



BlueCross BlueShield
of Louisiana



Volunteers of America



Hop your way to a healthy and active Easter season by joining the Volunteers of America **SPRING IN YOUR STEP** Step Challenge. Get out there and hunt eggs, deliver baskets, and enjoy beautiful spring weather! The top 3 participants with the highest total steps will earn **10 points** in the wellness program and their choice of 3 great prizes. Prizes are chosen on a 1st, 2nd, 3rd basis.

Name of Challenge: VOA **Spring in Your Step** Challenge

Sign-Up Dates: 3/27-4/3 (midnight)

Challenge Period: 4/3-4/17

Last Day to upload Steps: 4/18 by midnight

Points Awarded: **All participants will receive 5 pts.** An additional 5 points will be rewarded for finishing in the top 3.

Winner Announced: 4/18

Prizes: Top 3 individual finishers can choose from one of the following prizes.

- \$50 gift card to Massage Envy
- \$25 City Park “Wheels of Fun” gift card
- \$25 AMC movies gift card

How can I join a challenge?

1. Login to your BlueWellness portal at www.bluewellnessla.com.
2. Sign up between March 27 and April 3rd.
3. Create an individual team of one.
4. If you registered your fitness device, steps will automatically load beginning April 3rd.
5. Earn 5 point for participation.

How do I track my steps?

- If you have a tracking device such as FitBit, Misfit, Garmin, Polar or Jawbone, you can sync your device to your **BlueWellness** Account.

How do I connect my device to my BlueWellness Account?

For all other compatible fitness devices:

1. Sign in to www.bluewellnessla.com.
2. On the top left of the page is a drop-down menu named **Exercise**.
3. Under Exercise, click on **Connect My Device**.
4. Scroll down and enter the name of your device or app on the search box.
5. Select your device and follow the prompts.

For mobile app-based trackers, the GPS feature of the phone needs to be active in an area with GPS reception.

How do I track my steps if I don't have a pedometer?

You can track your steps by turning your phone into a step tracker.

The step by step instructions are on the attachment labeled **“Turn your Phone into a Pedometer”**

If you have any questions, please feel free to contact Frank Lee at frank.lee@ochsner.org

