

STEP UP TO A HEALTHIER YOU

The goal of this challenge is to increase the distance employees walk each day. Employees will be challenged to log an average of 7,000 steps for each day of the 28-day challenge to earn points. The final “milestone” is to accrue 196,000 steps in 28 days.



JOIN THE “GO THE DISTANCE CHALLENGE”

Share your best tips and tricks with your colleagues, and post high fives on the Challenges Wall.
Staying motivated is easier when you encourage each other along the way.

Enrollment starts: 4/7/2025

Challenge starts: 4/21/2025

Challenge ends: 5/18/2025

How to Enroll

To get started, sign in to your ahealthyme account and click Wellness Challenges.
If you don't have an account, sign in to MyBlue and click ahealthyme under My Care or visit wellness.ahealthyme.com to register.

Remember to sync your devices so you can track your progress automatically!



MASSACHUSETTS

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

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).