



MoveSpring

The Roman Catholic Archdiocese of Boston (RCAB) Health Benefit Trust has partnered with MoveSpring to offer 12 unique Challenges for the 2025-2026 Plan Year. MoveSpring offers wellbeing challenges, on-demand exercise videos, sleep soundscapes, recipes, and educational content to motivate you to engage in a healthy lifestyle.

- **Who can participate?** Active employees and spouses enrolled in one of the RCAB Health Plans are eligible to participate.
- **Prizes:** You and your spouse can each earn \$50 into your HRA or HSA for successful completion of each Challenge (subject to HRA/HSA maximums). **To be eligible to earn HRA or HSA dollars, you and your spouse must be registered in the *ahealthyme* platform.** To register, sign in to your MyBlue account at member.bluecrossma.com/login and click on *ahealthyme* under **My Care**.

Note: Employees and spouses enrolled in the Enhanced and Basic Health Plans must earn \$500 in the Wellness Program before funds are deposited into their HealthEquity HRA accounts. To learn how you can earn financial incentives, please review the [Wellness Program flyer](#).

- **Deadline to Join Challenges:** You must join the Challenge by the 7th of each month. You will not be eligible to participate in the Challenge or earn HRA/HSA dollars if you miss the deadline to join.

HOW TO JOIN MOVESPRING

You and your spouse can each create an account on the MoveSpring website or MoveSpring mobile app from the Apple App or Google Play Stores. **If prompted, use the RCAB organization code 6R4J3DQ5EP on the website or mobile app.** Note: the link below will pre-populate the code for you.

Click [here](#) to join MoveSpring!

IMPORTANT NOTES

1. MoveSpring only allows you to edit the past 7 days of activity. **Please log your activity in the monthly Challenges at least once per week.** You will not be able to log your participation in the Challenge if you miss this deadline.
2. Remember that financial incentives earned for participation in MoveSpring Challenges will not be recorded in the *ahealthyme* site that lists other wellness activities. The Benefits

Department tracks these incentives separately but they will count toward your HRA or HSA maximums.

3. Challenges listed on the *ahealthyme* website are not incentivized as part of the Wellness Program. You can only HRA/HSA dollars for participating in MoveSpring Challenges.
4. If you don't have a smart mobile device or computer, please contact the Benefits Department at benefits@rcab.org and we will provide you with an alternative way to track your activity.
5. Certain Challenges permit tracking on the MoveSpring mobile app only. Please refer to the Challenge description (which you will receive by email every month) to find out if you can log your activity on the mobile app or website.
6. Instructions on how to sync a fitness device can be found [here](#). Note that fitness devices are not required to participate in any Challenge.
7. **All Challenges have a grace period of 3 days**, which gives you extra time after the end date of the Challenge to sync or log final activity. Once the 3-day grace period ends, all Challenge stats are final and activity can no longer be updated.
8. A list of the MoveSpring Challenges offered for the 2025-2026 Plan Year can be found [here](#).

NEED HELP?

For assistance with the MoveSpring app, website, or logging into your account, check out the [MoveSpring Help Center](#), [how-to videos](#), or contact the MoveSpring support team.

- MoveSpring Support is online Monday - Friday, 10 a.m. – 6 p.m.
- To contact MoveSpring Support in the mobile app, tap the menu bars at the top left corner of the dashboard and then tap the blue Message support button at the bottom of the utility panel.
- On the web, click the blue chat icon at the bottom right of the screen.
- You can also reach the MoveSpring Support team at help@movespring.com.

For all questions related to the Wellness Program, please contact the Benefits Department at benefits@rcab.org.