

## 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®, Garmin® or Misfit\*\*). Apple Health and Google Fit users must connect using the **FOCUSfwd** app.
2. You will be automatically 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.

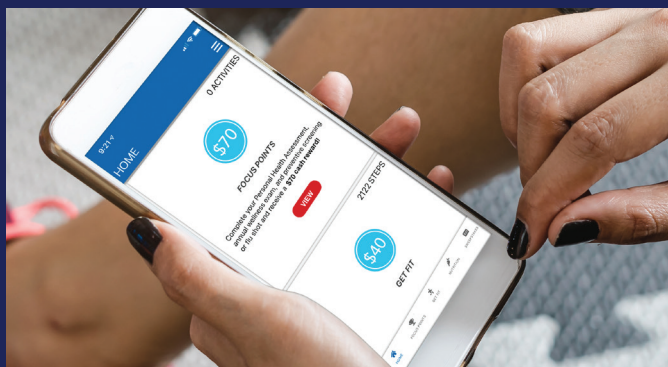
\*\*Fitbit, Garmin and Misfit are independent companies that provide health and wellness products and services to members of BlueChoice HealthPlan.

## 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 automatically be directed to the App Store or Google Play.
6. Download the **FOCUSfwd** app.
7. Open the app. You're connected!



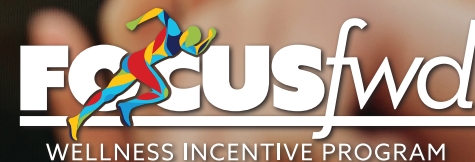
Focus on life. Focus on health. *Stay focused.*



[www.BlueChoiceSC.com](http://www.BlueChoiceSC.com)

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

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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](http://www.BlueChoiceSC.com).
2. Log in to My Health Toolkit.
3. Desktop and tablet users: Select **Health and Wellness**.  
Mobile users: Select **Benefits**.
4. Select the **FOCUSfwd** Incentive Program link.
5. Enter your email to be eligible to win.

### Sweepstakes

**\$5K** You earn **Sweepstakes** entries for every activity you complete in **FOCUSfwd**, increasing your chances to win of the **\$1,000 quarterly** and **\$5,000 annual cash rewards**. You even earn **10 Sweepstakes entries** simply 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 My Health Planner<sup>SM</sup> app
- Getting an annual eye exam
- Getting an annual dental exam and cleaning

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



### 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.