



Get Moving With GET FIT

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.



January 1 – March 31



April 1 – June 30



July 1 – September 30



October 1 – December 31

Get started:

1. Visit www.BlueChoiceSC.com.
2. Log in to **My Health Toolkit**®.
3. Access the **FOCUS***fd* Incentive Program from your My Health Toolkit account.
4. Select **GET FIT**.
5. Select **I Want to GET FIT!**

FOCUS*fd* 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.

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.

To get connected:

1. Visit www.BlueChoiceSC.com.
2. Log in to **My Health Toolkit**.
3. Access the **FOCUSfwd** Incentive Program from your My Health Toolkit account.
4. Select **GET FIT**.
5. Select the **Connect** button on the compatible device (Fitbit® or Garmin®**). Apple Health and Google Fit users must connect using the **FOCUSfwd** app.
6. You will be automatically taken to your device account. Select **Allow** to provide **FOCUSfwd** access to your device.
7. Once completed, the **Connect My Device** screen will display as connected.

To get connected using the **FOCUSfwd** app:

1. Visit www.BlueChoiceSC.com on your mobile device.
2. Log in to **My Health Toolkit**.
3. Select **FOCUSfwd** Incentive Program under **Benefits**.
4. Select the **Learn more** button.
5. Select the **Link FOCUSfwd Account** button.
6. You will automatically be directed to the App Store or Google Play.
7. Download the **FOCUSfwd** app.
8. Open the app and follow the prompts to connect your device.



Once you link your **FOCUSfwd** account in the app, you can access **FOCUSfwd** directly from the app without going through My Health Toolkit. To learn more about device integration, go to www.BlueChoiceSC.com/DeviceIntegration or scan the QR code to the left.

*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.

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



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