



It's Time to Reset Your Health

Join the Live in the Green Challenge

August is *National Wellness Month* and the perfect time to reset your body, mind, and spirit. How will you take control of your health this summer? For starters, you can swap in a veggie burger at the cookout or spend some quiet moments in the sun to destress. You can go for a walk when you'd normally drive to get those steps in or spend some quality time with loved ones who make you feel good.

Start keeping track of these daily activities and earn green days by joining the ***Live in the Green Challenge***.

What are green days?

If you've taken your RealAge assessment and your mobile phone or wearable fitness tracker is linked with CareFirst WellBeingSM, several of your daily health factors will automatically update. To manually update your trackers, sign in to CareFirst WellBeing, select *Track* and the day you would like to input your healthy activities. Select each of the relevant health trackers and enter your information for that day. When 8 of the 13 health factor goals are met or turn green, you've earned a green day!



The goal

Track green days for 5 days between August 1 to August 31.

Have questions? Call **877-260-3253**.

How to join the challenge

- Register or log in to your CareFirst WellBeing account at **carefirst.com/wellbeing**.
- Find the ***Challenges*** under the ***Achieve*** icon.
- Look for ***Live in the Green Challenge*** and select ***Join***.
- Update your trackers daily. When 8 trackers are in the green, you score a green day!