

All Challenges are open to ALL employees.

These two 2021 Health & Wellness challenges are sponsored by BlueCross BlueShield and are open to ALL employees.

Commit to Fit Health & Wellness Challenge

March 15th – April 23rd



Get involved in the Commit to Fit Wellness Challenge! Over the course of this 6-week challenge, you will be rewarded points for recording your physical activity and nutrition daily. You will also be granted points for recording your weight weekly. Don't worry! That information is private and for your eyes-only!

Throughout the challenge, you can also earn points for making public journal entries (recipes, health strategies, thoughts for the day etc.) and posting public pictures. Keep an eye out for bi-weekly health

questions that are focused on our theme and be rewarded points for the right answer. It's all about participation, diligence, and having fun!

Now is the time to try out that new healthy cookbook or sign up for that exercise class. Make a commitment to cook dinner at home 4 days a week and bring your lunch 3 days a week! Whatever strategy you choose, stick with it for this 6-week challenge and watch the progress you make both on the scale and on the challenge leaderboard! It's time to Commit to Fit!

Commit to Fit Wellness Challenge

June 7th to July 19th



The Strive to Thrive challenge encourages you to make healthy choices for a more balanced lifestyle. During the challenge, you are able to track your activities along with your nutritional choices and water intake. You are invited to share your photos, recipes, healthy strategies and progress in your journal posts. As you make these daily entries you'll be awarded points. There is also the optional feature to answer pop up questions during the challenge on various health topics and earn additional points. It's all about having fun while focusing on being healthy.

During this 6-week challenge, you'll be encouraged to focus on healthy lifestyle goals and earn points while doing it. You'll utilize the site's easy to use tools to track your physical activity, and record your nutrition and water intake daily (nutrition and water entries are private and just for you to review).