

Tour of National Parks

TEAM WALKING CHALLENGE

BE WELL WINDSOR

Health & Wellness Initiative



SIGN UP

Create a team of up to **3-4 members** with your coworkers. Elect one **(1) captain** for each team and determine your team name. Team Captains will need to sign-up for the challenge first on the Wellness Portal by selecting **Activate** to create the team's name in the challenge. **If you do not have a team to join, please email Kelsey at k.lindsay@wellworksforyou.com to be assigned to a team.**

1. Log into your **Wellness portal** on the Wellworks for You app or online at www.wellworksforyoulogin.com. Click register and enter the Be Well Windsor company ID: **13041**
2. Click **Challenges** from the portal homepage.
3. Select the **Tour of National Parks Walking Challenge** and click **Activate**.
 - **Team Captains** choose Create Team > Create Team Name > Create
 - **Team Members** choose Join Existing Team > Find your team's name and click Continue
4. Select how you would like to appear on the Leader Board and click **Proceed to Dashboard**.

**Google Chrome is the recommended browser when participating in challenges on the Wellness Portal.*



PARTICIPATE

REQUIREMENTS TO EARN CREDIT

Choose one (1) of the options below to track your steps:

- **Fitbit Pedometer:** Make sure your Fitbit is registered on www.fitbit.com and synced on the Wellness Portal by clicking **MENU> Device/App Connect>Connect Device/App**.
- **Devices and Apps:** Sync your device or everyday fitness app to the Wellness Portal by clicking **MENU>Device/App Connect>Connect Device/App**. Locate your device and follow the prompts to sync with the Wellness Portal.
- **Manually Track Steps:** Track your steps in the Challenge Dashboard by clicking the **+ Track Steps** button located under the My Progress section.
- **Apple Health:** Apple users **must sync** via the **Wellworks For You mobile app** to transfer data from the **Apple Health App** and **Apple Watch**.

**Sync only one (1) device/app for accurate step counts. Manually entering steps will override any existing steps for that day, even if they came from a device/app.*



EARN A REWARD

INCENTIVES FOR COMPLETION

Top three teams with the highest average step count:

- 1st Place-** \$75 per person
- 2nd Place-** \$50 per person
- 3rd Place-** \$30 per person

**February 7, 2024 –
March 19, 2024**

*What better way to start off the New Year than with a Team walking challenge through some of the country's beautiful National Parks?! We will begin our **6-week** journey at Canyonland National Park, making stops at Arches, Bryce Canyon, and Zion National Park before finishing at the iconic Grand Canyon National Park. We do not expect you to complete the route – just use it as scenery*

BONUS RAFFLES!

- \$100 raffle for anyone who registers for the challenge by Wednesday, February 7th
- \$50/person raffle for any teams that achieve a total of at least **820,000** steps by the end of the challenge



800.425.4657
info@wellworksforyou.com
www.wellworksforyoulogin.com



70 E Lancaster Pike
Frazer, PA 19355

Wellworks For You

FAQs



PARTICIPATION MADE EASY

Easily sync your device, check the Challenge Leaderboard, track your step average, and even confirm your Wellness Program completion status with the Wellworks For You Mobile App!

Download through the Google Play or App Store to get started.



HOW DO I SYNC MY DEVICE/APP TO THE WELLNESS PORTAL?

ON THE WELLNESS PORTAL:

Go to **Device/App Connect**. Click Connect Device/App. Then click **Connect** under the icon for the device or app you want to sync to the Wellness Portal. Follow the prompts to get connected.

ON THE WELLWORKS FOR YOU MOBILE APP:

Download the **Wellworks For You** mobile app and login using your account credentials. Go to the menu at the top left corner and select **Devices**. Follow the prompts to get connected.

[CLICK HERE](#) to access the Device/App Connecting Instructions.

I AM HAVING TROUBLE CONNECTING MY DEVICE TO THE WELLWORKS PORTAL.

[CLICK HERE](#) to access the Wellworks Device/App Troubleshooting Guide.

HOW DO I MANUALLY TRACK STEPS?

You can manually track your steps in the challenge dashboard by clicking the **+ Track Steps** button located under the My Progress section.

HOW DO I CONVERT ACTIVITIES TO STEPS?

[CLICK HERE](#) to view an activity to steps conversion table.

HOW DO I LOG MY STEPS ON THE SMARTPHONE APP?

1. Log into the Wellworks For You mobile app.
2. Click the **Challenges** tile.
3. Choose the appropriate challenge.
4. Select **Log Your Steps** to enter your steps.

HAVE ADDITIONAL QUESTIONS?

Contact your dedicated Wellness Coordinator from the **Contact Us** page of your Wellness Portal or via phone at **800.425.4657**.



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