

# Level Up Steps Challenge

Step towards a younger you and earn \$10!



The **Level Up Steps Challenge** runs from May 1, 2024 - May 31, 2024. It's all about adding more movement to your day, while you reap the rewards and grow younger.

## The goal

Track your steps for at least 21 days from May 1, 2024 – May 31, 2024 to meet the challenge goal.

## How the challenge works

1. Log in to your Sharecare account or register at [stateoftn.sharecare.com](https://stateoftn.sharecare.com).
2. Find **Challenges** under the **Achieve** icon.
3. Look for the **Level Up Steps Challenge** and click **Join**.
4. Track your steps at least 21 days from May 1 to May 31.

## How do I track my steps?

There are two ways to track your steps:

1. **Automatic tracking:** Link your Fitbit app, Google Fit or mobile phone's Health App with Sharecare and enable automatic tracking. Then, be sure to sync your wearable device/app to your Sharecare account every few days.
2. **Manual tracking:** Each day, log into the Sharecare app and select **Track, Steps** and then **Add Today's Entry** to manually record your steps activity. Use the steps conversion chart to convert your activities to steps.

## Earn incentives

Once you meet the challenge goal, you'll **earn \$10** toward your incentive program.



Have more questions? Call **888-741-3390**, Monday - Friday 8 a.m. - 8 p.m. CT or visit [sharecare.com/tnwellness/quarterly-challenges/](https://sharecare.com/tnwellness/quarterly-challenges/) to learn more.

Incentives are available for active state and higher education employees and spouses who are enrolled in medical insurance with Partners for Health. For information on filing an appeal regarding your 2024 incentive credits, visit [Sharecare.com/tnwellness/appeals](https://Sharecare.com/tnwellness/appeals).

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