



# 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

## Eligibility Guidelines

- Teams may include up to five participants.



- 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.

\*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

