



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. Desktop and tablet users: Select the **Health and Wellness** tab. Mobile users: Select **Benefits**.
4. Select the **FOCUSfwd** Incentive Program link.
5. Select **GET FIT**.
6. Select **I Want to GET FIT!**

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. Desktop and tablet users: Select the **Health and Wellness** tab. Mobile users: Select **Benefits**.
4. Select the **FOCUSfwd Incentive Program** link.
5. Select **GET FIT**.
6. Select the **Connect** button on the compatible device (Fitbit^{®**}, Garmin^{®**} or Misfit). **Apple Health and Google Fit users must connect using the FOCUSfwd app.**
7. You will be automatically taken to your device account. Select **Allow** to provide **FOCUSfwd** access to your device.
8. 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 **Benefits**.
4. Select the **FOCUSfwd Incentive Program** link.
5. Select the **Learn more** button.
6. Select the **Link FOCUSfwd Account** button.
7. You will automatically be directed to the App Store or Google Play.
8. Download the **FOCUSfwd** app.
9. 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/Integration 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, Garmin and Misfit are independent companies that provide health and wellness products and services to members of BlueChoice HealthPlan.

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

