

# GET READY FOR A LITTLE HEALTHY COMPETITION.



## ahealthyme<sup>®</sup> Nutrition Challenge Participant Guide



Welcome to the ahealthyme® Nutrition Challenge! This guide will provide you with all the information necessary to sign up for the challenge, to log your fruit and vegetable consumption, and to learn more about the importance of making healthy food choices.

## Nutrition Challenge Overview


The ahealthyme® Nutrition Challenge is an engaging program that provides a path toward better health and wellbeing. In this challenge, you will strive to improve your fruit and vegetable intake, while also learning about the value of healthy eating.

You will be tasked with consuming at least two servings of fruit and two servings of vegetables per day, for an average of four days each week, for the duration of the challenge. Consumed servings of fruits and vegetables can be logged both on the ahealthyme® site—using either the *Daily Fruit & Veggie Tracker* or the *Food Log*—and on its corresponding app HealthyNow.

In addition to logging fruits and vegetables, you will also be given access to articles and resources throughout the challenge that provide valuable insight into the importance of healthy food choices.

## Signing Up for the Challenge

Follow the steps below to sign up for the challenge:

1. Go to [ahealthyme.com/login](https://ahealthyme.com/login) and either sign in or sign up for an account.
2. On your homepage, you will see the prominently-featured \*challenge widget. Click the  button located within that widget.
3. After clicking **Sign Up**, a window will appear and provide you with additional challenge information—the challenge description, individual goal, challenge dates, and registration period. An additional field in this window will prompt you to select your organization from a dropdown menu.
4. Once you have selected your organization, simply click the **Sign Up Now** button at the bottom of the window to finalize the process.

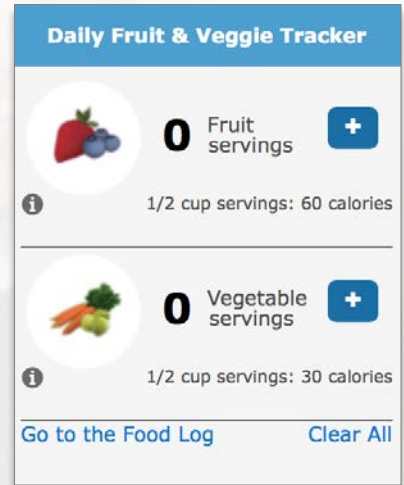
*\*Please note that the widget will appear on the site one week before the challenge begins.*



## Logging Fruits & Vegetables

To log fruits and vegetables—and make progress toward the challenge goal—follow these steps:

1. Go to [ahealthyme.com/login](http://ahealthyme.com/login) and sign into your account.
2. On your profile homepage, at the center of the screen, you will see the challenge widget. Click the **Log Days** button, located within that widget.
3. On the resulting Nutrition Challenge page, you will see the **Daily Fruit & Veggie Tracker**. Simply click the + buttons in the fruit and vegetable sections as many times as necessary to indicate the number of servings of each that you consumed on that day. You can change the date using the arrows at the top of the screen.
4. Once complete, click the Close button at the bottom of the page.



## Completing Challenge Tasks

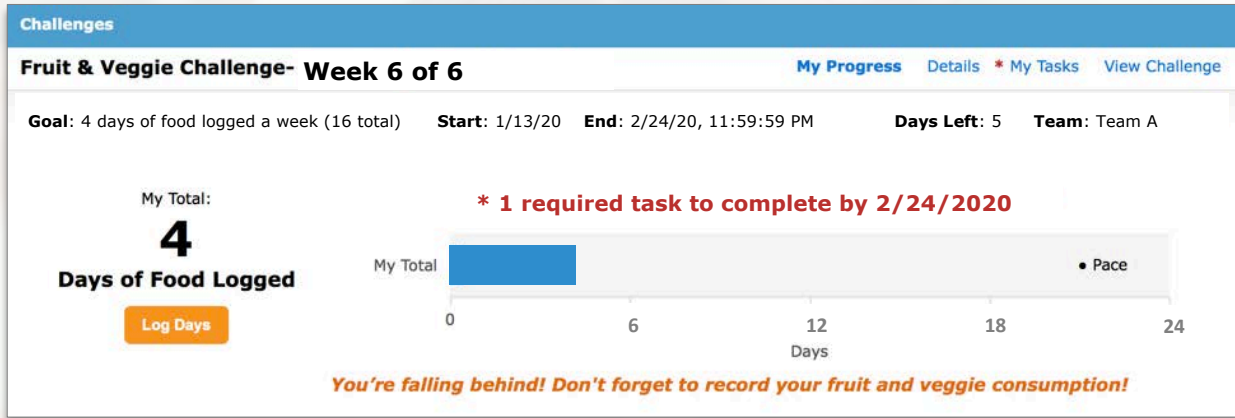
In addition to logging a minimum of two servings of fruit and two servings of vegetables per day, for an average of four days per week, for the duration of the challenge, you also will be provided with weekly educational resources. Although engaging with these resources is optional, reading the weekly articles—and in doing so, completing the weekly task—is strongly encouraged. You may find the information provided helps you on your own personal journey toward healthier food choices!

Each week of the challenge, you will receive an email that provides helpful reminders and encouragement; these messages will also include that week's recommended weekly task. If you would like to access any of the weekly articles directly on the ahealthyme® site, you may do so by clicking **My Tasks** on the challenge widget.



## Exploring the Challenge Widget

The challenge widget is not just the place where you sign up and log your fruit and vegetable intake; it also serves as the hub for all challenge information from start to finish. View your progress and other general challenge details directly on the main screen of the widget. Click *View Challenge* to get an in-depth look at how you stack up against others across the organization. Be sure to click through the widget to see what else it has to offer!



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ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID Card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).