

Roman Catholic Archdiocese of Boston Health Benefit Trust

MoveSpring



Employees and spouses can earn HRA or HSA dollars during the 2025-2026 Plan Year by participating in the MoveSpring Challenge Program. These Challenges promote healthy lifestyle habits and overall well-being!

Eligibility

Employees and spouses enrolled in one of the Roman Catholic Archdiocese of Boston Health Plans and registered in *ahealthyme* are eligible to participate.

To register in *ahealthyme*, log in to MyBlue at member.bluecrossma.com/login and select *ahealthyme* under the **My Care** tab or register at wellness.ahealthyme.com.

How to Join Challenges

Employees and spouses can each create a MoveSpring account on the MoveSpring website or in the MoveSpring mobile app, which is available in the Apple App or Google Play Store. When prompted, use the organization code **6R4J3DQ5EP** to join.

Several days before the Challenge starts, the Benefits Department sends eligible employees an email invitation with a registration link to join the Challenge. These invitations are sent to employees' primary email addresses in MyEnroll. Employees must then share this link with their spouses if they are eligible to join and would like to participate. Participants must register within the first seven days of the Challenge.

Those who previously participated in MoveSpring Challenges may join a new Challenge by selecting **+Join** in the Challenges section on the MoveSpring dashboard and selecting the new Challenge for the month.

Logging Activity in the MoveSpring Platform

Participants can only log activity within the past seven days. When a Challenge ends, participants have a grace period of three days to log activity within the past seven days. Once this grace period ends, all Challenge results are final.










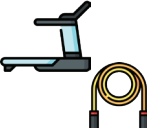


MoveSpring Customer Support

Contact MoveSpring's customer support team for any technical issues or platform questions via the mobile app, web platform, or email at help@movespring.com. From the dashboard on the mobile app, tap the menu bar in the top left corner, select **Message Support**, and then select **Messages**.

MoveSpring Support is online Monday to Friday, 10:00 a.m. to 6:00 p.m. Helpful resources are available in the MoveSpring Help Center at help.movespring.com.

MoveSpring Challenges

The Benefits Department will announce the criteria for earning incentive prizes at the start of each Challenge.

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| JUL OUTDOORS ADVENTURE  | <p>Spending time outdoors can improve your physical, mental, and emotional well-being. For 25 days this month, you are challenged to spend at least 30 minutes outside engaging in recreational activities like walking, jogging, biking, hiking, gardening, or playing sports. Enjoy fresh air, soak up some sunshine, and stay active. By the end of the month, you'll feel more energized, refreshed, and connected to nature.</p> | AUG HYDRATION HERO  | <p>Drinking water boosts energy levels, flushes out toxins, aids in weight management, assists with digestion, and supports cognitive function. Commit to drinking at least 64 ounces of water for 26 days this month, and you will feel refreshed!</p> |
| SEP SEPTEMBER (TEAM OPTION)  | <p>It's time for our annual step challenge! Take 7,000 steps a day for at least 25 days this month. Whether you prefer leisurely walks in nature, strolls with friends, or treadmill runs, every step counts. Aerobic exercise can reduce stress, boost your mood, improve cardiovascular health, and enhance cognitive function. Incorporating walking or running into your daily routine can help combat the health risks associated with prolonged sitting. Participate solo or as part of a team to motivate each other to stay active. Let's get moving!</p> | OCT RCAB STRONG  | <p>Is strength training part of your fitness routine? Complete at least 20 minutes of strength training exercises followed by 5 minutes of stretching for at least 18 days this month. Try push-ups, squats, planks, or weightlifting. Strength training protects your joints from injury, helps build muscle, improves balance & flexibility, and reduces the risk of heart disease and diabetes. It can also help you maintain a healthy weight.</p> |
| NOV SWEET ESCAPE  | <p>Limiting your intake of added sugar promotes weight management, helps to regulate blood sugar, reduces inflammation, and supports cardiovascular and oral health. You are challenged to eliminate added sugar in your diet for at least 18 days. Common sources of added sugars include sugar-sweetened beverages, flavored yogurts, coffee syrups and creamers, breakfast cereals, granola bars, and baked goods. Got a sweet tooth? Reach for fresh whole fruit instead!</p> | DEC HEARTS OF SERVICE  | <p>Commit to performing 5 acts of service this month. Try volunteering at a local charity, donating to a local food pantry, helping a neighbor, donating to those in need, or participating in a fundraising event for a non-profit. Volunteer your time and gifts with others and you will receive more in return!</p> |
| JAN CULINARY SAVINGS  | <p>Preparing your meals at home allows you to save money and eat more healthily than when you eat out. This month you are challenged to cook at least two meals a day at home for 14 days. Discover the joy of homemade meals and watch the savings add up!</p> | FEB UNPLUG & RECHARGE  | <p>It's important to take breaks from technology to give our brains and bodies a chance to rest and reset. This month, reduce your screen time and engage in offline activities. You are challenged to set aside at least one hour for 26 days to disconnect from digital devices. Focus on reading books, exercising, spending time in nature, or connecting with loved ones. No peeking at texts or scrolling through social media for that one dedicated hour!</p> |
| MAR EAT THE RAINBOW  | <p>Did you know that by diversifying the colors of fruit and veggies you eat, you're also consuming a wider variety of nutrients? Unlock health benefits in this Challenge by eating the rainbow! This month you are challenged to incorporate at least 5 servings of fruit and vegetables into your daily diet for at least 25 days. Add a variety of different colors into your daily meals and snacks for a nutrient boost!</p> | APR LET'S MOVE  | <p>Regular physical activity enhances sleep, boosts energy, and improves overall quality of life. It also benefits cardiovascular health, weight management, mental well-being, and reduces the risk of chronic diseases. You are challenged to engage in at least 150 minutes of moderate-intensity aerobic exercise per week for 4 weeks. Options include running, cycling, dancing, hiking, swimming, or brisk walking. The goal is to move your body in ways that bring you joy!</p> |
| MAY POSITIVE ATTITUDE  | <p>For 28 days this month, engage in activities that promote positivity and gratitude. Activities may include journaling three things you're grateful for every day, practicing positive affirmations, performing random acts of kindness, and expressing gratitude toward a co-worker, friend, or stranger. By the end of the month, you will notice a positive change in your overall mindset!</p> | JUN SLEEP WELL  | <p>Health experts recommend that adults sleep 7 to 9 hours per night. Improving your sleep hygiene can support better mental well-being, lower your risk for serious health problems, such as diabetes and heart disease, boost energy levels, reduce stress, improve mood, and enhance your immune system. This month you are challenged to sleep at least 7 hours a night for 26 nights.</p> |