Help employees stay motivated—and keep earning—with virtual fitness challenges.

Be proactive and promote ahealthyme Rewards virtual team challenges. The theme changes every quarter, giving your employees’ new motivation to get moving, track their steps with their Max Buzz™ tracker, and earn more of the points they need to earn more rewards. From online treks across Europe to climbing up majestic summits, our virtual fitness challenges are a fun and effective way to:

— Improve the health, well-being, and productivity of your workforce.

— Inspire employees to team up, build camaraderie, and have a blast competing against each other.

— Incent them with rewards (up to $100 per quarter and up to $400 annually).

Spread the word and drive participation. ahealthymerewards.com/employerportal

Tips for promoting challenges:

1. Note the start and end dates of each challenge on your calendar (so you can inform employees at just the right time).

2. Hang a new challenge poster in your workplace each quarter to build excitement and interest.

3. Keep upcoming challenges top of mind by sending out a virtual challenge email to employees.

*Program is available to Blue Cross Blue Shield of Massachusetts subscribers only.
Promote a new virtual fitness challenge every quarter.

**Quarter 1, 2019: SCALE THE SUMMITS**

Employees can team up, climb higher, and conquer the world’s toughest terrain—one virtual peak at a time. First one to the top gets bragging rights.

- Registration date: **February 4**
- Start date: **February 18**
- End date: **March 18**
- Data upload deadline: **March 20**
- Points available: **March 22**

**Quarter 2, 2019: WALK THE WONDERS**

This inspiring challenge offers a close-up view of the 7 Wonders of the World. Employees can join together for an inspiring virtual expedition past the Temple of Artemis, the Great Pyramid of Giza, and more.

- Registration date: **May 14**
- Start date: **May 28**
- End date: **June 25**
- Data upload deadline: **June 27**
- Points available: **June 28**

**Quarter 3, 2019: EUROPEAN EXPEDITION**

Employees can mix sightseeing with fitness on this whirlwind European expedition. This scenic virtual challenge takes them from Berlin to Budapest.

- Registration date: **August 5**
- Start date: **August 19**
- End date: **September 16**
- Data upload deadline: **September 18**
- Points available: **September 20**

**Quarter 4, 2019: PACIFIC CREST TRAIL**

This epic virtual hiking adventure takes employees from Mexico to Canada, with plenty of mountainous terrain in between. It’s a fun, invigorating way for them to hit the trails and test their limits—all while racking up points.

- Registration date: **October 28**
- Start date: **November 11**
- End date: **December 9**
- Data upload deadline: **December 11**
- Points available: **December 13**

**Spread the word and drive participation.**

[www.ahealthyme.rewards.com/employerportal](http://www.ahealthyme.rewards.com/employerportal)

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, estão disponíveis gratuitamente serviços de assistência em português. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).

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