



Track Your Physical Activity

Earn **Sweepstakes** entries for tracking your physical activity using your smartphone or activity tracker.* This allows you to participate in **GET FIT**. Once your device is connected, your physical activity is automatically tracked. If you choose not to participate in **GET FIT**, you can still earn **Sweepstakes** entries by recording your physical activity. Simply connect your smartphone or activity tracker and walk 5,000 steps three days a week or manually record your physical activity in **FOCUSfwd** three days per week. Either way, you'll earn one **Sweepstakes** entry each week.

Connect Your Fitness Tracker

Once you've signed in to **FOCUSfwd**:

1. Select **Connect** on your compatible device (Fitbit® or Garmin®). Apple Health and Google Fit users must connect using the **FOCUSfwd** app.
2. You will be taken to your device account. Select **Allow** to provide **FOCUSfwd** access to your device.
4. Once completed, the Connect My Device screen will display as connected.

*If you need to manually record your physical activity, select **Record Here** in the **Record Your Physical Activity** tile in **Sweepstakes**. However, you will not be able to participate in **GET FIT** without an integrated device.

**Fitbit and Garmin are independent companies that provide health and wellness products and services to members of BlueChoice HealthPlan.

Get the **FOCUSfwd** App!

Stay connected to your health and your rewards anytime, anywhere with the **FOCUSfwd** app.

Download the **FOCUSfwd** app and link your account:

1. Log in to **My Health Toolkit®** on your mobile device.
2. Select **Benefits**.
3. Select the **Learn More** button.
4. Select the **Link FOCUSfwd Account** button.
5. You will be directed to the App Store or Google Play.
6. Download the **FOCUSfwd** app.
7. Open the app. You're connected!

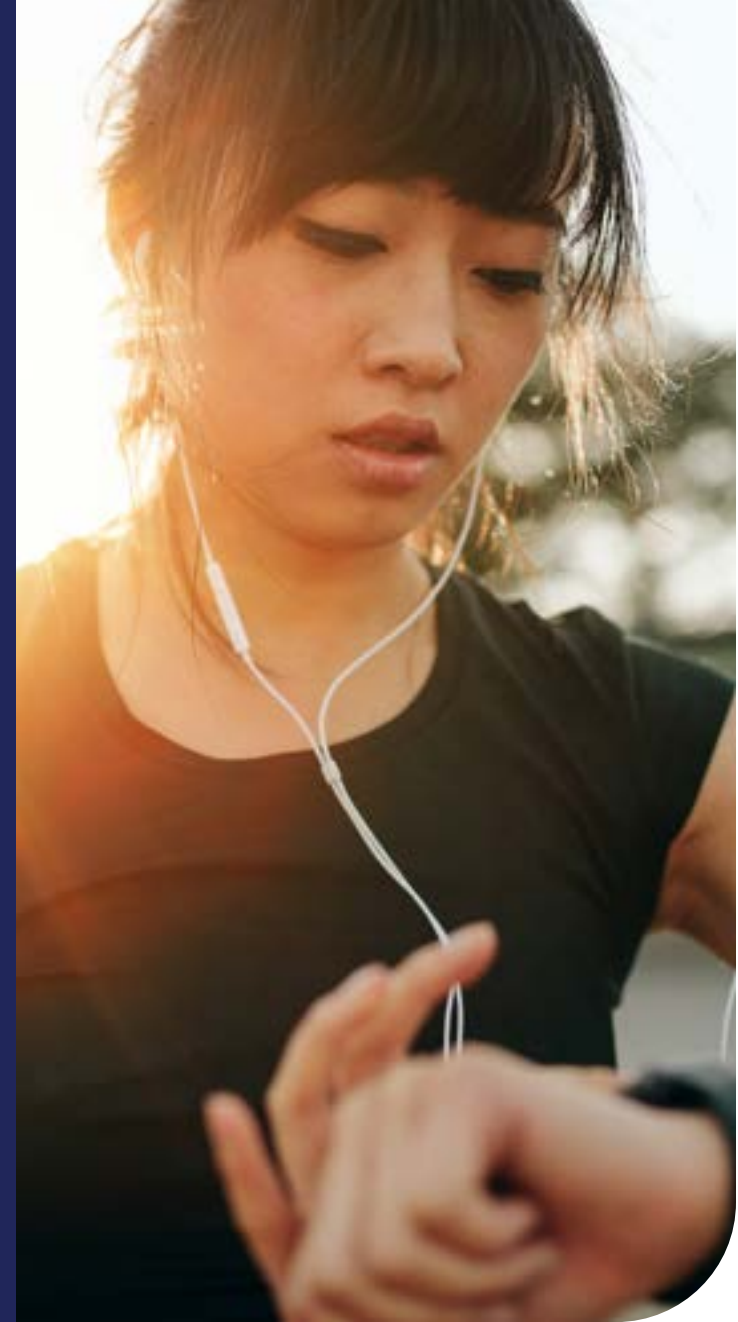


Focus on life. Focus on health. *Stay focused.*



www.BlueChoiceSC.com

BlueChoice HealthPlan is an independent licensee of the Blue Cross Blue Shield Association.





The **FOCUSfwd** Wellness Incentive Program is designed to help you lead a healthier lifestyle. By completing health-related activities and challenges, you'll earn up to **\$110 in rewards** and increase your chances of winning one of the **\$1,000 quarterly** and **\$5,000 annual cash rewards** in our **Sweepstakes!**

Get started with **FOCUSfwd**:

1. Visit www.BlueChoiceSC.com.
2. Log in to **My Health Toolkit**.
3. Access the **FOCUSfwd** Incentive Program from your **My Health Toolkit** account to get registered.
4. Be sure to enter your email address to be eligible to win one of the **Sweepstakes** rewards!

Sweepstakes

\$5K You earn **Sweepstakes** entries for every activity you complete in **FOCUSfwd**, increasing your chances to win one of the **\$1,000 quarterly** and **\$5,000 annual cash rewards**. You even earn **10 Sweepstakes entries** just by signing up for **FOCUSfwd**!

FOCUS Points

\$70 **FOCUS Points** rewards you for completing activities that are important to improving your overall health.

You'll earn **\$70 in rewards** and **40 Sweepstakes entries** when you complete the following activities:

- Personal Health Assessment
- Annual wellness exam
- Preventive screening or flu vaccine

More Ways To Earn in **FOCUS Points**

You'll earn **Sweepstakes** entries for completing the following activities:

- If you have a chronic condition, connecting with our care managers via phone or the **My Health PlannerSM** app
- Getting an annual eye exam
- Getting an annual dental exam and cleaning

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GET FIT

\$40 The **GET FIT** challenge rewards you for taking steps toward your exercise goals, an average of 5,500 steps per day to be exact.

There's a new challenge cycle every three months. You'll receive **\$10 in rewards** and **10 Sweepstakes entries** for each challenge you complete, for a total of **\$40 in rewards** and **40 Sweepstakes entries** each calendar year.

| GET FIT STEP CHALLENGE | DATES | STEPS |
|------------------------|-------------------------|---------|
| Challenge 1 | January 1 – March 31 | 500,000 |
| Challenge 2 | April 1 – June 30 | 500,000 |
| Challenge 3 | July 1 – September 30 | 500,000 |
| Challenge 4 | October 1 – December 31 | 500,000 |



Register for **GET FIT**

Once signed in to **FOCUSfwd**:

1. Select **GET FIT**.
2. Select **I Want to GET FIT!**
3. Connect your smartphone or activity tracker.
Apple Health and Google Fit users must connect using the **FOCUSfwd** app.

FOCUSfwd is available to applicable subscribers and their spouses (aged 18 and older). You can call the Customer Service number located on the back of your member ID card to confirm if this program is available to you.