

Wellness Challenges

Join an existing challenge

CareFirst WellBeing℠ features a new wellness challenge each month. Aim to meet the challenge goal to improve your health—and have fun while you're at it! Log in to your WellBeing account or visit **carefirst.com/wellbeing** to get started. Once logged in, you can view and join the available challenges.

Month	Challenge	Tracker
January 1–January 31	**Fresh Start Green Days Challenge** As the new year begins, make a commitment to invest in your overall well-being. Be more mindful of your stress, diet, sleep, steps and more. Track your habits and monitor your progress. Your challenge: earn 10 green days in January.	Green Days
February 1–February 29	**Level Up Challenge** Kick things up a level by walking at least 7,000 steps a day to improve your heart health and overall fitness. Track 7,000 steps a day for 21 days.	Steps
March 10–March 16	**Rest & Restore Challenge** Over time, chronic poor sleep can increase your risk for more serious health issues, like high blood pressure, depression, obesity and diabetes. Focusing on good sleep hygiene—sticking to a regular bedtime, going outside during the day, getting regular exercise and avoiding caffeine and electronic devices close to bedtime can help you get restorative sleep. Track your sleep for 7 days.	Sleep

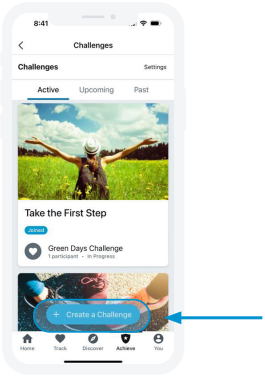
Month	Challenge	Tracker
April 1– April 30	**Financial Wellness Challenge** Budgets not only can help ease worries about money, but also reveal areas where you may be overspending. Sticking to a budget can help you refocus on your most important financial goals. Take the time to answer the daily question: "Did you think about your budget and stick to it today?" Track 21 of 30 days.	Self-Attestation
May 1– May 31	**Simple Peace Challenge** Greater mindfulness is linked to quality sleep and overall better health and well-being. The benefits of mindfulness develop over time with consistent practice. Aim to practice mindfulness for at least 10 minutes every day this month to see a difference. Answer the question: "Did you practice mindfulness for at least 10 minutes today?" Track 21 of 31 days.	Self-Attestation
June 3– June 12	**Destination Challenge: The Amalfi Coast** Get ready to go on an adventure in this fun challenge that will be sure to get you moving more as you log your steps to travel across different destinations along the Coastline of Italy! Track your progress on the virtual map and unlock content like images, videos and interesting facts about each stop along the way! To reach the goal, achieve 70,000 steps in 10 days.	Steps
July 1– July 31	**Snooze Soundly Challenge** Challenge yourself to make some small changes in your sleep habits that will make a big difference in your overall health. Make sure you're getting 7 to 9 hours of sleep each night to help protect your brain health and stay mentally sharp. Track your sleep in the green for 21 of 31 days.	Sleep
August 1– August 31	**Summer Mind & Body Green Days Challenge** Focus on your overall well-being this summer. Try to score as many green days as you can by prioritizing sleep, a healthy diet and regular physical activity. Your goal: earn 21 green days in August.	Green Days
September 1– September 30	**Renew Your Relationships Challenge** Is anxiety getting you down? Don't let stress or lack of communication hurt your relationships. It's time to strengthen your bond with loved ones. Record in the relationship tracker for 21 of 30 days.	Relationships
October 1– October 31	**Destination Challenge: Everest Base Camp** Get ready to go on an adventure in this fun challenge that will be sure to get you moving more as you log your steps to travel across different destinations along Mount Everest Base Camp! Track your progress on the virtual map and unlock content like images, videos and interesting facts about each stop along the way! Aim for 8,000 steps per day for 21 out of 31 days to reach the goal of 175,000 steps in the month of October.	Steps
November 4– November 10	**Mindful Eating Challenge** The best part about Autumn? The food! Whether you like to fully indulge or make healthy swaps, practice some mindful eating this month. You'll be extra grateful after paying attention to how your food makes you feel. Track your diet in the green for 5 of 7 days.	Diet
December 1– December 31	**Live Mindfully Challenge** Whether it's work, finances or relationships causing you to worry, tracking your stress level daily can help you identify your main triggers and work toward reducing them. Track your stress in the green for at least 21 days.	Steps

Create your own challenge

You can also create your own challenge and invite others to join. Select from categories such as taking steps to drinking water to showing gratitude. Then, easily set up your own challenge, start date, duration and goal. Invite your friends and family to join the challenge—even if they don't have the CareFirst WellBeing app yet. Enjoy friendly competition as you track performance on an interactive leaderboard.

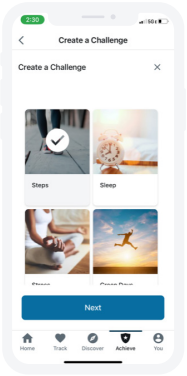
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To get started, go to **Achieve**, and then **Challenges**. Select **Create a Challenge**.



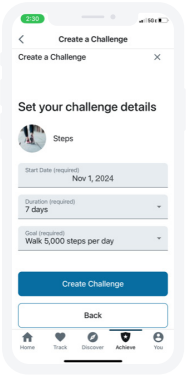
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Pick the type of challenge you want.



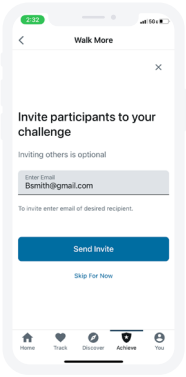
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Set your challenge details.



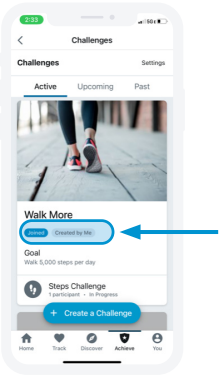
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Invite others to join or skip for now.



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To keep track of your challenges, look for the **Created by Me** icon.



If you have questions about challenges, call CareFirst WellBeing support at 877-260-3253.

This well-being program is administered by Sharecare, Inc., an independent company that provides health improvement management services to CareFirst members. Sharecare, Inc. does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the health improvement management services it provides.

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