



2025 Wellness Challenges

Join an existing challenge

CareFirst WellBeingSM features a new wellness challenge each month. Aim to meet the challenge goal to improve your health—and have fun while you're at it! Log in to your WellBeing account or visit carefirst.com/wellbeing to get started. Once logged in, you can view and join the available challenges.

Month	Challenge	Tracker
January 1 – January 31	Move More Challenge Let's start off the new year by moving more. Movement can be tracked for many types of activities such as aerobics, yoga, or cardio. Goal: Track 630 minutes of activity in the month.	Activity
February 1 – February 28	Healthier Heart Challenge The heart does more work each day than any other muscle in the body. Every day, the average heart pumps about 2,000 gallons of blood. Over the course of 70 years, a person's heart will beat more than 2.5 million times. Want to protect your heart? Just 30 minutes of physical activity each day can help you. Go for a walk, or simply move your body more to boost your heart health and support your overall well-being. Goal: Track 630 minutes of activity in the month.	Activity

Month	Challenge	Tracker
March 1 – March 31	Healthy Breakfast Challenge Eating a healthy breakfast can slim your waistline and protect your heart. Track your healthy breakfast and see if you can stay in the green. Goal: Track your diet for 21 out of 31 days.	Diet
April 1 – April 30	Boost Your Brain Power Sleep affects almost every system in the body, including the heart, lungs, metabolism and immune system. Sleep is also critical for your brain. While you're sleeping, your mind is actually active, removing toxins that build up during the day. If you are sleep-deprived, it's harder to learn, react, form new memories and concentrate. Make sure you're getting 7 to 9 hours of sleep each night to help protect your brain health and stay mentally sharp. Goal: Track your sleep for 21 days.	Sleep
May 1 – May 31	Declutter Your Mind Challenge As the seasons change, many people begin the process of spring cleaning. Dusty corners and clutter are cleared, providing a fresh start for the warmer weeks ahead. The same may be true for your mental and physical health. There is nothing wrong with some clutter. But research suggests too much can upset your sense of home and damage your sleep, focus, and overall well-being. What you can do: Set aside 10 to 15 minutes each day to clean up, clear out or put things away. Goal: Track your stress level for 21 days to monitor your mood and overall well-being.	Stress
June 1 – June 30	Independently You Challenge How will you take control of your health this month? You can schedule an important health screening, swap in a turkey burger at the BBQ or spend a quiet moment in the sun to de-stress. Make healthy choices this month to earn more green days and lower your RealAge. Goal: Track 10 Green Days in June.	Green Days
July 1 – July 31	Quench Your Thirst Challenge Are you drinking enough? Up to 60 percent of the body is water. Staying hydrated ensures that your brain, heart, muscles and other systems in your body work properly. Drinking enough water each day can also help you maintain a healthy weight, improve your skin complexion and gain more energy. Goal: Answer the self-attestation question for 21 days: "Did you drink enough water today?"	Self-Attestation
August 1 – August 15	Power of Positivity Challenge There is a strong link between a positive outlook and health. Keeping things in perspective and adopting a growth mindset can help you thrive—even in the most difficult situations. Goal: Answer the self-attestation question for 15 days: "Did you take time to reflect on at least one thing you are grateful for today?"	Self-Attestation

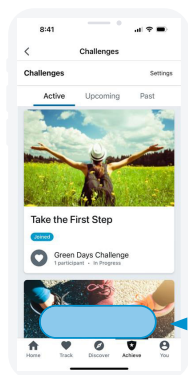
Month	Challenge	Tracker
September 1 – September 30	Focus on Fiber Challenge On average, U.S. adults eat 10 to 15 grams of fiber each day—less than half the recommended daily amount. Eating a diet rich in fiber can help reduce the risk of diabetes, coronary heart disease, stroke, and certain cancers. Aim to include at least one fiber-rich food in each of your meals in September and track your progress. Goal: Track your diet for 21 days.	Diet
October 1 – October 31	Building Boundaries Challenge Healthy relationships involve honesty, trust, respect, communication—and healthy boundaries. Many people have trouble setting boundaries. But like so many things in life, setting limits and establishing boundaries is key. It not only supports your health and well-being, but also strengthens your relationships. What are some examples of healthy boundaries? <ul style="list-style-type: none"> ■ Having the time and space you need to do things you enjoy ■ Feeling comfortable expressing your opinions—even when you don't agree ■ Not feeling pressured to do things you don't want to do ■ Being respectful of shared spaces and personal belongings Goal: Work on setting healthy boundaries. Track your relationships for 31 days to monitor your progress.	Relationship
November 1 – November 10	Architectural Adventures - Barcelona, Spain Challenge This fun challenge will be sure to get you moving more as you log your steps to travel to different areas in Barcelona, Spain. Track your progress on the virtual map and unlock content like images, videos, and interesting facts about each stop along the way! Goal: Track 50,000 steps in 10 days.	Steps
December 1 – December 31	Holiday Savings Challenge As winter sets in and fall festivities give way to the holiday bustle, you may feel overwhelmed about your finances. Creating a budget can not only help ease money worries but also reveal areas where you may be overspending. Sticking to a budget can help you refocus on your most important financial goals while still allowing you to indulge in a little holiday fun. Goal: Answer the self-attestation question for at least 21 days in December “Did you think about your budget and stick to it today?”	Self-Attestation

Create your own challenge

You can also create your own challenge and invite others to join. Select from categories such as taking steps to drinking water to showing gratitude. Then, easily set up your own challenge, start date, duration and goal. Invite your friends and family to join the challenge—even if they don't have the CareFirst WellBeing app yet. Enjoy friendly competition as you track performance on an interactive leaderboard.

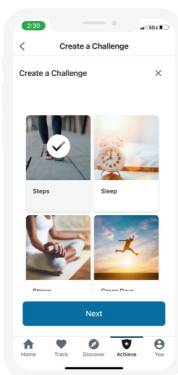
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To get started, go to **Achieve**, and then **Challenges**. Select **Create a Challenge**.



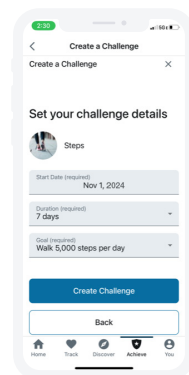
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Pick the type of challenge you want.



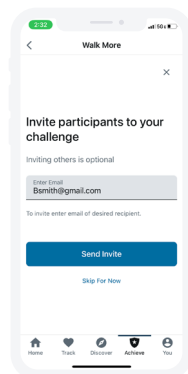
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Set your challenge details.



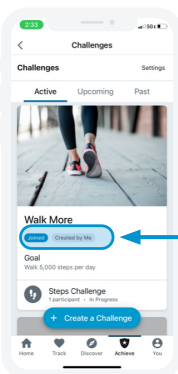
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Invite others to join or skip for now.



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To keep track of your challenges, look for the **Created by Me** icon.



If you have questions about challenges, call
CareFirst WellBeing support at 877-260-3253.

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