

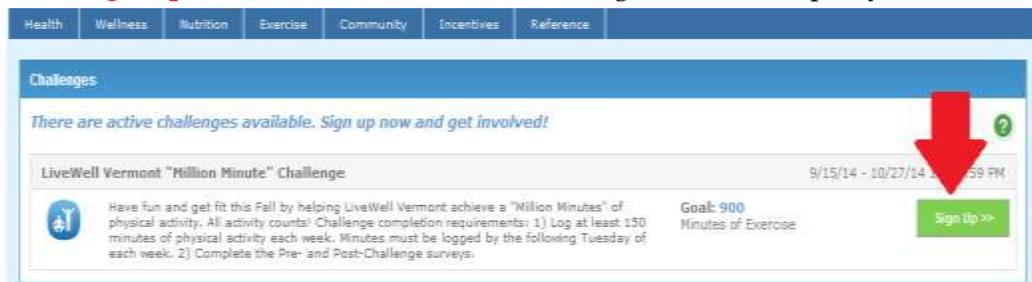


“Million Minute” Challenge FAQ

September 15 – October 26, 2014

1. **What is the purpose of the “Million Minute” Challenge?** The “Million Minute” Challenge is designed to encourage all employees to be physically active and help the LiveWell Vermont team reach One Million Minutes of physical activity by logging their time.
2. **How do I register for the “Million Minute” Challenge?**

1. Create or login to your account at <https://mybluehealth.bcbsvt.com/>
 - i. First time users can find detailed instructions on creating an account [HERE](#).
2. Select **“Sign Up”** in the “Million Minute” challenge box at the top of your dashboard.



3. Select **“LiveWell Vermont”** as your team.
4. Click **“Sign Up Now”** to complete your registration.



3. What are the challenge completion requirements?

1. Complete both the Pre- and Post-Challenge surveys by Friday, October 24, 2014.
2. Log a minimum of 150 minutes of physical activity for each week of the challenge by the following Tuesday of each week (see question #6 for more details).

4. **How do I complete the Pre- and Post-Challenge surveys?**

1. The Pre- and Post-Challenge surveys are available in your “My To Do List” on your dashboard.
The Pre-Challenge survey will be available on Monday, September 15.
The Post-Challenge survey will be available on Monday, October 20, 2014.
2. Both surveys must be completed by Friday, October 24, 2014 to be eligible for incentives.



5. **How do I log my physical activity?**

1. Select “**Log Now**” from the challenge box
2. Select your specific activity (choose from over 50 types of physical activity!)
3. Enter amount of minutes completed



6. **When do I have to log my physical activity?**

1. All activity must be logged according to the table below to be eligible for wellness incentives.

WEEK	DATES	LOGGING DEADLINE
1	September 15 - 21	Tuesday, September 23 @11:59pm
2	September 22 - 28	Tuesday, September 30 @11:59pm
3	September 29 - October 5	Tuesday, October 7 @11:59pm
4	October 6 - 12	Tuesday, October 14 @11:59pm
5	October 13 - 19	Tuesday, October 21 @11:59pm
6	October 20 - 26	Monday , October 27 @11:59pm

7. **What is the [2014 “One Life, Live it Well” Incentive Program?](#)**

1. Earn \$50 incentive by completing **ONE** LiveWell Vermont challenge between April and December, 2014. Completion requirements vary with each challenge.
2. Earn \$50 incentive by completing the LiveWell Vermont online Personal Health Assessment between April and December of 2014.
3. *Eligible Employees: Permanent VT State Employees covered with BCBSVT/SOV Insurance.
4. Payouts will be awarded on a quarterly basis and deposited directly into your paycheck and listed as “Wellness Incentive”.