The
INVITATIONAL
TEAM STEPS CHALLENGE
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
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
  - HealthiGT + Wellness App
  - Misfit Wearables
  - Polar
  - Garmin Connect
  - iHealth
  - Lumo
  - Movable
  - MyFitnessPal
  - TomTom MySports
  - Withings
  - Withings
Click Start or Join a Team

This is your warmup round
First round starts March 24th
You will be auto-assigned to a team at the end of the warmup round if you don’t start or join a team.
Start a Team

Would you like to make your team invite-only?

YES  NO

Start a Team

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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

<table>
<thead>
<tr>
<th>Rank</th>
<th>Team</th>
<th>Cumulative Steps</th>
<th>Wins</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Maroon Cheetahs</td>
<td>711,966</td>
<td>🏆</td>
</tr>
<tr>
<td>2</td>
<td>Malachite Roosters</td>
<td>659,046</td>
<td>🏆</td>
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<tr>
<td>3</td>
<td>Gamboge Dobermans</td>
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<td>🏆</td>
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<tr>
<td>4</td>
<td>Olive Crows</td>
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<td>🏆</td>
</tr>
<tr>
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<td>Purple Chameleons</td>
<td>600,362</td>
<td>🏆</td>
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</tbody>
</table>

<table>
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<th>Participant</th>
<th>Cumulative Steps</th>
<th>Wins</th>
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</thead>
<tbody>
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<td>1</td>
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<td>Thomas B</td>
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<td>3</td>
<td>Scott C</td>
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<td>Charissa C</td>
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<tr>
<td>5</td>
<td>Barb</td>
<td>194,607</td>
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</tr>
</tbody>
</table>
Rules
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

• 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

- 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
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

Wellness at Your Side

Let's get your phone connected

1. Install the FREE Wellness app from one of these stores:
   - Apple App Store
   - Google play

2. Open the app and enter this Connection Code:
   - 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