



**LiveWell
Reshape Your Plate
Challenge**

Monday, January 30th—Sunday, February 27th

Reshape Your Plate Challenge FAQ

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1. What is the goal of the *Reshape Your Plate Challenge*?

- a. The LiveWell *Reshape Your Plate Challenge* will focus on four primary strategies to help get you back on track after the Holidays and start 2017 on the right foot, including: Week 1) Creating a Healthy Kitchen; Week 2) Taking the mystery out of nutrition labels; Week 3) Portion distortion; and Week 4) Finding a balance. Over the four weeks of the challenge, log a minimum of 2 servings of vegetables and 2 servings of fruits for 20 days to support your overall nutrition and health goals. To successfully complete the *Reshape Your Plate Challenge*, participants must:
 - i. Eat and log 2 vegetable and 2 fruit servings daily for at least 20 days between Monday, January 30, 2017 and Sunday, February 26, 2017.
 - ii. Complete all weekly tasks by Monday, February 27, 2017.

2. When is the *Reshape Your Plate Challenge*?

- a. Registration opens on Monday, January 16th and closes on Sunday, February 5th, at 11:59 pm.
- b. The challenge begins on Monday, January 30th and closes on Monday, February 27th, at 11:59 pm.

Late registrations will not be accepted.

3. How do I register for the *Reshape Your Plate Challenge*?

1. Registration opens on Monday, January 16th and closes on Sunday, February 5th, at 11:59 pm.
2. Log-in the LiveWell Vermont Wellness Portal: <https://mybluehealth.bcbsvt.com/>
Not registered on the portal? Create an account by clicking on the “Click here to sign up” button. Need help? See the [LiveWell Vermont Portal FAQ](#) for registration instructions. For technical support, email: bwel@bcbsvt.com.
3. Once logged into the portal, the challenge bar will be displayed at the top of the dashboard. Click on the green ‘Sign Up’ button.

The screenshot shows a 'Challenges' section in a blue header. Below the header, a message reads: "There are active challenges available. Sign up now and get involved!" with a question mark icon. The main challenge card is titled "Reshape Your Plate Challenge" and includes a trophy icon, a description, a goal of "20 Days of Food Logged", and a "Sign Up" button. The challenge dates are listed as "12/12/16 - 1/9/17 11:59:59 PM".

4. Choose ‘Select your team’ or ‘Create your own team’ from the dropdown menu. Upon selecting a team, your team member’s names will be visible to ensure you are joining the correct team. You can invite your coworkers to join you in the challenge using the ‘Email Team Members’ link provided. Participating solo? You will be your own team. *** Please note that your individual and team name will be visible to ALL challenge participants.**

The screenshot shows a "Team Based Challenge" form with a maximum of 15 members per team. It has two radio buttons: "Select your team:" (selected) and "Create your own team:". The "Select your team:" dropdown is set to "Wellness Team (my current team)". Below it, a message states "Selected team has no members currently enrolled in this challenge". The "Create your own team:" option has a "Go Team" button. At the bottom, there is a "Primary Challenge" section with a checked checkbox for "Make Primary Challenge". Two buttons, "Sign Up Now" and "Close", are at the bottom.

4. How do I unregister from the *Reshape Your Plate* Challenge?

- Log-in to the Wellness Portal: <https://mybluehealth.bcbsvt.com/>
- Click on “Details” in the Challenge Bar

Challenges

Reshape Your Plate Challenge - Week 1 of 4

[My Progress](#) [Details](#) * [My Tasks](#) [View Challenge](#)

Goal: 5 days of food logged a week (20 total) ⓘ Start: 12/12/16 End: 1/9/17, 11:59:59 PM Days Left: 27 Team: Wellness ⓘ

My Total: **0** Days of Food Logged

* 6 required tasks to complete by 12/18/2016 [Complete now](#)

No data has been logged. Be the first!

[Log Days](#)

"Whether you think you can or think you can't, you're right." - Henry Ford. Remember to log at least 2 servings of vegetables and 2 servings of fruit for 20 days and complete ALL tasks by the end of the 4-week challenge!

- Scroll to the bottom of the page and click ‘unregister’
- Select ‘OK’

Start/End
12/12/16 - 1/9/17

Sign Up Period
11/28/16 - 12/18/16 (sign up date: 12/13/2016)

Concurrent
Yes - can be taken with other concurrent challenges

My Team
Wellness

My Teammates
SOV

Primary challenge on dashboard ⓘ
Yes

[Unregister](#)

[Close](#)

5. How do I complete the *Reshape Your Plate* Challenge?

When *Reshape Your Plate* begins, the challenge progress bar will appear at the top of the dashboard. Here, the system will track the number of days per week you log at least 2 vegetable servings AND at least 2 fruit servings per day.

Please note: If you do not log at least 2 veggies and 2 fruits, the system will not give you credit for logging that day. Logging 2 veggies AND 2 fruits daily for at least 20 days of the challenge is required to earn wellness incentives.

Challenges

Reshape Your Plate Challenge - Week 1 of 4

[My Progress](#) [Details](#) * [My Tasks](#) [View Challenge](#)

Goal: 5 days of food logged a week (20 total) ⓘ Start: 12/12/16 End: 1/9/17, 11:59:59 PM Days Left: 27 Team: Wellness ⓘ

My Total: **1** Day of Food Logged

* 5 required tasks to complete by 12/18/2016 [Complete now](#)

My Total [Pace](#)

Days

"Whether you think you can or think you can't, you're right." - Henry Ford. Remember to log at least 2 servings of vegetables and 2 servings of fruit for 20 days and complete ALL tasks by the end of the 4-week challenge!

There are two options to log your veggie intake:

- a. Quick logging for the current day: Use the Fruit and Veggie Tracker located on your Dashboard. Simply click on the + sign in the appropriate vegetable or fruit category. **Please note the Fruit and Veggie Tracker can only be used for the current day and you'll need to refresh the page for your tracking to reflect within the challenge bar.*
- b. Logging fruit and veggies in detail or backlogging intake from prior day(s): Click on "Log Now" button in your challenge bar. Doing so will bring you to the 'Nutrition Challenge' page.

Daily Fruit & Veggie Tracker

2 Fruit servings

1/2 cup servings: 60 calories

2 Vegetable servings

1/2 cup servings: 30 calories

[Go to the Food Log](#) [Clear All](#)

Nutrition Challenge

Date: ◀ Today 12/13/2016 ▶

[Print](#) | [Help](#)

Reshape Your Plate Challenge

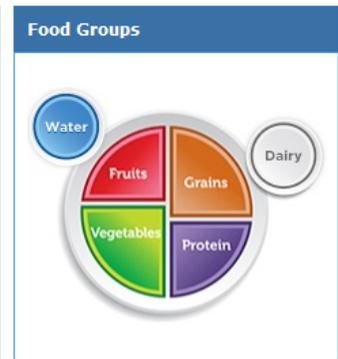
Description
 Are you ready to jumpstart your health goals for 2017? The LiveWell "Reshape Your Plate" Challenge will focus on four primary strategies to help get you back on track, including: Week 1) Creating a Healthy Kitchen; Week 2) Taking the mystery out of nutrition labels; Week 3) Portion distortion; and Week 4) Finding a balance. Over the four weeks of the challenge, log a minimum of 2 servings of vegetables and 2 servings of fruits for 20 days to support your overall nutrition and health goals. Participate as a team or as an individual. Weekly drawings for wellness prizes will occur each week for comment board participation. Employees will earn 300 points towards the 2017 Incentive Program for successful completion.

Goal Per Day
 Log per day:

Goals

Calories	Carbs	Protein	Fat
180	38	6	0
Consumed			
1200	150	60	40
Recommended			
1020	112	54	40
Remaining			

[Nutritional Summary](#) | [Meal](#)



Fruits

- Apples
- Avocado
- Bananas
- Cherries
- Grapes
- Oranges
- Peaches
- Pineapple
- Plums
- Prunes
- Raisins

Vegetables

- Beets
- Broccoli
- Carrots
- Celery
- Corn
- Lettuce
- Potatoes
- Soy Beans
- Tomatoes

Daily Fruit & Veggie Tracker

2 Fruit servings

1/2 cup servings: 60 calories

2 Vegetable servings

1/2 cup servings: 30 calories

[Go to the Food Log](#) [Clear All](#)

Click on the Vegetable or Fruit widget in the center of the page, which will bring you to the Food Log (to right). Select the date for which you wish to log your vegetables using the calendar icon next to the date. Use the search box to type the vegetable or fruit you would like to add. Click on the food you have eaten, adjust portion size and choose the meal the food was eaten (breakfast, lunch, dinner snack). Click on the + sign to add it to your daily food log.

Tips:

- If you want to see a condensed version of the food list, change the Full List option to Quick List.
- Refine your search by selecting Vegetables or Fruit in the drop down next to the search button.
- Any vegetables logged on the tracker or Food log will display in the 'Today's Food Log' section.

Food

Entry

Date: ◀ Today 06/17/2015 ▶

Search Food List Food Group

Carrot... - 1 stick(s)(40 cals, 1.36 servings) 8 stick(s) snack

Salad greens (endive, escarole, lettuce, roma... - 1 cup(s)(29 cals, 2 servings)

[Add New Custom Food](#) [Manage Favorites](#)

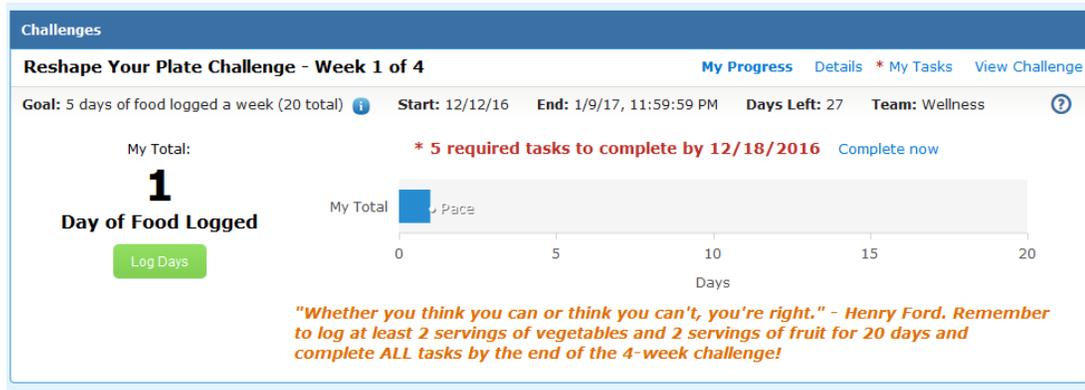
Today's Food Log

Amount	Food	Calories	Carbs	Protein	Fat	Servings
Lunch Add to Favorites						
1 1/2 cup(s)	Vegetable (5-15 calorie range)	30	6	3	0	3

How to complete tasks:

Click on the messaging in RED within the challenge progress bar, which alerts you to the 'required tasks to complete'. Complete weekly tasks by the end of the 4-week challenge AND log 2 veggie servings and 2 fruit servings daily for at least 20 days of the challenge to be eligible for wellness incentives.

Note: If tasks are completed weekly (Monday-Sunday), the next week's tasks will appear each Monday. If tasks are not completed each week, they will appear as "overdue" and there will be a 24-hour delay for a new week's tasks to load. You will remain eligible for challenge completion as long as all tasks are completed by Monday, February 27th, at 11:59 pm.



6. How do I qualify for the 2017 Wellness Incentive Program?

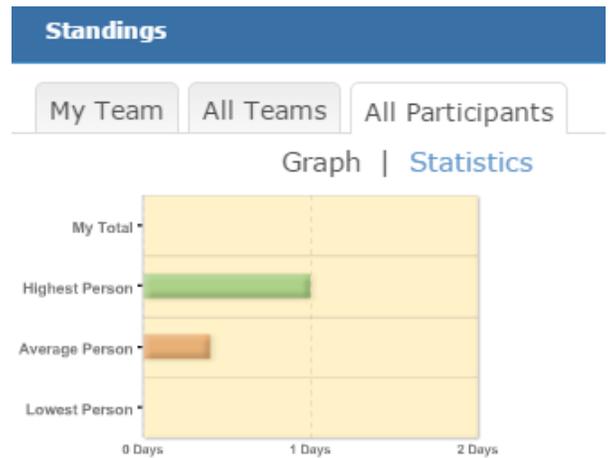
- a. Completion of a wellness challenge rewards you 300 points upon successful completion. To successfully complete the *Reshape Your Plate* Challenge participants must:
 - i. Eat and log at least 2 veggie servings AND 2 fruit servings daily for at least 20 days between Monday, January 30, 2015 and Sunday, February 26, 2017. Last day to log intake for these dates is Monday, February 27, 2017. After this date, the challenge will be closed and logging of fruit and vegetables will not count toward challenge completion.
 - ii. Complete all weekly tasks by Monday, February 27, 2017. After this date, the challenge will be closed and participants will no longer be able to access tasks.
 - iii. Use your employee ID# as your username to login to the wellness portal (active, permanent State employees).
- b. Points will be automatically loaded to your incentive bar upon successful completion of the requirement above when the challenge closes on Monday, February 27th, at 11:59 pm.
- c. Incentive rewards (monetary or drawing) are only awarded for completion of up to TWO wellness challenges* in 2017 as part of the "Reach Your Peak" tier of the 2017 Incentive Program.

* To be awarded for monetary or drawing incentives, you must complete all components of the "Reach Your Peak" tier:

 - ✓ One 4-week LiveWell Vermont Challenge AND Two 4-week workshops
 - OR
 - ✓ Two 4-week LiveWell Vermont Challenges AND One 4-week workshop. This is the "Reach Your Peak" tier of the 2017 Incentive Program.

7. How do I find out Challenge standings?

- Log-in to the Wellness Portal:
<https://mybluehealth.bcbsvt.com/>
- Click **“View Challenge”** in the Challenge Bar
- Scroll down to **“Standings”** box
- You can view standings for all participants, all teams or just your team.



8. How can I communicate with other challenge participants?

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

Comment Boards

All Participants | My Team

Sov (Wellness Team) 3/4/2015 12:11 PM [Delete](#)

Great job team!

[Reply](#)

9. Who should I contact with questions about the *Reshape Your Plate* Challenge?

LiveWell Vermont State Employees Wellness Program

dhr.livewellvermont@vermont.gov

(802) 828-2846