



Step Your Way Through the Stages

The **Relax, Renew, Refresh Steps Challenge** is a staged, team-based challenge where your team works together to complete five stages by walking a total of 492,000 steps over two weeks. That's an **average of about 7,000 steps per day, per person** on a five-person team.

Get a strong start on February 2 when you prepare in advance.

Create or Join a Team

As the challenge approaches, decide who you'll team up with, choose a Team Captain and come up with a fun team name. The Captain registers for the challenge, creates the team, and sends invitations to teammates.

If you don't have a team, you have three options:

1. **Create a public team as a Team Captain** – any participant statewide can join a public team
2. **Register individually and join an existing public team.**
3. **Participate on your own**, knowing you won't be able to complete all five stages solo. Even if you are a super stepper, steps are capped at 30,000 per person per day, making team participation essential to reach final stage



- Eligible participants include subscribers, covered spouses, and dependent children age 18+ with access to the Wellness Portal.*
- Team changes or rejoining the challenge must be completed by February 5.

Eligibility Guidelines

- Teams may include up to five participants.

**Dependent children are not eligible for Wellness Cash incentives but may contribute steps to team totals and leaderboard rankings.*

How the Stages Work

- Your team starts at Stage 1 and unlocks a new stage every 123,000 combined steps.
- Each stage includes a theme and tips focused on engaging in meaningful downtime to support both mental and physical well-being.
- Stage tips can be viewed within the Challenge Portal when you log in to sync or upload steps or record an alternate activity.

Even if your team **reaches Stage 5 before the challenge ends** (February 15 at 11:59 p.m.), keep walking!

This is a friendly competition, with prizes for:

- Top 3 individual steppers
- Top team
- Random prize drawings among all participants



[View incentives and Prizes Here](#)

Tracking Your Steps & Activities

Logging steps regularly (daily or every few days) helps keep your team's leaderboard current.

There are three ways to track your activity:

1. Sync a Fitness Tracker or App

You can connect many popular devices and apps – including Apple Watch, Fitbit, Garmin, Google Watch, Strava, and more – to the Wellness Portal. **Once synced, steps update automatically when you log into the Cigna mobile app.**

HOW TO CONNECT TRACKER

2. Manually Log Steps

If your tracker isn't compatible for syncing, or if you go for a walk or run but forget your tracker, you can manually enter your steps each time you log in. Either input your steps from your non-compatible tracker or log a walk or run, input the distance and let the app convert your distance to steps.

3. Log Alternate Activities

If you don't track steps or prefer other workouts – such as cycling, yoga, Pilates, weightlifting, or similar – you can self-report your activity. The Wellness Portal will convert your workout minutes into steps.

How to Manually Log Steps or Activities

1. Log in to the Wellness Portal on the myCigna website or app
2. Select Wellness > Activities > Stats
3. **To add steps:** select Steps > + Add Steps > Save
4. **To add a workout:** select **Workout**
5. Enter the date (if different), choose an activity, add workout minutes, and Save

