



Get Moving With GET FIT

Start stepping to earn rewards with the GET FIT quarterly step challenge. With a new challenge every three months, it's never been easier to get started. You'll earn \$25 in rewards and Sweepstakes entries for each challenge you complete, for a total of \$100 in rewards.



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_{wd}® Incentive Program from your My Health Toolkit account.
4. Select GET FIT Step Challenge and then select Join the Challenge.
5. Follow the prompts to connect your preferred activity tracker.

FOCUS_{wd} is available to applicable active 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 points toward your **status level** and **Sweepstakes** entries for tracking your physical activity using your smartphone or activity tracker.* **Connecting an activity tracker allows you to participate in GET FIT.** Once your device is connected, it automatically tracks your physical activity. If you choose not to participate in **GET FIT**, you can still earn points toward your **status level** and **Sweepstakes** entries by recording your physical activity. Simply connect your smartphone or activity tracker and meet your weekly step goal, or submit a self-reported workout. Either way, you'll earn points to increase your **status level** and earn more **Sweepstakes** entries.

To get connected:

1. Log in to My Health Toolkit® on your mobile device.
2. Select **Benefits**.
3. Select **FOCUSfwd Wellness Incentive Program**.
4. On the homepage, select **Connect Your Device**.
5. Follow the instructions to download the **FOCUSfwd** app and connect your preferred activity tracker.

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 **Connect a Device** on the homepage of **FOCUSfwd**.

*If you need to manually record your physical activity, select **Submit gym workout** or **Submit self-reported workout**. However, you will not be able to participate in **GET FIT** without an integrated device.

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

