



Feel Great! Challenge FAQ

1. What is the goal of the Feel Great! Challenge?
2. When is the Feel Great! Challenge?
3. How do I register for the challenge?
4. How do I unregister from the challenge?
5. How do I complete my weekly tasks?
6. How do I qualify for the wellness incentive?
7. How can I find out challenge standings?
8. How can I communicate with other participants?
9. Who should I contact with questions?

1. What is the goal of the Feel Great! Challenge?

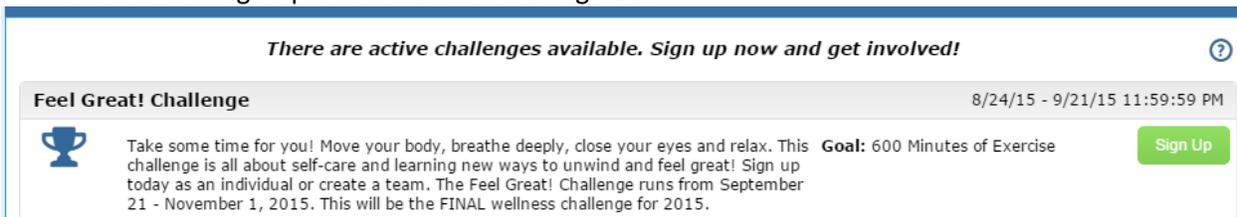
- a. The goal of Feel Great! Challenge is to encourage participants to take care of their physical and emotional wellness by introducing a variety of exercises that help reduce stress and enhance well-being. To successfully complete the Feel Great! Challenge participants must:
 - i. Log 600 minutes of physical activity by November 2, 2015 (any activity counts).
 - ii. Complete all weekly tasks by November 2, 2015.

2. When is the Feel Great! Challenge?

- a. The challenge starts Monday, October 5, 2015 and runs for 4-weeks finishing on Sunday, November 1, 2015. Participants have until November 2, 2015 to back log exercise and/or complete tasks.

3. How do I register for the challenge?

- a. Registration opens Monday, September 21st and closes on Sunday, October 11, 2015.
- b. Log-in to the Wellness Portal: <https://mybluehealth.bcbsvt.com/dt/v2/bcbsvtindex.asp>
- c. Click the "Sign Up" button in the Challenge Bar.

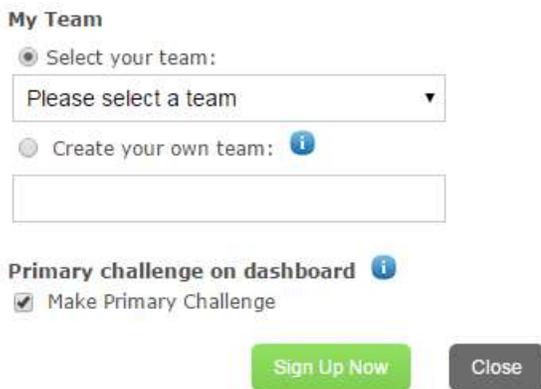


There are active challenges available. Sign up now and get involved!

Feel Great! Challenge 8/24/15 - 9/21/15 11:59:59 PM

 Take some time for you! Move your body, breathe deeply, close your eyes and relax. This challenge is all about self-care and learning new ways to unwind and feel great! Sign up today as an individual or create a team. The Feel Great! Challenge runs from September 21 - November 1, 2015. This will be the FINAL wellness challenge for 2015. **Goal:** 600 Minutes of Exercise [Sign Up](#)

- d. Choose "Select your team" or "Create your own team".
- e. Click "Sign Up Now".



My Team

Select your team:

Please select a team ▼

Create your own team: [i](#)

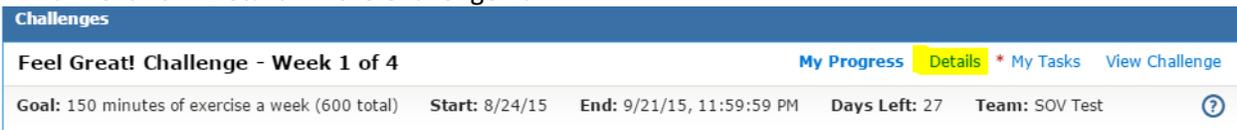
Primary challenge on dashboard [i](#)

Make Primary Challenge

[Sign Up Now](#) [Close](#)

4. How do I unregister from the challenge?

- a. Log-in to the Wellness Portal: <https://mybluehealth.bcbsvt.com/dt/v2/bcbsvtindex.asp>
- b. Click on "Details" in the Challenge Bar.



Challenges

Feel Great! Challenge - Week 1 of 4 [My Progress](#) [Details](#) [My Tasks](#) [View Challenge](#)

Goal: 150 minutes of exercise a week (600 total) **Start:** 8/24/15 **End:** 9/21/15, 11:59:59 PM **Days Left:** 27 **Team:** SOV Test

- c. Scroll to the bottom of the page and click "unregister"
- d. Select "OK"

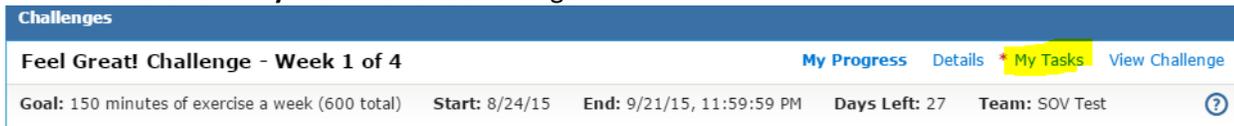


[unregister](#)

Primary: Yes
Sign Up Date: 3/9/2015

5. How do I complete my weekly tasks?

- a. Log-in to the Wellness Portal: <https://mybluehealth.bcbsvt.com/dt/v2/bcbsvtindex.asp>
- b. Click on “My Tasks” on the Challenge Bar



- c. Or scroll down your page to “My To Do List”



- d. New weekly tasks will load every Monday.

Note: All tasks for the current week must be completed before the next week’s tasks will load. If you are “overdue” on tasks, please note that there is a 24 hour delay for a new week’s tasks to load.

6. How do I qualify for the wellness incentive?

- a. Completing a wellness challenge rewards you 25 points upon successful completion. Successful completion is:
 - i. Log 600 minutes of physical activity by November 2, 2015 (any activity counts).
 - ii. Complete weekly tasks by November 2, 2015.
- b. Points will be loaded to your incentive bar by Tuesday, November 3, 2015.
- c. Incentive rewards (monetary or drawing) are only awarded for completion of one wellness challenge in 2015.

7. How can I find out challenge standings?

- a. Log-in to the Wellness Portal: <https://mybluehealth.bcbsvt.com/dt/v2/bcbsvtindex.asp>
- b. Click “View Challenge” in the Challenge Bar.
- c. Scroll down to “Standings” box.



- d. You can view standings for all participants, all teams or just your team.

8. How can I communicate with other participants?

- a. Log-in to the Wellness Portal: <https://mybluehealth.bcbsvt.com/dt/v2/bcbsvtindex.asp>
- b. Click **“View Challenge”** in the Challenge Bar
- c. Scroll down page to **“Comment Boards”**

The screenshot shows a web interface titled "Comment Boards". At the top, there are two tabs: "All Participants" (which is selected) and "My Team". Below the tabs is a text input field with the placeholder text "Post to all challenge members here" and a green "Post" button to its right. Below the input field, there is a comment from "Sov (Wellness Team)" dated "3/4/2015 12:11 PM" with a "Delete" link. The comment text is "Great job team!". Below the comment is a blue "Reply" link.

9. Who should I contact with questions?

- a. Jessica Moore, Jessica.moore@state.vt.us or 802-828-2846