



do.®



MN

FITNESS INCENTIVE

# YOUR FITNESS INCENTIVE JUST GOT EVEN BETTER

No gym required



# 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 towards your reward ... not just your gym workout. Just meet the required level of activity and earn a \$20 Target gift card. It's that simple.

## EARNING YOUR REWARD

Track 10,000 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 Visit [bluecrossmn.com/sharecare](https://bluecrossmn.com/sharecare)

Register on or after your program start date. You'll need your member ID card. Ready?

- New users choose "Create My Account" and fill out the required fields
- Current Sharecare users select "Already a Sharecare User? Sign In" to link your account

### 2 Take your RealAge® assessment\*

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 cannot track for days that have passed)

### 5 Collect your reward

You will receive your reward each month via email upon completion of your step requirements

If you have any questions, call the customer service number on the back of your member ID card.



**Your Fitness Incentive program starts**  
**<Month day, year>**

Your Fitness Incentive program will replace your current Fitness Center Discount program. Your fitness center workouts will continue to be processed until that time.

\*Program eligibility requirement

The reward card may result in a taxable event for either you or your plan sponsor. Consult your tax advisor.

Adults 18 years of age or older 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 meet to earn the incentive. Please contact the customer service phone number on the back of your member ID card to learn more.

do.® is a registered trademark of Blue Cross® and Blue Shield® of Minnesota.

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 towards 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	Racquetball, competitive	303.05
Aerobics, low intensity	106.05	Racquetball, leisurely	212.1
Aerobics, water	121.2	Rock climbing, ascending	333.35
Badminton, game	212.1	Rock climbing, rappelling	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	Skating, ice, intense	272.75
Boxing, competitive, in a ring	363.65	Skating, ice, leisurely	166.65
Boxing, non-competitive	181.8	Skating, in-line	363.65
Canoeing, leisurely	121.2	Skating, roller-skating	212.1
Circuit training	242.4	Skating, skateboarding	151.5
Cycling, <10 mph, leisurely	121.2	Skiing, cross-country, intense	272.75
Cycling, 11 – 13 mph, moderate	242.4	Skiing, cross-country, moderate	242.4
Cycling, 14 - 16 mph, intense	303.05	Skiing, cross-country, leisurely	212.1
Dancing, fast	136.35	Skiing, downhill	181.8
Dancing, slow	90.9	Skiing, water	181.8
Football, game	272.75	Rope jumping, intense	363.65
Football, leisurely	242.4	Rope jumping, leisurely	242.4
Gardening, heavy	151.5	Snowshoeing	181.8
Gardening, moderate	121.2	Snow shoveling	181.8
Golfing, walking, no cart	136.35	Soccer, game	303.05
Golfing, with a cart	106.05	Soccer, recreational	212.1
Golfing, miniature or driving range	90.9	Softball or baseball	151.5
Gymnastics	121.2	Squash	363.65
Handball, game	363.65	Stair climbing machine	272.75
Hockey, ice	242.4	Swimming laps, intense	303.05
Hockey, field	242.4	Swimming laps, moderate	212.1
Horseback riding, leisurely	75.75	Tai Chi	121.2
Horseback riding, trotting	196.95	Tennis, doubles	151.5
Housework, vacuuming or mopping floors	106.05	Tennis, singles	212.1
Housework, cleaning, intense	121.2	Volleyball, game	242.4
Housework, cleaning, light	75.75	Volleyball, recreational	90.9
Mowing lawn	166.65	Washing the car	90.9
Ping pong	121.2	Weightlifting	90.9
Racquetball, competitive	303.05	Yoga	75.75

\* Based on the American College of Sports Medicine's Compendium of Physical Activities



**NOTICE OF NONDISCRIMINATION PRACTICES**  
*Effective July 18, 2016*

Blue Cross and Blue Shield of Minnesota and Blue Plus (Blue Cross) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or gender. Blue Cross does not exclude people or treat them differently because of race, color, national origin, age, disability, or gender.

Blue Cross provides resources to access information in alternative formats and languages:

- Auxiliary aids and services, such as qualified interpreters and written information available in other formats, are available free of charge to people with disabilities to assist in communicating with us.
- Language services, such as qualified interpreters and information written in other languages, are available free of charge to people whose primary language is not English.

If you need these services, contact us at 1-800-382-2000 or by using the telephone number on the back of your member identification card. TTY users call 711.

If you believe that Blue Cross has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or gender, you can file a grievance with the Nondiscrimination Civil Rights Coordinator for

- by email at: [Civil.Rights.Coord@bluecrossmn.com](mailto:Civil.Rights.Coord@bluecrossmn.com)
- by mail at: Nondiscrimination Civil Rights Coordinator  
Blue Cross and Blue Shield of Minnesota and Blue Plus  
M495  
PO Box 64560  
Eagan, MN 55164-0560
- or by phone at: 1-800-382-2000

Grievance forms are available by contacting us at the contacts listed above by calling 1-800-382-2000 or by using the telephone number on the back of your member identification card. TTY users call 711. If you need help filing a grievance, assistance is available by contacting us at the numbers listed above.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights

- electronically through the Office for Civil Rights Complaint Portal, available at: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>
- by phone at:  
1-800-368-1019 or 1-800-537-7697 (TDD)
- or by mail at:  
U.S. Department of Health and Human Services  
200 Independence Avenue SW  
Room 509F  
HHH Building  
Washington, DC 20201

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

This information is available in other languages. Free language assistance services are available by calling the toll free number below. For TTY, call 711.

Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al 1-855-903-2583. Para TTY, llame al 711.

Yog tias koj hais lus Hmoob, muaj kev pab txhais lus pub dawb rau koj. Hu rau 1-800-793-6931. Rau TTY, hu rau 711.

Haddii aad ku hadasho Soomaali, adigu waxaad heli kartaa caawimo luqad lacag la'aan ah. Wac 1-866-251-6736. Markay tahay dad maqalku ku adag yahay (TTY), wac 711.

နမ့်ကတိကသိကျိန်ဒီး, တၢ်ကဟ့ၣ်နၢကျိၣ်တၢ်မၤစၢၤကလိတဖၣ်န့ၣ်လီၤ. ကိး 1-866-251-6744 လၢ TTY  
အဂီၢ်, ကိး 711 တက့ၢ်.

إذا كنت تتحدث العربية، تتوفر لك خدمات المساعدة اللغوية المجانية. اتصل بالرقم 1-866-569-9123. للهااتف النصي  
اتصل بالرقم 711.

Nếu quý vị nói Tiếng Việt, có sẵn các dịch vụ hỗ trợ ngôn ngữ miễn phí cho quý vị. Gọi số 1-855-315-4015. Người dùng TTY xin gọi 711.

Afaan Oromoo dubbattu yoo ta'e, tajaajila gargaarsa faa qhii utu kaffa jii na'e. Argachuuf 1-855-315-4016 bilbilaa. TTY dhaaf 711 bilbilaa.

如果您說中文，我們可以為您提供免費的語言協助服務。請撥打 1-855-315-4017。聽語障專  
(TTY)，請撥打 711。

Если Вы говорите по-русски, Вы можете воспользоваться бесплатными услугами переводчика. Звоните 1-855-315-4028. Для использования телефонного аппарата и текстовых выводов звоните 711.

Si vous parlez français, des services d'assistance linguistique sont disponibles gratuitement. Appelez le +1-855-315-4029. Pour les personnes malentendantes, appelez le 711.

ကဏ္ဍတၢ်ပိၤစၢၤကလိတဖၣ်န့ၣ်လီၤ. ကိး 1-855-315-4030. လၢ TTY ကိး 711။

한국어를 사용하시는 경우, 무료 언어 지원 서비스가 제공됩니다. 1-855-904-2583 으로 전화하십시오. TTY 사용자는 711 로 전화하십시오.

ຖ້າເຈົ້າເວົ້າພາສາລາວໄດ້, ມີການບໍລິການຊ່ວຍເຫຼືອພາສາໃຫ້ເຈົ້າພຣີ. ໃຫ້ໂທຫາ 1-866-356-2423  
ສຳລັບ. TTY, ໃຫ້ໂທຫາ 711.

Kung nagsasalita kayo ng Tagalog, mayroon kayong magagamit na libheng tulong na mga serbisyo sa wika. Tumawag sa 1-866-537-7720. Para sa TTY, tumawag sa 711.

Wenn Sie Deutsch sprechen, steht Ihnen fremdsprachliche Unterstützung zur Verfügung. Wählen Sie 1-866-289-7402. Für TTY wählen Sie 711.

ប្រសិនបើអ្នកនិយាយភាសាខ្មែរមិន អ្នកអាចរកបានសេវាជំនួយភាសាឥតគិតថ្លៃ។ ទូរស័ព្ទមកលេខ 1-855-906-2583។  
សម្រាប់ TTY សូមទូរស័ព្ទមកលេខ 711។

Diné k'ehjí yáníłt'i'go saad bee yát'i' éí t'áájíík'e bee níká'a'doowołgo éí ná'ahoot'i'. Kojí éí béesh  
bee hodííłnih 1-855-902-2583. TTY biniiyégo éí 711 jí' béesh bee hodííłnih.

8.5 x 11, 2-sided insert:  
Federally required  
for ACA compliance