Agency Race, registration deadline is April 28.*

"One Life, Live it Well" 2014 Incentive Campaign!

Completion of this challenge is logging 3 days or more per week for 6 weeks.