

What's Your Next Move?

Keep up with the Make Your Move Challenge from Strive by Blue Cross and Blue Shield of Kansas! Record at least 30 minutes of activity each day for 21 of 28 days from March 1 to March 28.

Sign-in to your Strive mobile app to get started.

Haven't used Strive?

Register now at bcbsks.com/strive.



Blue Cross and Blue Shield of Kansas is an independent licensee of the Blue Cross Blue Shield Association.





Can you *dance* like no other?

Do you *shoot* a mean game of basketball? Or maybe you can *lift* more than anyone in your gym. No matter where you shine, you can improve your well-being with the Make Your Move Challenge from Strive by Blue Cross and Blue Shield of Kansas.

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Here's how it works:

- Register between February 15 and March 6.
- Record at least 30 minutes of activity each day for 21 of 28 days during the challenge, which runs from from March 1 to March 28.
- Track your daily activity progress in Strive.
- Successfully complete the challenge and improve your health and well-being!