

FOCUS on Nutrition

We are giving you the knowledge and power to take control of your health! Our nutrition program helps you build and maintain healthy eating habits. It's made up of four courses for you to devour at your own pace. You'll focus on the basics of nutrition, searching for recipes, creating meal plans and tracking your nutrient goals. Upon completion of the program, you should feel confident planning and preparing healthy meals at home that meet your health needs.



When you complete the **Nutrition** program, you'll receive \$10 in gift cards to Grubhub™ or Subway® and 25 entries in to the **Sweepstakes**. You'll also have opportunities to win a multicooker, blender, or food processor. Be sure to complete all four courses by December 31, 2022.

To 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 **FOCUS_{fwd} Incentive Program** link.
5. Enter your email to be eligible.

Get the FOCUS_{fwd} App

Stay connected to your health and rewards with the **FOCUS_{fwd}** app. To get started, access **FOCUS_{fwd}** from your mobile device. Then select **Learn More** and follow the prompts to download the app and link your account.



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

