

SPRING STEPS CHALLENGE REGISTRATION GUIDE

STEP 1: CREATE A NEW ACCOUNT ON AHEALTHYME

Please Note: Everyone will need to create an account on this new platform

- Go to your [MyBlue](#) account and login
- Go to the My Care tab and click on ahealthyme – this will bring you to the ahealthyme login page
 - You can also access via the direct link: wellness.ahealthyme.com
- Click on the **“Click here to register”** button and create a new account using your name and email address:

AHEALTHYME®

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association.

Login

Username: [Forgot Username](#)

Password: [Forgot Password](#)

Submit

Or click here to register

Having problems? Contact Vivacity:
Email: ahealthyme@vivacity.net
Call toll free: 1-844-960-4806

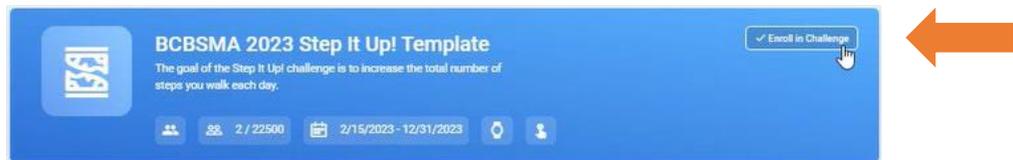
- If you have any issues logging in, call ahealthyme Wellness Support at **844-960-4806**, M-F 10 am – 7 pm EST or email **ahealthyme@vivacity.net**

STEP 2: REGISTER FOR THE STEPS CHALLENGE

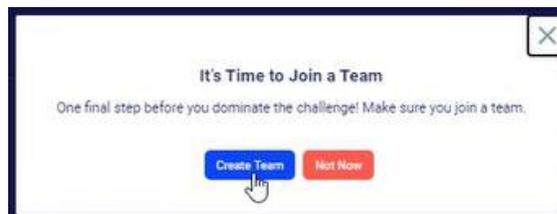
- Log into your ahealthyme account at wellness.ahealthyme.com
- Once logged into the website, sign up for the challenge by clicking on the “Wellness Challenges” tile:



- Go to View Challenges → Select the Step It Up! Challenge → Enroll in Challenge



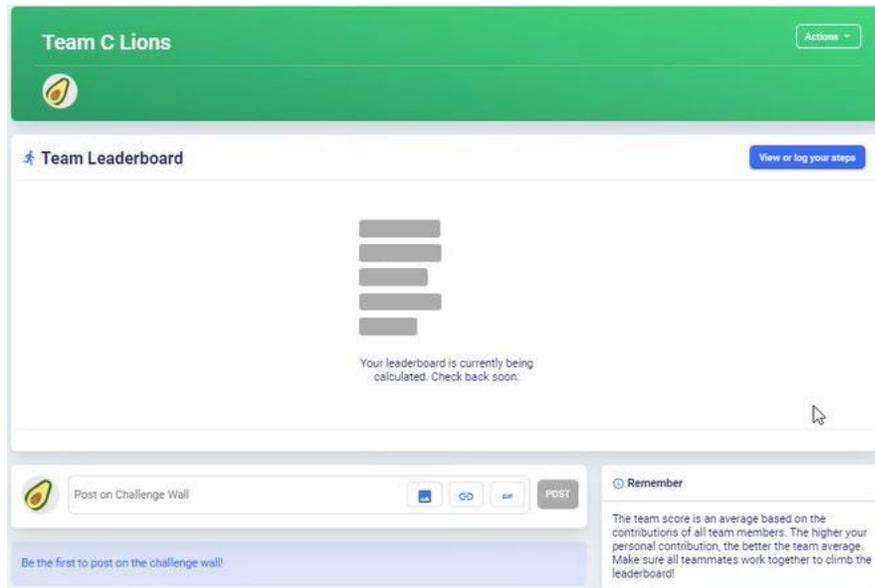
- You will then be prompted to join a team. If you want to create a team, select “Create Team”



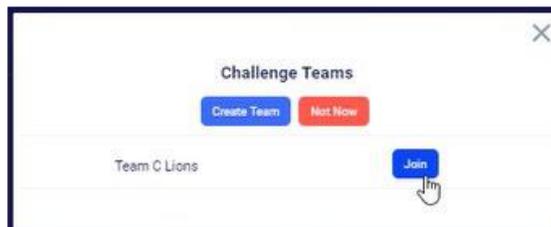
- Create a “Team Name”, select a “Team Color”, and then select “Save”



- You will then be directed to your team's leaderboard and social wall.



- If you do not want to create a team, select "Join" next to the team you'd like to join.

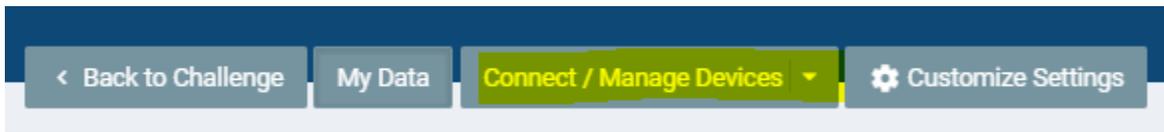
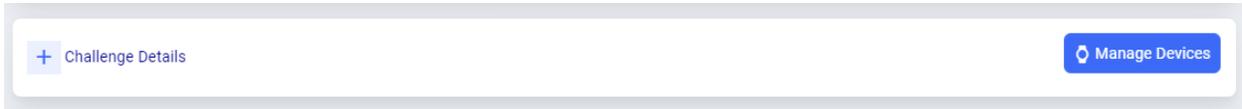


- You will then be directed to your team's leaderboard and social wall.
- **Once you register for the Spring Steps Challenge, a Fitbit Versa 4 device will be mailed to your home.**

STEP 3: CONNECT YOUR FITBIT DEVICE TO AHEALTHYME

In the Wellness Challenges tile:

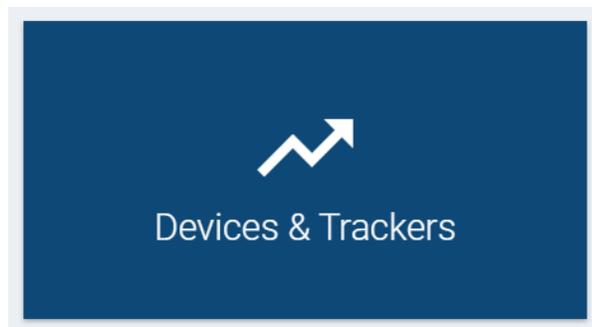
- Connect your new Fitbit (or your preferred tracking device) account to your ahealthyme account by clicking on “**Manage Devices**” and then Connect/Manage Devices. Select which device you would like to sync. **Note that your steps will not convert to the challenge until you complete this step.**



- If you have any issues with or questions about syncing your Fitbit or preferred device, contact ahealthyme Support at **844-960-4806**, M-F 10 am – 7 pm EST or email ahealthyme@vivacity.net

On the Dashboard:

- You can also sync your Fitbit or preferred tracking device on the Devices & Trackers tile on the homepage:



FREQUENTLY ASKED QUESTIONS:

WHAT IS THE CHALLENGE AND WHO IS ELIGIBLE TO PARTICIPATE & RECEIVE AWARDS?

- The challenge runs from **April 24th, 2024 – May 21st, 2024**, and is entirely voluntary.
- To successfully complete this challenge, you will need to log **196,000 steps** within four weeks—an average of **7,000 steps** a day, using your Fitbit Versa 4 or preferred device.
 - Although wellness points and incentives are earned individually, team rankings are based on your team’s step average. The team with the highest average number of steps at the end of four weeks will be the winner!
- You are eligible to earn incentive awards if you are:
 - a member of the Teamsters Local 170 Health & Welfare Fund and enrolled in a BCBSMA medical plan, or

- a spouse or a dependent over age 18 of a Teamsters Local 170 Health & Welfare Fund member and enrolled in a BCBMA medical plan.

HOW DO I RECEIVE MY \$200 COMPLETION AWARD?

- Upon successfully completing the challenge, you will be eligible to receive a \$200 gift voucher.
- Vouchers will be mailed out after the challenge has closed and you can redeem the \$200 voucher at your preferred merchant by following the directions on the voucher letter.
 - You will be able to select your preferred gift card delivery method (physical mail or e-gift card) upon redeeming.
- If you did not receive your voucher, please notify the Fund **by September 30th, 2024**.

WHAT IF I CANNOT COMPLETE THE PHYSICAL CHALLENGE?

If you have a disability and are unable to complete the challenge, a reasonable accommodation will be made available to you. That means that you will be given the opportunity to do something else to receive the incentives if you have a medical reason for not being able to complete the activities as listed above*. Recommendations from your personal doctor will be accommodated, or you are welcome to take the Reasonable Alternative. Please notify the Teamsters Local 170 H&W Fund if you require a different alternative.

To complete the Reasonable Alternative, read the article and take the corresponding quiz from the QR code below:



*You **must** still enroll in the challenge to earn a Fitbit Versa 4 even if you are taking the Challenge Reasonable Alternative.