



# Blue & You fitness Challenge

A program of Arkansas Blue Cross and Blue Shield  
& the Arkansas Department of Health

## GROUP REGISTRATION STARTS NOW!

**Gather your friends, family, co-workers and register a GROUP today. Group registration ends Feb. 15 and teammates must register by Feb. 28.**

[log in](#)

[register](#)

To register, go to:  
[www.blueandyoufitnesschallenge-ark.com](http://www.blueandyoufitnesschallenge-ark.com)  
Click the "register" button

Blue and You Fitness Chal x

Usable Mutual Insurance Co DBA Arkansas Blue Cross Blue Shield ([US]) https://secure.blueandyoufitnesschallenge-ark.com/index.aspx

HOME LEADERBOARD ABOUT HELP

# Blue fitness

A program of Arkansas Blue Cross Blue Shield & the Arkansas Department of Health

## GROUP REGISTRATION

Gather your friends, family and coworkers to register as a GROUP today. Group registration and teammates must register by Feb. 28.

log in register

### REGISTER

**GROUP REGISTRATION** [GO](#)

I'm a Group Admin  
(I would like to set up group)  
Group set up ends February 15, 2015

**INDIVIDUAL REGISTRATION** [GO](#)

I'm an Individual  
(I would like to register as part of a group)  
Registration ends February 28, 2015

**Under "Individual Registration," enter the group code "FIT2LIVE" and click "GO"**

Arkansas BlueCross BlueShield  
An Independent Licensee of the Blue Cross and Blue Shield Association

HOME | LEADERBOARD | ABOUT | HELP  
COPYRIGHT © 2011-2015 | LEGAL NOTICE

f t

EN 1:55 PM 1/21/2015



# REGISTRATION FORM

Please complete the Blue and You Fitness Challenge registration form below and click the "Next" button. If you have questions, contact your Fitness Challenge administrator.

\* = Required

## STEP 1

### Individual Information

Group Code:\*

FIT2LIVE

First Name:\*

Bernadette

Middle Initial:

Last Name:\*

Rhodes

Gender:\*

Male  Female

Age Range:\*

25 - 34

Email Address:\*

brhodes@nlr.ar.gov

State:\*

Arkansas

Fill out your information and click "Next"

Next

Cancel

> STEP 2

> STEP 3



# REGISTRATION FORM

Please complete the Blue and You Fitness Challenge registration form below and click the "Next" button. If you have questions, contact your Fitness Challenge administrator.

\* = Required

## > STEP 1

## ▼ STEP 2

### Create Log-in ID and Password

Please select and answer your reminder question, and create a log-in ID and password to use to log in to the Blue and You Fitness Challenge.

Log-in ID:\*

brhodesNLR

(8-20 letters or numbers)

Reminder Question:\*

City of birth?

Prize:

Water Bottle

Previous

Next

Re-enter Password:\*

.....

- Select Location
- Administration
  - Airport
  - AIMM
  - Animal Services
  - A&P
  - City Clerk
  - Code Enforcement
  - Commerce
  - Communications
  - Community Development
  - Courts (Criminal/Civil)
  - Courts (Traffic)
  - Economic Development
  - Electric
  - Emergency Services
  - Engineering
  - Finance
  - Fire
  - Hays Center
- Select Location

**Create your USERNAME and PASSWORD, and set your REMINDER QUESTION in case you forget your password. Select which PRIZE you'd like to receive for participating. Then, select your LOCATION, which is your department name. Click "Next."**



## REGISTRATION FORM

Please complete the Blue and You Fitness Challenge registration form below and click the "Next" button. If you have questions, contact your Fitness Challenge administrator.

\* = Required

> STEP 1

> STEP 2

▼ STEP 3

### Disclaimer

I am 13 or older:\*

Yes  No

The content of the Blue and You Fitness Challenge website is for informational purposes only. This information is not intended to be a substitute for professional medical advice. You should always seek the advice of a physician or other qualified health provider before beginning any exercise program. The owners and creators of this website expressly disclaim responsibility for any adverse effects arising from following the exercise programs and tips suggested in this website without appropriate medical supervision.

I Agree  I Disagree

Previous

Submit

Cancel

Answer the DISCLAIMER questions and click "Submit"



## CONFIRM REGISTRATION

Your registration will not be complete until you click the complete registration button. This must be done within 20 minutes.

Please review your Blue and You Fitness Challenge registration information. Use the buttons below to change your information or complete your registration.

Group Code: FIT2LIVE  
First Name: Joe  
Middle Initial: A  
Last Name: Smith  
Gender: Male  
Age Range: 55+  
Email Address: jsmith@nlr.ar.gov  
State: Arkansas  
Prize: Shopping Bag  
Location: Administration

Unique ID:

Reminder Question: City  
Reminder Answer: North Little Rock  
Log-in ID: jsmithNLR

I am 13 or older: Yes  
Disclaimer: I agree

[Make Changes](#) [Complete Registration](#)

Review your information and click "Complete Registration"

HOME

LEADERBOARD

ABOUT

HELP

# Blue & You fitness Challenge

A program of Arkansas Blue Cross and Blue Shield  
& the Arkansas Department of Health

## GROUP REGISTRATION STARTS NOW!

Gather your friends, family, co-workers and register a  
GROUP today. Group registration ends Feb. 15 and  
teammates must register by Feb. 28.

log in

register

You will be taken back to the home screen. Click "log in."

Blue and You Fitness Chal x

Usable Mutual Insurance Co DBA Arkansas Blue Cross Blue Shield ([US]) https://secure.blueandyoufitnesschallenge-ark.com/Index.aspx?ReturnUrl=%2fsecure%: ☆ ☰

HOME LEADERBOARD ABOUT HELP

# Blue fitness

A program of Arkansas Blue Cross Blue Shield & the Arkansas Department of Health

## PLEASE LOG IN

brhodes1980

.....

[Forgot Password?](#) [Sign in](#)

**Enter your username and password and click "Sign in"**

### GROUP REGISTRATION STARTS NOW!

Gather your friends, family, co-workers and register a **GROUP** today. Group registration ends Feb. 15 and teammates must register by Feb. 28.

[log in](#)

[register](#)

Arkansas BlueCross BlueShield  
An Independent Licensee of the Blue Cross and Blue Shield Association

HOME | LEADERBOARD | ABOUT | HELP  
COPYRIGHT © 2011-2015 | LEGAL NOTICE

f t

EN 2:04 PM  
1/21/2015

Activity Log - Blue and Yo x

Usable Mutual Insurance Co DBA Arkansas Blue Cross Blue Shield ( [US] ) https://secure.blueandyoufitnesschallenge-ark.com/secure/ActivityLog.aspx

HOME LEADERBOARD ABOUT HELP ACTIVITY LOG ADMIN LOG OUT

# Blue&You fitnessChallenge

**ACTIVITY LOG** NAME: BERNADETTE RHODES TEAM: NONE  
GROUP: CITY OF NORTH LITTLE ROCK CAPTAIN: NONE  
[MY INFO](#) | [TEAM STANDINGS](#)

**CONTEST BEGINS MARCH 1**  
BE SURE YOUR TEAMMATES REGISTER BY FEBRUARY 28

5-8777

**This is where you will log your activity from March 1—May 31.**

**Every time you do any kind of physical activity for at least 30 minutes, log it on this page. You may log once per day.**

**Click “TEAM STANDINGS” to see how your department is doing compared to others!**

Arkansas BlueCross BlueShield  
An Independent Licensee of the Blue Cross and Blue Shield Association

HOME | LEADERBOARD | ABOUT | HELP  
COPYRIGHT © 2001-2015 | LEGAL NOTICE

f t

EN 2:05 PM 1/21/2015