



Vermont Strong Fitness Challenge FAQ

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1. What is the goal of the Vermont Strong Fitness Challenge?

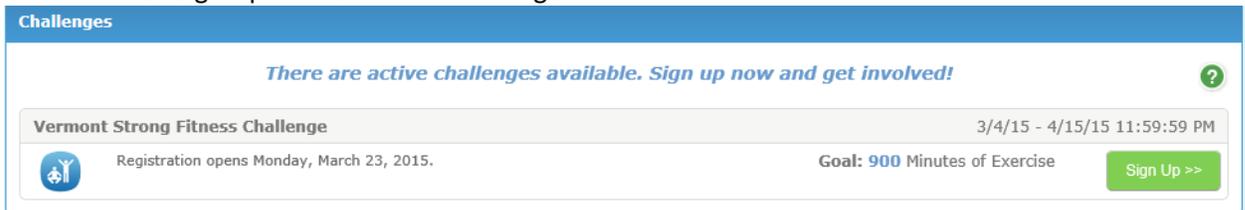
- a. The goal of Vermont Strong Fitness Challenge is to encourage participants to start strength training by introducing a variety of exercises over 6-weeks concluding with a full body strengthening routine. To successfully complete the Vermont Strong Fitness Challenge participants must:
 - i. Log 900 minutes of physical activity by May 18th (any activity counts)
 - ii. Complete all weekly tasks by May 18th.

2. When is the Vermont Strong Challenge?

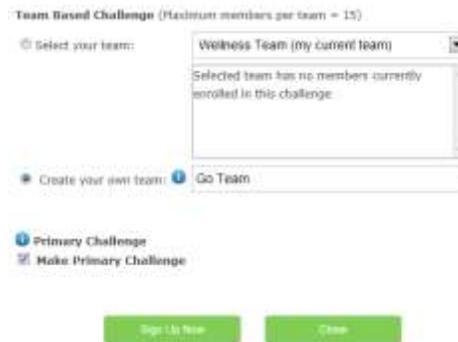
- a. The challenge starts Monday, April 6 2015 and runs for 6-weeks finishing on Sunday, May 17, 2015.

3. How do I register for the challenge?

- a. Registration opens Monday, March 23, 2015 and closes on Sunday, April 12, 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



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



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



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



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

Challenges

Vermont Strong Fitness Challenge - Week 1 of 6 Overview **My Tasks** Details View Challenge

 Set Your Challenge Mobile Phone Reminder - Week 1	Do this Now Due: 03/10/2015
 Take the Pre-Challenge Survey - Week 1	Do this Now Required: 03/10/2015
 Log your Exercise - Week 1	Do this Now Required: 03/10/2015
 Read "Healthy Muscles" Article - Week 1	Do this Now Required: 03/10/2015
 Try one set of 8-12 repetitions of Bent Knee Push-Ups - Week 1	Do this Now

c. Or scroll down your page to **"My To Do List"**

My To Do List

Challenges

Vermont Strong Fitness Challenge - Week 1 of 6 Details

 Set Your Challenge Mobile Phone Rem...	Do this Now Due: 03/10/2015
 Take the Pre-Challenge Survey	Do this Now Required: 03/10/2015
 Log your Exercise	Do this Now Required: 03/10/2015
 Read "Healthy Muscles" Article	Do this Now Required: 03/10/2015
 Try one set of 8-12 repetitions of Bent...	Do this Now Required: 03/10/2015
 Try one set of 8-12 repetitions of Bod...	Do this Now Required: 03/10/2015
 Try one set of 8-12 repetitions of Supl...	Do this Now Required: 03/10/2015

d. **New weekly tasks will load every Monday.**

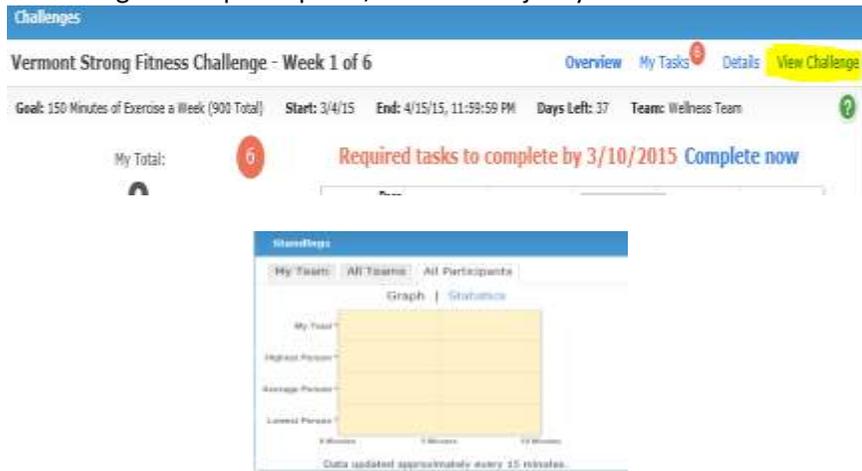
Note: All tasks for the current week must be completed before the next week's tasks will load. If you are "overdue" on tasks, please note that there is a 24 hour delay for a new week's tasks to load.

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 900 minutes of physical activity by May 18th (any activity counts)
 - ii. Complete weekly tasks by May 18th.
- b. Points will be loaded to your incentive bar by Friday, May 22, 2015.
- c. Incentive rewards (monetary or drawing) are only awarded for completion of one wellness challenge in 2015.

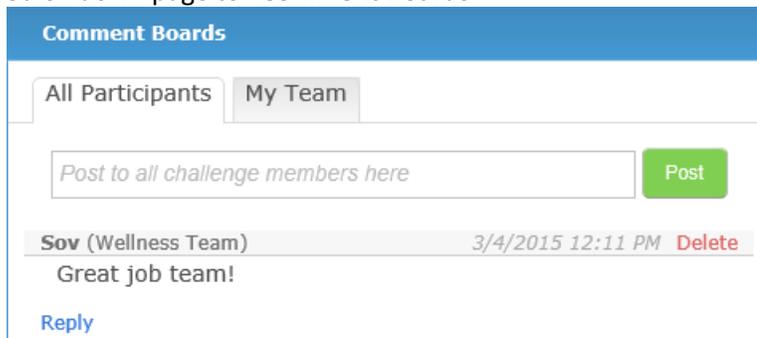
7. How can I find out challenge standings?

- 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”**



9. Who should I contact with questions?

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