

# Level Up Steps Challenge

Track your steps this month for the chance to receive a prize!



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.

## Enter the giveaway

The **first 100 people** to meet the challenge goal will receive a **water bottle!**



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.