

do<sup>®</sup>



MN



FITNESS INCENTIVE

# IT PAYS TO GET FIT

For your body and your wallet



# GET FIT YOUR WAY

Work your body when and where it works for you to earn your reward.

The new Fitness Incentive program counts all your physical activity toward your reward ... not just your gym workout. Just meet the required level of activity and earn a \$20 Marketplace reward. It's that simple.


## EARNING YOUR REWARD

Track an average of 5,000 steps per day for at least 21 days of the month. Prefer yoga or swimming? That counts too. Just track the number of minutes you're active and convert it into steps using the enclosed chart. Even shoveling snow counts!

## TO GET STARTED

### 1 Register at [bluecrossmn.sharecare.com](http://bluecrossmn.sharecare.com)

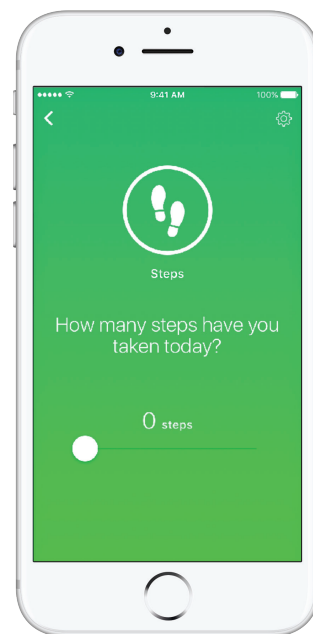
### 2 Enroll for your Fitness Incentive

In the navigation menu, choose the "Achieve" icon.   
Select "Challenges" and click on the "Join all" button.

### 3 Start tracking!

- Download the Sharecare app on your smartphone and set permissions to allow health tracking **or**
- Log your steps into the website each day. You can track up to seven days prior.

If you have any questions, call the customer service number on the back of your member ID card.



The reward may result in a taxable event for either you or your plan sponsor. Consult your tax advisor.

Adults 18 years of age or older are eligible to participate. Limits may apply.

If you have been diagnosed by your doctor with a medical condition that prevents you from meeting these requirements, there is an alternative activity you can complete to earn the incentive. Please contact the customer service phone number on the back of your member ID card to learn more.

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# GET IN STEP WITH YOUR HEALTH

Make your activity count.

Taking steps toward better health doesn't always mean walking. Other activities can easily be converted into steps using the chart below.\* Simply multiply the steps indicated by the number of minutes you were active. For example, 30 minutes of light housework equals 2,272.5 steps (30 minutes x 75.75). Activities not listed below can be calculated using the following equation: Each mile of activity equals 2,000 steps. **Be sure to log your steps in the Sharecare app daily.**

Activity	Steps Per Minute	Activity	Steps Per Minute
Aerobics, high intensity	242	Racquetball, leisurely	212.1
Aerobics, low intensity	106.05	Rock climbing, ascending	333.35
Aerobics, water	121.2	Rock climbing, rappelling	242.4
Badminton, game	212.1	Rowing, intense	257.6
Badminton, recreational	136.35	Rowing, moderate	212.1
Basketball, game	242.4	Rowing, leisurely	106.05
Basketball, recreational	181.8	Skating, ice, intense	272.75
Bowling	90.9	Skating, ice, leisurely	166.65
Boxing, competitive, in a ring	363.65	Skating, in-line	363.65
Boxing, non-competitive	181.8	Skating, roller-skating	212.1
Canoeing, leisurely	121.2	Skating, skateboarding	151.5
Circuit training	242.4	Skiing, cross-country, intense	272.75
Cycling, <10 mph, leisurely	121.2	Skiing, cross-country, moderate	242.4
Cycling, 11 – 13 mph, moderate	242.4	Skiing, cross-country, leisurely	212.1
Cycling, 14 – 16 mph, intense	303.05	Skiing, downhill	181.8
Dancing, fast	136.35	Skiing, water	181.8
Dancing, slow	90.9	Rope jumping, intense	363.65
Football, game	272.75	Rope jumping, leisurely	242.4
Football, recreational	242.4	Snowshoeing	181.8
Gardening, heavy	151.5	Snow shoveling	181.8
Gardening, moderate	121.2	Soccer, game	303.05
Golfing, walking, no cart	136.35	Soccer, recreational	212.1
Golfing, with a cart	106.05	Softball or baseball	151.5
Golfing, miniature or driving range	90.9	Squash	363.65
Gymnastics	121.2	Stair-climbing machine	272.75
Handball, game	363.65	Swimming laps, intense	303.05
Hockey, ice or field	242.4	Swimming laps, moderate	212.1
Horseback riding, leisurely	75.75	Tai chi	121.2
Horseback riding, trotting	196.95	Tennis, doubles	151.5
Housework, vacuuming or mopping floors	106.05	Tennis, singles	212.1
Housework, cleaning, intense	121.2	Volleyball, game	242.4
Housework, cleaning, light	75.75	Volleyball, recreational	90.9
Mowing lawn	166.65	Washing the car	90.9
Pingpong	121.2	Weightlifting	90.9
Racquetball, competitive	303.05	Yoga	75.75

\*Based on the American College of Sports Medicine's Compendium of Physical Activities

# SYNCING FITNESS TRACKERS WITH SHARECARE

Launch the Sharecare app and sign in.

## Apple Health:

- When the notification prompt appears, choose “Allow.” Then select “Allow Health Access” to make sure Sharecare can synchronize data from the Health app. To change the health access setting manually, click the heart icon on the Sharecare toolbar. Select the gear icon for settings in the upper right and select your tracking preferences.
- Open the Apple Health app and choose “Sources” on the toolbar. Select Sharecare. Choose “Turn all categories on” or select specific categories.

## Fitbit for iPhone or Android:

- Click the heart icon on the Sharecare toolbar. In the upper right, select the gear icon for settings. Choose Fitbit. This will direct you to Fitbit.com.
- Log into your Fitbit account and allow Sharecare access. Your Sharecare app will now show Fitbit as connected. To disconnect, simply click the green checkmark and select “disconnect.”



Don't forget to sync your Fitbit device with the Fitbit app every 5 to 7 days

## Android Google Fit

- When prompt appears, select the email connected to your Google Fit account
- Click “Allow” to grant Sharecare access
- In the Sharecare app, click the heart icon on toolbar. In the upper right, select the gear icon for settings.
- Select your preferences

**Please note:** You cannot sync steps and manually add steps on the same day.