

# Step Up Discontinuance January 1, 2015

## Frequently Asked Questions

**Q: How much longer will Step Up be available?**

**A:** We are discontinuing Step Up as of January 1, 2015.

**Q: Why is Step Up being discontinued?**

**A:** The program is being discontinued primarily due to a decline in use over the years and the availability of newer and more relevant mobile and app-based programs in the market.

**Q: What if I'm in the middle of a two-week or eight-week Step Up program (through HealthyRewards)?**

**A:** If you are currently using Step Up to earn HealthyRewards and your plan (contract date) ends on 01/01/15, please finish up any programs before 12/31/14 to ensure you receive credit for your healthy activities. If your plan (contract date) renews off cycle, meaning its start date was after 01/01/2014, we will work to reconcile any Step Up program still in progress on 12/31/14 after the first of the year. You can continue earning HealthyRewards for tracking your healthy activities using the "My Diary," "My Nutrition Tracker," or "My Fitness Tracker" programs available on your Rewards Scorecard.

**Q: What if I'm in the middle of a Step Up competition?**

**A:** The ability to create a new Healthy Competition through Step Up was discontinued in October. Employers can still export any past competitions through the end of the year.

**Q: Is there a similar program I can use to track my healthy activity or (offer a healthy competition to my employees)?**

**A:** If you're looking for a web-based healthy program for you or your organization there are some other free alternatives to help you reach those health goals.

**Start Walking Now** - The American Heart Association offers a free Activity Tracker that helps employees make positive lifestyle changes through walking and a better diet. (Team-Based Competitions available)

<http://www.startwalkingnow.org>

**Walking Works** –WalkingWorks is a program designed to help people get active. People of any fitness level - from beginner to advanced - can benefit from walking. WalkingWorks encourages participants to improve their health by incorporating walking in their daily routine. (Team-Based Competitions available)

<http://www.walkingworks.com/>

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**MyFitnessPal** - If you're looking for a more individualized approach to wellness for your employees, MyFitnessPal is a free and easy nutrition and fitness system that helps anyone achieves good health.

<http://www.myfitnesspal.com/>

If you'd like a more information about our other worksite wellness programs that are designed to promote healthy lifestyles right at your worksite, contact your account consultant to find out more. We have a wide range of enhancement options to take wellness to the optimal level for you and your employees.

**Q: Can I transfer my current goals/progress to another tool?**

**A:** No

**Q: Will I still be able to access my Step Up account?**

**A:** No, as of 01/01/15 the site and all resources will no longer be available.

**Q: Can I still view past results of healthy competitions?**

**A:** Employers can export any past competitions through the end of the year. After 01/01/15 they will not be available.

**Q: I found the Balance Book helpful in tracking my steps/fruit & veggie servings. Will this still be available for download?**

**A:** No

**Q: Can I still access the healthy recipes and resources that were included in Step Up?**

**A:** No