CareFirst

2026 WELLNESS CHALLENGES

CareFirst WellBeing features a new wellness challenge each month. Aim to meet the challenge goal to improve your health —and have fun while you're at it! Log in to your WellBeing account or visit carefirst.com/wellbeing to get started. Once logged in, you can view and join the available challenges.

Month	Description
January 2026 Green Days Challenge - "Winter Wellness"	Making healthy choices isn't always easy, especially when temperatures drop, stress rises, and the days become darker. It can be hard to find the time and energy to exercise regularly, prepare healthy meals, practice self-care, and ensure that you're getting enough quality sleep. But taking some steps to protect your health can help you thrive during the winter months. Remember, even small changes can make a difference. Track your habits and monitor your progress in January to reach your health goals and support your overall well-being. **Goal: Track 15 green days in January**
February 2026 Activity Challenge - "Ready, Set, Go"	Adults should get at least 150 minutes of moderate-intensity physical activity each week to reduce the risk for a slew of chronic health issues, like heart disease and diabetes. Every bit of exercise counts toward your weekly goal—even just a two-minute walk. Are you moving enough? **Goal: Track 630 minutes of activity in February.**
March 2026 Nutrition Challenge - "Real Food"	Want a healthier diet? Choose real foods. Packaged snacks, desserts, and ready-to-heat meals are often convenient and inexpensive. But if processed foods are a regular part of your overall diet, you may be increasing your risk for some chronic health issues. Try to avoid highly processed items and eat more fresh or minimally processed foods with fewer ingredients, such as fruits and vegetables, nuts, legumes, beans, low-fat dairy, and lean protein. **Your challenge: Track your diet "in the green" for at least 21 days in March.**
April 2026 Stress Challenge - "Spring Self-Care"	By now, you've probably heard the advice to make time for self-care. But what does that mean, exactly? Self-care involves doing something that supports your well-being. It may make you physically healthier or stronger, like exercising, eating a healthy meal or getting 7 to 9 hours of sleep. Self-care also includes anything that helps you feel happier, more relaxed, and less stressed. It can help bolster your immune system and increase your energy level. What works for you may not work for someone else. It's important to learn what helps you thrive. Carve out a little time for yourself each day to see how it affects your mood and well-being. **Goal: Track your stress level for at least 21 days in April.**
May 2026 Self-Attestation Challenge - "10-Day Meditation"	Meditation is an ancient practice used to relax the body and promote a sense of calm. It can help ease stress, enhance focus, make you feel more connected, and improve your overall well-being. Anyone can meditate. It typically involves focused attention, controlled breathing, and a quiet setting with few distractions. Keep in mind, there are many types of meditation, so it's important to learn what works best for you. **Goal: Answer the question, "Did you complete either of these meditation practices today? Watched a guided meditation video OR Sat quietly and focused on your breathing for at least 5 minutes" for 10 days in May.**
June 2026 Sleep Challenge - "Stay Sharp"	Sleep affects almost every system in the body, including the heart, lungs, metabolism, and immune system. Sleep is also critical for your brain. While you're sleeping, your mind is active, removing toxins that build up during the day. If you are sleep-deprived, it's harder to learn, react, form new memories, and concentrate. Make sure you're getting 7 to 9 hours of sleep each night to support your brain health. Get the quality rest you need by practicing good sleep hygiene. **Goal: Track your sleep for at least 21 days in June.**
July 2026 Green Days Challenge - "Sizzlin Summer"	It's time to take advantage of all the season has to offer: warmer weather, longer days, vacation vibes, and seasonal fruits and vegetables. Over the next month, try to move more. Aim for at least 30 minutes of physical activity each day. Focus on healthy sleep habits. Get 7 to 9 hours of quality sleep each night. Be mindful of your stress, take some time for self-care, and enjoy produce at its peak, including avocados, cantaloupe, corn, cucumbers, beets, peaches and zucchini. Track your habits, monitor your progress, and improve your overall well-being. **Your goal: Earn 15 Green Days in July.**
August 2026 Destination Challenge - "Blue Zones Ikaria, Greece Destination Challenge"	Virtually travel through popular and historic locations in Ikaria, Greece. Learn more about destinations along the way as you reach each step goal. Ikaria is a small Greek island in the Aegean Sea where Ikarians have established a culture rich in tradition, family values and longevity. One-third of people in Ikaria live to be at least 90, and they are almost entirely free of dementia and other chronic diseases. This amazing longevity is driven by a combination of factors, including geography, culture, diet, lifestyle, and outlook. Ikarians tend to live a relaxed, stress-free pace of life and are a compelling and beautiful terrain that draws them outside for healthy activity. **Goal: Track 150,000 steps in August.**
September 2026 Self-Attestation Challenge: "Fall Financial Fitness"	As autumn sets in and fall festivities give way to the holiday bustle, you may feel overwhelmed about your finances. Setting a budget now can help ease anxiety later. **Goal: Answer the self-attestation question for at least 21 days in October, "Did you think about your budget and stick to it today?**
October 2026 Relationship Challenge - "Talk It Out"	Communication is key! If a work, romantic, family or friendship relationship is giving you trouble, talk it out...even if just with yourself. This month, challenge yourself to keep tabs on any strained relationships and commit to working things out. **Goal: Track your relationships for at least 21 days in October.**
November 2026 Nutrition Challenge - "Sugar Savvy"	Consuming too much sugar is linked to a greater risk for several chronic health issues, including obesity and metabolic syndrome, heart disease, type 2 diabetes, and high blood pressure. Added sugars (such as table sugar, corn syrup, and ingredients like sucrose and fructose) should account for less than 10 percent of daily calories. So, for a 2,000-calorie diet, no more than 200 calories (about 12 teaspoons) should come from added sugars. Cutting back can be a challenge, but some smart yet simple strategies can help you slash your added sugar intake—without sacrificing flavor. **Goal: Track your diet for at least 21 days in November.**
December 2026 Steps Challenge - "Fitting in Fitness"	If the holiday hustle causing your anxiety level to rise? Do one simple thing to help keep your stress in check: Walk. Head outside for a stroll—either alone for some quiet time or with a friend or loved ones. Aside from protecting your long-term health, physical activity provides some immediate benefits. Walking and other forms of exercise can help you relax by lowering stress hormone levels and triggering the production of mood-boosting endorphins. Kick off the holidays in a healthy way. **Goal: Take at least 105,000 steps in December.**