The
INVITATIONAL
TEAM STEPS CHALLENGE

WebMD health *services* + WELL WISCONSIN
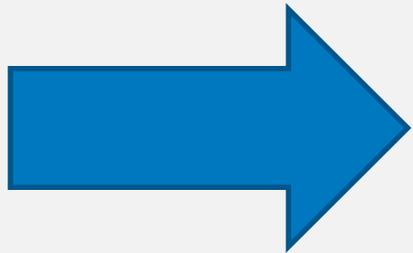Healthier starts with you

Overview of The Steps Invitational

- Step challenge consisting of 5 weekly rounds

- Team capacity: 5 people

- Registration dates: May 3rd-9th

- Challenge dates: May 10th to June 15th

- Reward: Report at least 5 days of steps in each round (for all five rounds of the challenge) to earn the Well-Being Activity reward. Completion of this activity, plus the health assessment and a health check, earns you $150.*
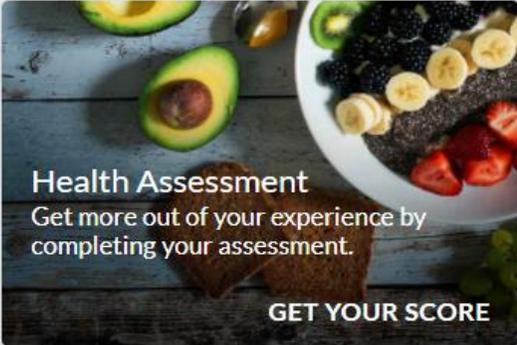
Registration

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Click on The Invitational Card

Click Join Now!

Select Your Method of Step Tracking
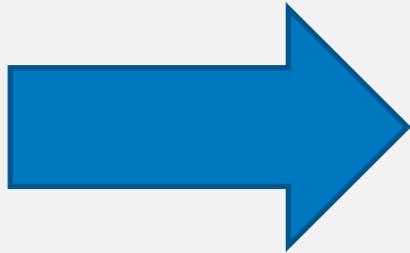
Select how you will track your steps

You may enter steps manually or, for automatic upload, sync a device or app.

NO FITNESS TRACKER

Manual Entry — Use this

CURRENTLY CONNECTED

No devices connected

AVAILABLE TO CONNECT

Fitbit	Garmin Connect	Google Fit + Wellness App
HealthKit + Wellness App	iHealth	Lumo
Misfit Wearables	Movable	MyFitnessPal
Polar	TomTom MySports	Withings

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Click Start or Join a Team

Start a Team
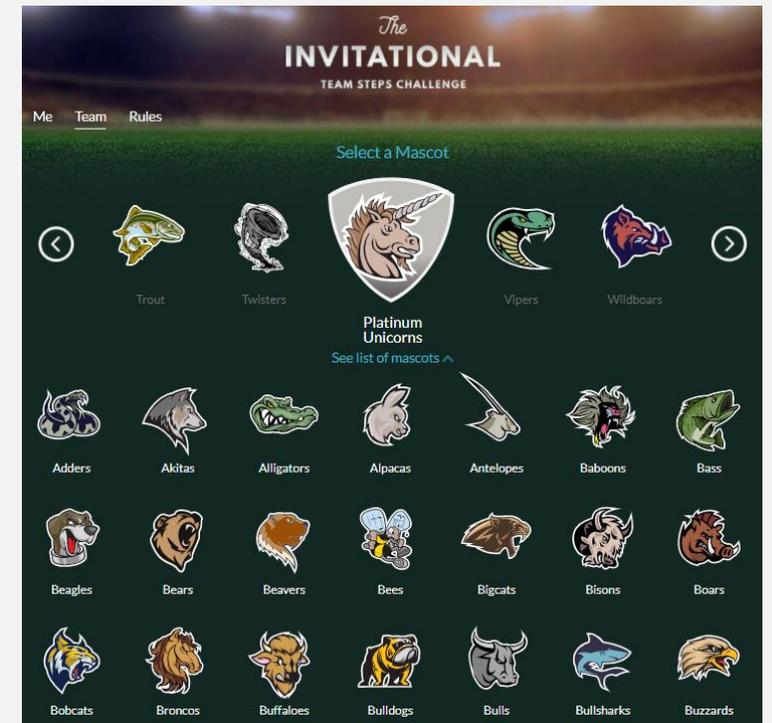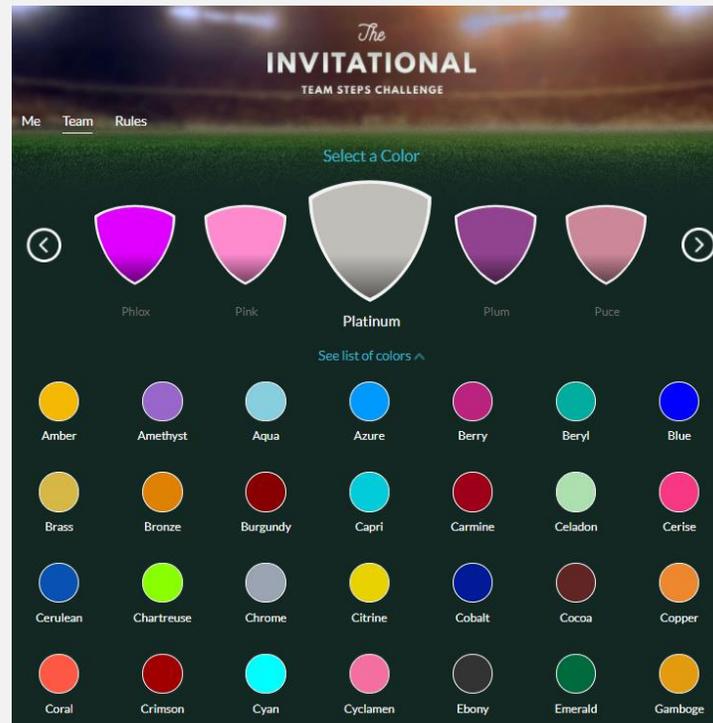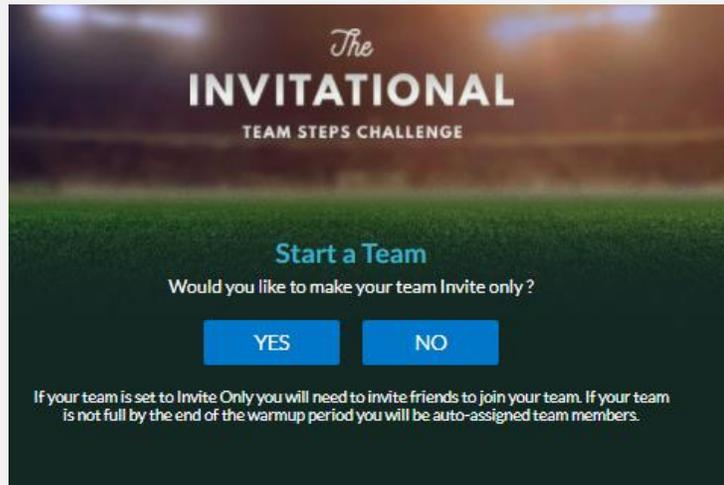
Join a Team
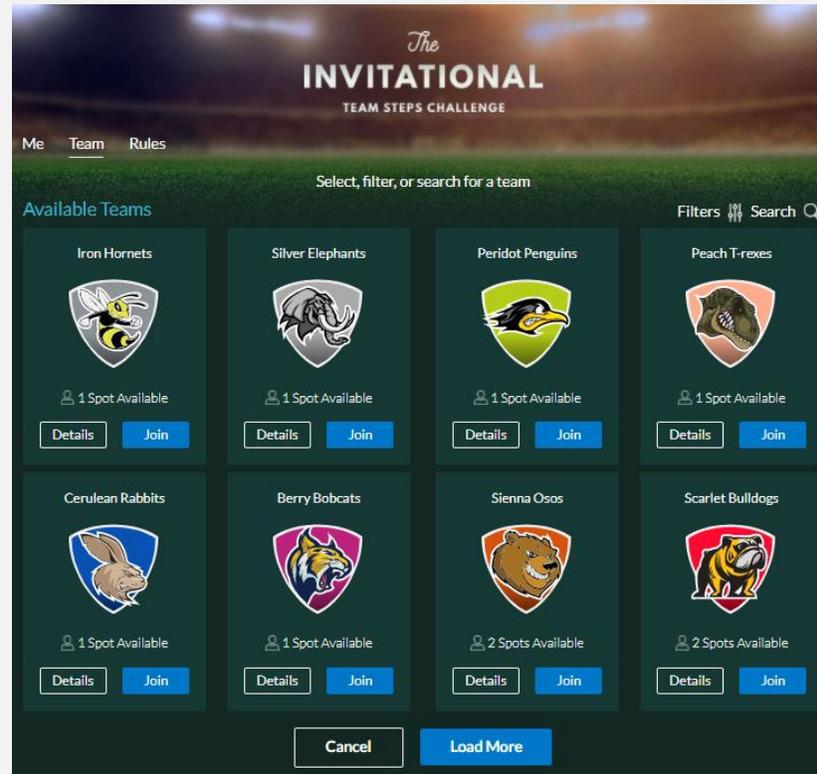
Challenge Experience

Accessing The Invitational

Match-up

- Compare how your team is doing against your opponent

- Use "Match-up Chat" to have friendly banter with the other team

- See results of previous rounds

Me

- See your performance for each round

- Keep track of your performance throughout the entire challenge

- Change your method of step tracking

- Record steps for manual entry

Team

- Team chat- cheer on your teammates throughout the challenge!

- Team statistics for the entire challenge

Leaderboard

Rank	Team	Cumulative Steps	Wins
1	Maroon Cheetahs	711,966	1
2	Malachite Roosters	659,046	0
3	Gamboge Dobermans	650,069	1
4	Olive Crows	639,445	1
5	Purple Chameleons	600,362	1

Rank	Participant	Cumulative Steps	Wins
1	Whitney	250,903	0
2	Thomas B	232,549	1
3	Scott C	228,888	1
4	Charissa C	207,366	1
5	Barb	194,607	0

Rules

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Teams

- 5 people per team. Teams that aren't at capacity will be paired up automatically.

- Option to make your team invite only.

- You can leave a team and join a new team during the registration period (May 3-9th).

- You cannot remove individuals from your team.

Rounds

Round 1
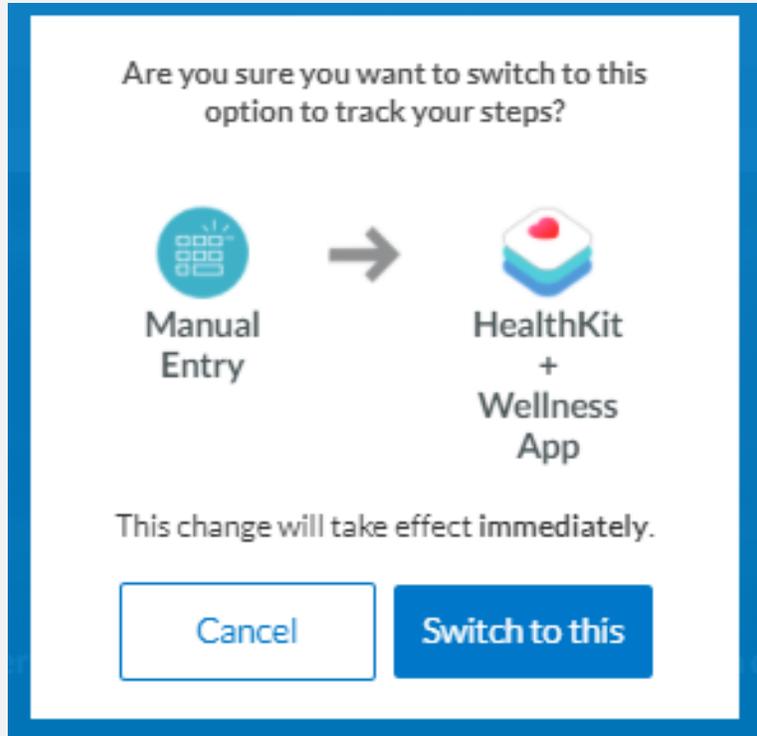March 24th - 30th

WINNER

Platinum
Unicorns
360,504

VS

Blue
Roosters
120,473

- 5 weekly rounds

- The team matchup each round is determined by team's performance in the prior round.

- For Rounds 2-5, your opposing team will be revealed on the 2nd day of each round.

- Teams are paired against others with similar step levels.

- The last week of registration is the warm-up round and will determine matchups for Round 1.

Syncing Steps

Are you sure you want to switch to this option to track your steps?

Manual Entry → HealthKit + Wellness App

This change will take effect **immediately**.

Cancel   Switch to this

- You can only choose one method/ source of step tracking for the challenge.

- You can change your method for tracking at any point in the challenge.

- Steps must be recorded by 11:59 pm EST on the day following each round (Wednesdays).

- Step cap of 50,000 steps/day

Rewards

- Points will be credited as soon as you record 5 days of steps in a round.

Connecting a Device

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Navigating The Portal
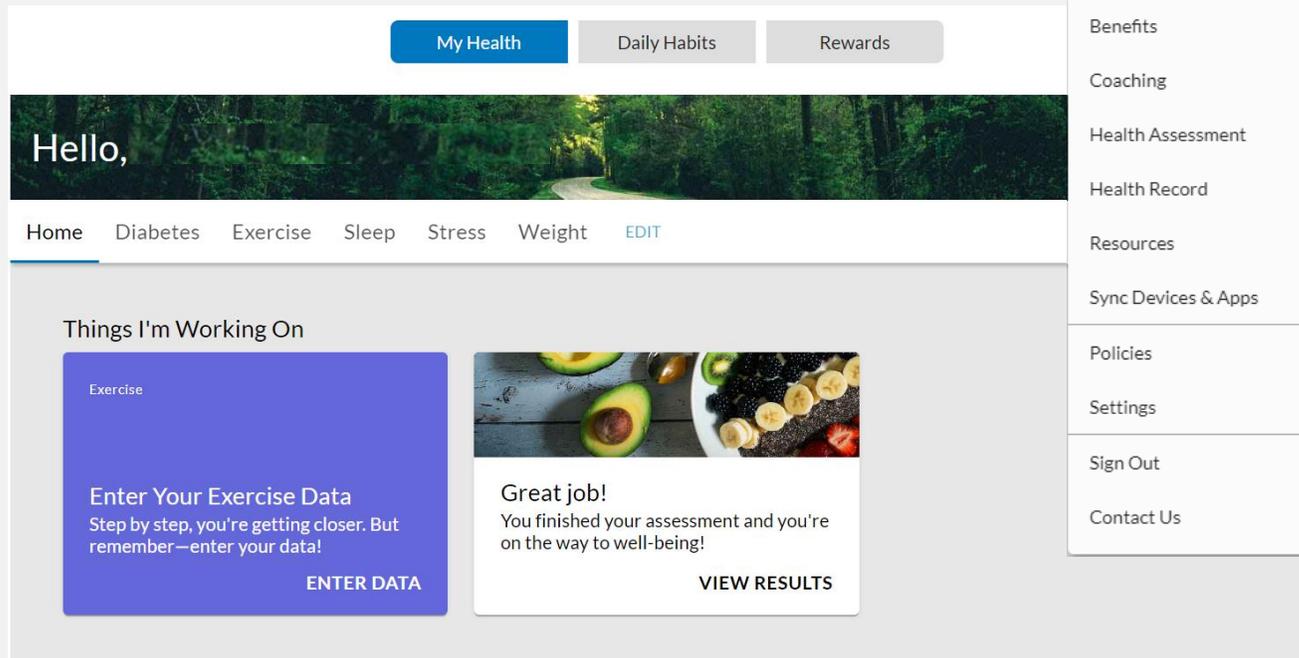
Menu Bar:

- Benefits
- Coaching
- Health Assessment
- Health Record
- Sync Devices & Apps
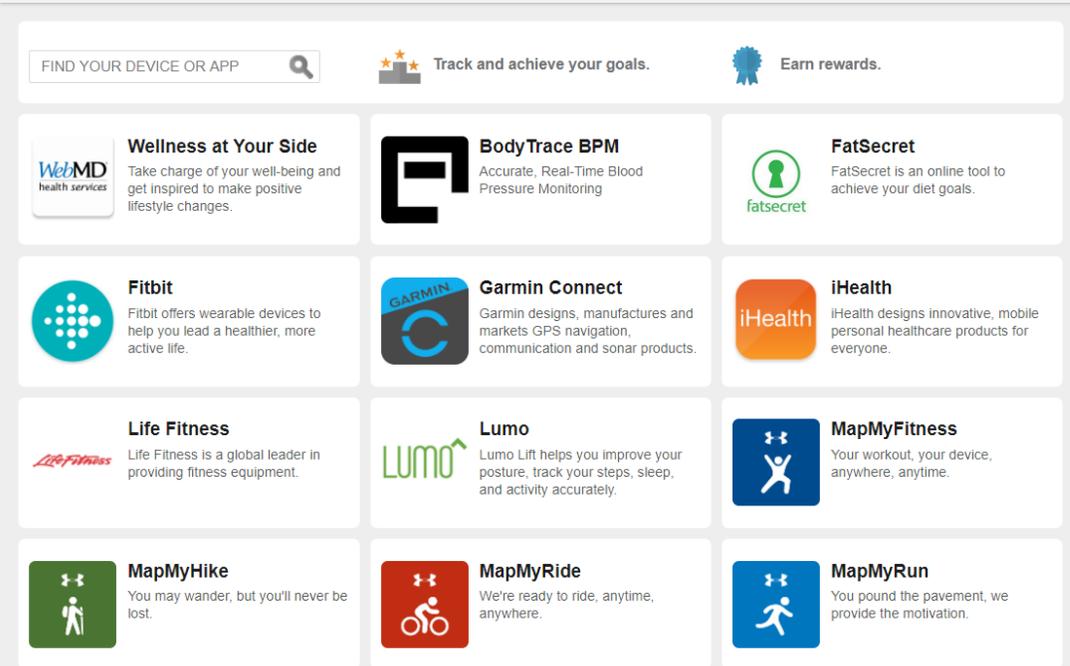
Device Connection Page

- Connect a variety of different apps and devices to your WebMD One account

- Download the Wellness at Your Side Mobile App and sign in with your WebMD One username and password

- Apple Health and Google Fit can ONLY be connected through the mobile app

- All other Apps/ devices connect online ONLY
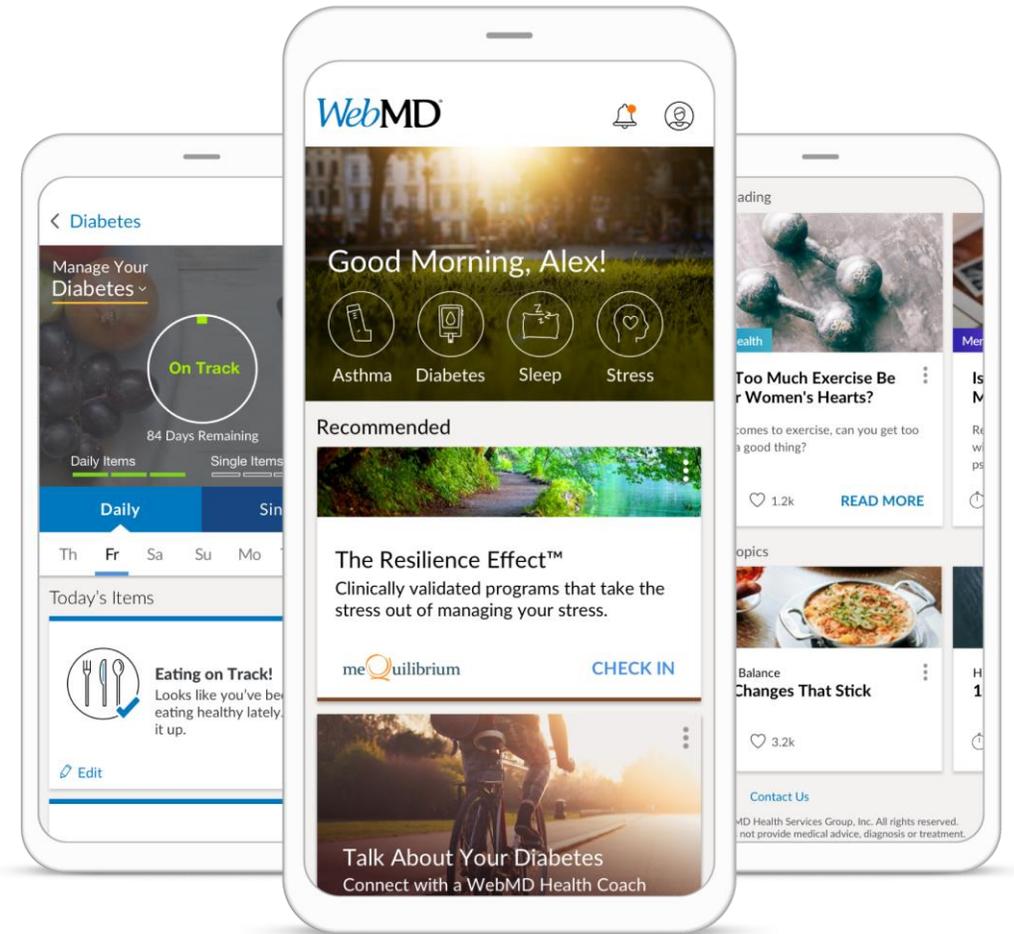
Wellness at Your Side Mobile App

SOWI

SOWI

Connecting Apple Health

- Apple Health can be connected to your account via the Wellness At Your Side Mobile App

- Upon logging into the app for the first time, you will be asked if you want to allow access to your health data. Select "ok" and then select the data you would like to share.

- If you click "cancel" and wish to connect later, delete app and reinstall.
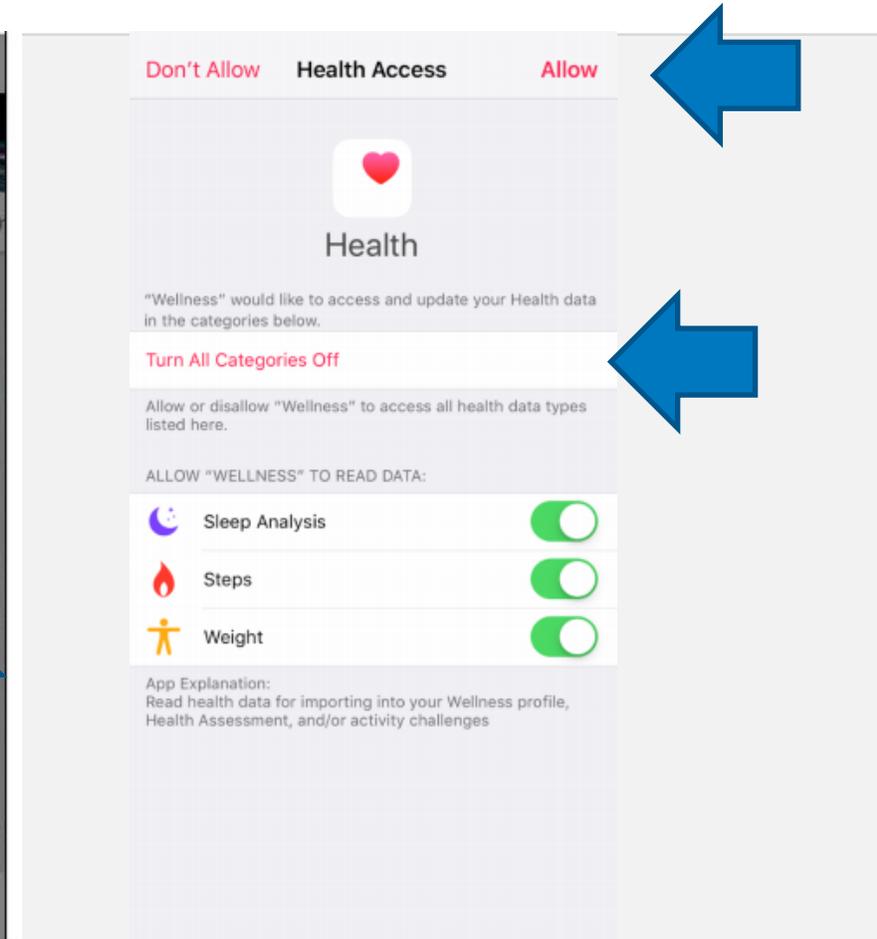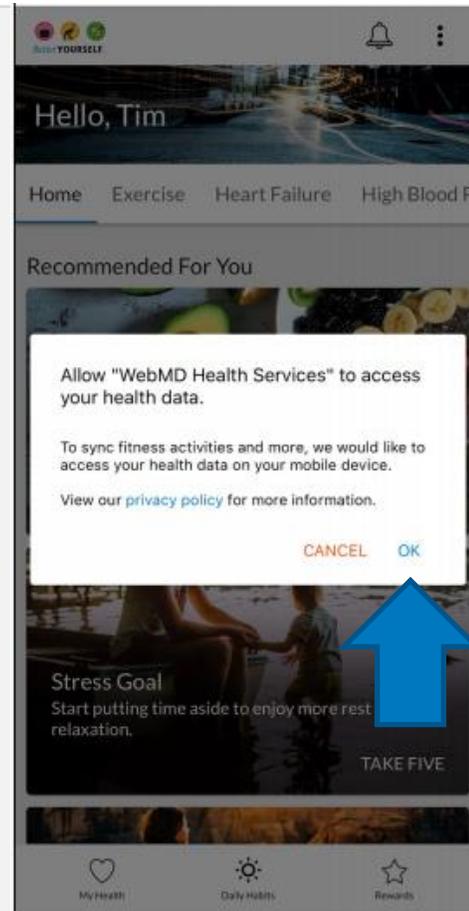
Verifying Apple Health Connection