

do.®



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. Meet the required level of activity and earn a \$20 Marketplace reward, like an e-gift card or premium merchandise. It's that simple.

EARNING YOUR REWARD

Track an average of 7,500 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

2 Take your RealAge® test*

You'll be guided through the process to determine just how old your body thinks it is.

3 Enroll for your Fitness Incentive

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

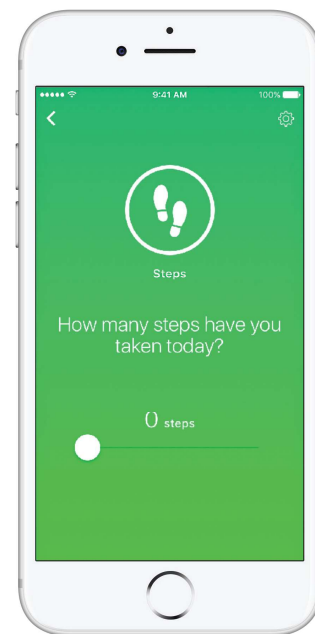
4 Start tracking!

- 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 manually track up to seven days prior.

5 Collect your reward

Select the "Achieve" icon. Choose "Redemptions" and then "Redeem My Points," which will bring you to the Marketplace to select your reward.

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 covered under your Blue Cross health plan 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.

*Program eligibility requirement

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RealAge® is a registered mark of Sharecare, an independent company providing a health and wellness engagement platform. Offerings subject to change.



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	Rock climbing, rappelling	242.4
Aerobics, low intensity	106.05	Rope jumping, intense	363.65
Aerobics, water	121.2	Rope jumping, leisurely	242.4
Badminton, recreational	136.35	Rowing, intense	257.6
Basketball, game	242.4	Rowing, moderate	212.1
Basketball, recreational	181.8	Rowing, leisurely	106.05
Bowling	90.9	Running, pushing stroller 5 mph (12 min/mile)	242
Boxing, competitive, in a ring	363.65	Running, 6 mph (10 min/mile)	303
Boxing, non-competitive	181.8	Running, 7 mph (8.5 min/mile)	348
Canoeing, leisurely	121.2	Running, 8 mph (7.5 min/mile)	409
Circuit training	242.4	Running, 9 mph (6.5 min/mile)	455
Cycling, <10 mph, leisurely	121.2	Skating, ice, intense	272.75
Cycling, 11 – 13 mph, moderate	242.4	Skating, ice, leisurely	166.65
Cycling, 14 – 16 mph, intense	303.05	Skating, in-line	363.65
Dancing, fast	136.35	Skating, roller-skating	212.1
Football, recreational	242.4	Skating, skateboarding	151.5
Gardening, heavy	151.5	Skiing, cross-country, intense	272.75
Gardening, moderate	121.2	Skiing, cross-country, moderate	242.4
Golfing, walking, no cart	136.35	Skiing, cross-country, leisurely	212.1
Golfing, with a cart	106.05	Skiing, downhill or water	181.8
Golfing, miniature or driving range	90.9	Snow shoveling or snowshoeing	181.8
Gymnastics	121.2	Soccer, game	303.05
Handball, game	363.65	Soccer, recreational	212.1
Hockey, ice or field	242.4	Softball or baseball	151.5
Horseback riding, leisurely	75.75	Squash	363.65
Horseback riding, trotting	196.95	Stair-climbing machine	272.75
Housework, vacuuming or mopping floors	106.05	Swimming laps, intense	303.05
Housework, cleaning, intense	121.2	Swimming laps, moderate	212.1
Housework, cleaning, light	75.75	Tai chi	121.2
Jogging	212	Tennis, doubles	151.5
Mowing lawn	166.65	Tennis, singles	212.1
Pingpong	121.2	Volleyball, recreational	90.9
Racquetball, competitive	303.05	Washing the car	90.9
Racquetball, leisurely	212.1	Weightlifting	90.9
Rock climbing, ascending	333.35	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.