



## Ready to Reach New Heights?

Take your physical activity to new heights with the 2022 GET FIT Reach Your Peak Challenge in **FOCUSfwd**<sup>®</sup>. Over the course of this yearlong step challenge, you'll average 5,500 steps per day as you reach the summits of some of the United States' most breathtaking mountain peaks.

You'll receive achievement badges along the way and earn **25 entries** into the Sweepstakes for completing the **GET FIT Reach Your Peak Challenge**, increasing your chances to win one of the **\$1,000 quarterly** and **\$5,000 annual cash rewards!** You'll also receive up to **\$20 in gift cards to Amazon, Target or Walmart**. Start by enrolling in the **FOCUSfwd** Wellness Incentive Program today and registering for the **GET FIT Reach Your Peak Challenge**. Complete the program by December 31, 2022.

### To Get Started:

1. Visit [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com).
2. Log in to **My Health Toolkit**<sup>®</sup>.
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. Within the **GET FIT Reach Your Peak Challenge Registration**, select **I Want to GET FIT!**

### New in 2022! Expanded Device Integration

Apple Health and Google Fit users can now connect their device using the new **FOCUSfwd** app. To get started, access **FOCUSfwd** from your mobile device. Then select **Learn More** and follow the prompts to download the app, link your account, and connect your device.

# Connect Your Fitness Activities!

**FOCUS***fwd* offers device integration, an opportunity to earn entries for tracking physical activity through the use of your smartphone or activity tracker\*. **This feature will allow you to participate in the GET FIT Reach Your Peak Challenge.** Once your device is connected, your physical activity is automatically tracked.



If you choose not to participate in the GET FIT program, you can still receive entries into the Sweepstakes 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 **FOCUS***fwd* three days per week. Either way, you'll earn one entry each week into the **Sweepstakes**, increasing your chances to win one of the **\$1,000 quarterly** and **\$5,000 annual cash rewards**.

## To Get Connected:

1. Visit [www.BlueChoiceSC.com](http://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 **GET FIT**.
5. Select the **Connect** button on the compatible device (Fitbit®, Garmin® or Misfit). **Apple Health and Google Fit users must connect using the FOCUS***fwd* app.
6. You will be automatically taken to your device account. Select **Allow** to provide **FOCUS***fwd* access to your device.
7. Once completed, the **Connect My Device** screen will display as connected.

## To Get Connected Using the FOCUS

*fwd* App:

1. Visit [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com) on your mobile device.
2. Log in to **My Health Toolkit**.
3. Select **Benefits**.
4. Select the **FOCUS***fwd* Incentive Program link.
5. Select the **Learn more** button.
6. Select the **Link FOCUS***fwd* Account button.
7. You will automatically be directed to the App Store or Google Play.
8. Download the **FOCUS***fwd* app.
9. Open the app and follow the prompts to connect your device.



Once you link your **FOCUS***fwd* account in the app, you can access **FOCUS***fwd* directly from the app without going through My Health Toolkit. To learn more about device integration, go to [www.BlueChoiceSC.com/Integration](http://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.

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



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