

PUT A SPRING IN YOUR STEP

Spring is here, and with it the sunshine! **The Step into Spring Challenge** asks you to make the most of it by staying active. Log an average of 7,000 steps during each day of the 30-day challenge. Remember to sync your devices so you can track your progress automatically



JOIN THE STEP INTO SPRING CHALLENGE

Registration opens: April 10, 2024

Challenge begins: April 24, 2024

Challenge ends: May 21, 2024

****Sign up for the challenge before April 24th for a chance to win a FREE Charge 6 Fitbit**

****All challenge participants will be entered into a raffle for a chance to win a \$50 gift card voucher**

Charge 6 Fitbits and gift card vouchers will be given away to a select number of participants!

Enroll on April 10th

To get started, sign in to your **ahealthyme** account and click **Wellness Challenges**.
If you don't have an account, sign in to **MyBlue** and click **ahealthyme** under **My Care**.

Team up with friends and co-workers for healthy competition!



Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).
ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).