



# January Step It Up Challenge



Need extra motivation to prioritize your health in 2022? Join the January Step It Up Challenge, which runs from January 1 - January 31, and start the new year off right!

## The Goal

Whether you're adding a quick walk around the block during your lunch break, or finally marking that Pilates class off of your bucket list, making small changes to your daily routine can make a big impact over time. This month, find that extra motivation to add more movement to each day and focus on tracking 5,000 steps per day for 21 days (for a total of 105,000 steps)!

## How the challenge works

- 1 Log in to your Sharecare account or register at [carefirst.com/sharecare](https://carefirst.com/sharecare).
- 2 Once in your Sharecare account, find **Challenges** under the **Achieve** icon.
- 3 Look for **Step It Up Challenge** and click **Join**.
- 4 Start tracking your movement - shoot for 5,000 steps per day!

## How do I track my steps?

There are two ways to track your steps:

- 1 **Automatic Tracking:** Sync with your Samsung or iPhone's Health apps or Android's Google Fit app to allow for seamless, automatic input of your steps data.
- 2 **Manual Tracking:** Each day, log in to the Sharecare app to manually record the number of steps you've taken.

Have questions? Call Sharecare support at **877-260-3253**.



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