Frequently Asked Questions for “Pick Produce” Challenge

**What is the Pick Produce Challenge?**
The Pick Produce Challenge encourages the consumption of fruits and vegetables over the course of four weeks. Eat at least 5 servings of fruits or vegetables at least three days weekly. More than 5 servings daily is great and will help you to reach the top of the leaderboard, but you are required to be consistent and track at least three days a week in order to successfully complete this challenge. Aim for nutritional variety, an array of different colors, and don’t be afraid to try a new recipe!

**How do I enroll in the Challenge?**
To enroll in the challenge, login into the Blue Cross member portal, click on the Action Plan then Challenges. Under the Challenges tab, click on the challenge you’d like to enroll in. Read the challenge details and then simply click on “Register Now” to get started.

**When can I enroll in the Challenge?**
You can enroll in the Challenge from 5/3/2018 to 5/17/2018. You’ll get reminders on your Action Plan and in email to make sure you don’t miss out.

**Can I pick my own team or change teams?**
No, you cannot pick your own team or change teams. You will receive your team assignment before the challenge start date.

**Can I enroll in the challenge or join a team after the challenge starts?**
Yes, you may enroll in the challenge until 5/17/18, which is three days after the challenge starts. You will be randomly assigned to a team when you enroll. If you enroll after the start date you will be able to begin tracking your activities the following day. Additionally, if you sign up after the start date you will only be allowed to record activities starting on your first tracking day you cannot back date.

**How do I track my Challenge activity?**
To record your daily activity, click on the Action Plan, then Challenges, under the Activities tab you can record your servings of fruits and vegetables.

**How do I know if I have missed any Challenge tracking for this week?**
Missed tracking activities can be viewed by clicking on the Action Plan, then Challenges, then Activities Tab. All missed tracking days will have an exclamation mark.
How can I view and track my progress?
To view and track progress, click on the Action Plan and then Challenges. On the Activities tab of your challenge, you can view your progress against the daily tracking activities for the challenge.

Will I be rewarded for successfully completing the Challenge?
Yes! You will be rewarded with 30 credits once you successfully complete this challenge by eating 5 servings of fruits and/or vegetables daily for at least three days a week for four weeks.

Is there a minimum requirement for completing the Challenge?
Yes - to successfully complete the challenge you must track five servings of fruits and vegetables daily for a minimum of three days a week for all four weeks of the challenge.

How do I post on the message board?
To post or view comments on the message board, click on the Action Plan and then Challenges. There is a ‘Messages’ tab for each challenge. Navigate to that tab to view comments from other participants and to post your own messages.

How can I see where I rank among participants?
The Challenge leaderboard will show where you or your team stand among all participants as well as the top finishers for the challenge. To access the leaderboard, click on the Action Plan and then Challenges. The select the ‘Leaderboard’ tab under the challenge to view standings.

Challenge Rules:
Requirements for the “Pick Produce” nutrition challenge are as follows:

Sign up for the Pick Produce Challenge by 5/17/2018.

The “Pick Produce” nutrition challenge will begin on 5/14/2018 and end on 6/10/2018.

To successfully complete the Challenge you must eat five or more servings of fruits and vegetables three days a week, for all four weeks of the challenge.

You have until 6/15/2018 to log your activity and earn rewards.

However, the leaderboards are finalized on 6/10/2018.