

# BUST A WINNING MOVE

Regular exercise has so many benefits, from relieving stress to lowering your risk for chronic illness. With **The Move It! Move It! Challenge**, the goal is to increase your physical activity with 30 minutes of exercise for at least 20 days during the challenge.



## JOIN THE MOVE IT! MOVE IT! CHALLENGE

Share your best tips and tricks with your colleagues. You can even visit the Challenge Wall to give high fives to your favorite posts. Staying motivated is easier when you encourage each other along the way.

**Registration opens:** September 1, 2024

**Challenge begins:** September 16, 2024

**Challenge ends:** October 13, 2024

### Enroll today

To get started, sign in to your account and click **Wellness Challenges**.  
If you don't have an account, sign in to **MyBlue** and click under **My Care**.

Stay motivated and get healthier!



**MASSACHUSETTS**

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

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, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).