

Roman Catholic Archdiocese of Boston Health Benefit Trust

MoveSpring



Employees and spouses can earn HRA or HSA dollars during the 2026–2027 Plan Year by participating in the MoveSpring Challenge Program. Throughout the year, participants have the opportunity to join fun, motivating challenges designed to encourage healthy habits, increase activity, and support overall wellbeing while earning financial incentives!

Eligibility

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

How to Earn HRA/HSA Dollars

To earn HRA/HSA dollars, employees and spouses must be registered in *ahealthyme*. To register, 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 at app.movespring.com or in the MoveSpring app, which is available in the Apple App or Google Play Store. When prompted, use the organization code **6R4J3DQ5EP** to join. Those who previously participated in MoveSpring Challenges can log into their MoveSpring account to continue participating in monthly challenges.

One week before the Challenge starts, the Benefits Department sends eligible employees an invitation with a registration link

to join the Challenge. These invitations are sent to the employee's 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.

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 ms-help@rewardgateway.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

Before each monthly Challenge begins, the Benefits Department shares the criteria for earning incentive prizes through email announcements, the MoveSpring platform, and the monthly benefits newsletter.

JUL SUMMER GAMES 	The Summer Games are here! Can you handle the heat? Join the race across the virtual map and unlock motivational messages from Olympic athletes. You are challenged to engage in 30 minutes of physical activity for at least 21 days. Get moving to reach your movement goal, participate in special events, and learn fun Olympic trivia. Good luck to all!	AUG DIGITAL SUNSET 	Give your mind and body a chance to unwind by taking intentional breaks from screens. For 20 days, challenge yourself to stay device-free for one hour before bedtime and get at least seven hours of sleep. Use this screen-free time to read, move your body, or connect with others. These small habits can improve sleep quality, strengthen relationships, and support overall well-being.
SEP SEPTEMBER 	Avoid the September slump and get ready for our annual Fall step challenge! Aim for 7,000 steps a day for at least 22 days this month. Whether you enjoy nature walks, strolls with friends, or treadmill sessions, every step counts. Regular movement reduces stress, boosts mood, and supports heart and brain health. Let's get moving!	OCT FRESH AIR FITNESS 	Spending time outdoors can improve your physical, mental, and emotional well-being. For 20 days this month, you are challenged to spend at least 30 minutes outdoors engaging in recreational activities like walking, jogging, biking, hiking, or playing sports. Spending time in nature provides a much-needed break from the hustle and bustle of daily life.
NOV SWEET ESCAPE 	Reduce your added sugar intake to support steady energy, healthier weight, and overall wellness. For 20 days this month, avoid common sources of added sugar such as sweetened drinks, flavored yogurts, syrups, granola bars, and desserts. When cravings strike, choose naturally sweet whole fruits to stay on track.	DEC HELPING HANDS 	Spread kindness this season by completing one meaningful act of service each week in December. Support someone in need, volunteer your time, donate items, or brighten someone's day with a kind gesture. These simple acts help strengthen your community, boost well being, and encourage more compassion during the holiday season.
JAN FRUGAL FOODIE 	Preparing your meals at home allows you to save money and eat healthier. This month you are challenged to prepare at least two healthy meals a day at home for 20 days. Enjoy the benefits of nutritious, cost-effective meals while building healthy habits for the year ahead. Resist the urge to buy takeout meals!	FEB NO FRY FEBRUARY 	It's Heart Health Month! This month support your heart health by avoiding fried foods and limiting high-fat, heavily processed foods. Commit to avoiding these foods to support your heart health for at least 20 days. These changes will help lower cholesterol and reduce the risk of heart disease.
MAR EAT THE RAINBOW 	Celebrate National Nutrition Month® by focusing on the power of colorful fruits and vegetables. Eating a variety of colors helps you benefit from a wider range of nutrients. You are challenged to eat at least 5 servings of fruits and vegetables each day for 25 days this month. Make healthy eating fun, colorful, and delicious!	APR MINDFUL MONEY 	Take control of your spending habits by adopting this four-week plan. Week 1: Eliminate unnecessary purchases for six days. Focus on essentials and avoid impulse buys and takeout meals. Week 2: Create a simple budget and stick to it! Week 3: Learn something new about finances by attending a financial webinar and reading two articles. Week 4: Review your 401(k) account or evaluate your debt and make a plan to reduce it.
MAY INTERNATIONAL GLOBETROT (TEAM OPTION) 	Grab your sneakers for a virtual team race around the globe! Travel the world together to unlock milestones filled with fun facts and stories as you move. Aim for 7,000 steps a day for at least 21 days to reach your individual goal while racing across the map together. Let's start exploring and fill those virtual passports!	JUN RCAB STRONG 	Make strength training part of your routine this month by completing 30 minutes of strength training exercises plus 5 minutes of stretching for at least 19 days. Try movements like push-ups, squats, planks, or weightlifting. Strength training helps to protect joints, build muscle, improve balance and flexibility, support heart health, reduce diabetes risk, and maintain a healthy weight.