



Join the April Step Challenge!

We're inviting you to participate in the "World at Play" step challenge from April 1 to April 29. This step-based adventure will take you on a virtual trek across an interactive map, unlocking destinations and discovering the diverse ways people around the globe enjoy their leisure time.

Here's a sneak peek at what awaits you:

- Join forces with your colleagues to form teams of five and conquer the challenge together.*
- Earn points for every step you take once you reach 1,000 steps or more, with bonus points up for grabs during the final week of the challenge.
- Track your physical activity in various ways, whether it's syncing your device or manually entering your steps.
- Explore fascinating activities from fly fishing in Argentina to making music in Trinidad and Tobago.
- Compete for individual and team bonus points, including recognition for the top performers.

[**REGISTER NOW**](#)

Don't miss out on the opportunity to be a part of "World at Play" - register today and let's make every step count!

*While teams of less than five can join the challenge, having fewer members may decrease your chances of winning as the winning team will be determined by the total steps taken.

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GET READY FOR THE NEXT TEAM CHALLENGE:

WORLD AT PLAY

April 1- April 29, 2024

YOUR FLIGHT IS BOARDING — THIS IS GOING TO BE A BLAST!

Ever wonder what the rest of the world does for fun? Let's find out. In fact, let's join in And while we're at it, earn bragging rights!

Go to **Challenges** on the mobile app or www.bluecrossvt.org/bewellvt




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Getting Started

- Employees must have registered their account at www.bluecrossvt.org/bewellvt to participate in the challenge.
- Employees will create teams of **5 people**:
 - A team captain can create a team and invite **specific** people to join via the platform (“private”) **or**
 - A person can create a team and allow anyone in their organization to join their team (“public”).
- **NOTE:** *Teams of less than 5 can participate in the challenge, however, the winning team is determined by **total steps taken**. Having fewer people may lessen their change to win the challenge.*
- The average number of steps among team members is what will move the team forward on the interactive map and unlock destinations.

Participating in the Challenge:

You can track your physical activity in three ways (and all movement counts!):

- 1) Participants who **sync a device or app** to their account will automatically have their **steps** pull into the challenge. For example, if I sync my Fitbit device with my Be Well Vermont account, all my daily Fitbit data will automatically pull into my Be Well Vermont account when I sync my device with my Fitbit account at the end of the day.
- 2) Participants can **manually enter their steps** by going to the **Tracking menu → Stats page** → and clicking the **“Log Steps”** button.
- 3) Participants can also **manually enter their activities for which they do not have step data** (swimming, spinning, weightlifting, etc.). Go to the “Home” icon on the top menu bar, and select “stats” from the dropdown menu. Click “track” on the “Workouts” tile. Select the activity to input and the number of minutes you did the activity. The steps conversion is automatic.

Earning Points

- All steps taken by each participant will earn points each day as long as the amount is 1,000 steps or more.
- The final week of the challenge all steps taken are worth **double points** (4/22-4/29).
- Points are also awarded for the following activities in the game: “Join the company challenge, Unlock a Destination in the Destination Challenge, and Reach Final Destination in the Destination Challenge.”
- There are additional points for 1st- 4th place individual finishers as well as 1st-4th place team finishers (as determined by total steps taken).

Where are we going?

The 15 destinations in World at Play include:

1.Reykjavik, Iceland	6.Chennai, India	11.Springdale, Utah
2.Helsinki, Finland	7.Yokohama, Japan	12.Bogota, Columbia
3.Nezaré, Portugal	8.Auckland, New Zealand	13.San Martin de los Andes, Argentina
4.Budapest, Hungary	9.Kailua, Hawaii	14.Maraval, Trinidad and Tobago
5.Abuja, Nigeria	10.Vancouver, Canada	15.Camden, Maine