

The
INVITATIONAL
TEAM STEPS CHALLENGE

WebMD
health services

+


WELL WISCONSIN
Healthier starts with you

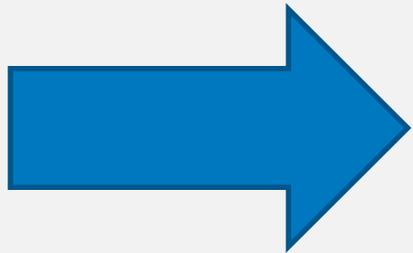
Overview of The Steps Invitational

- 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



Click on The Invitational Card

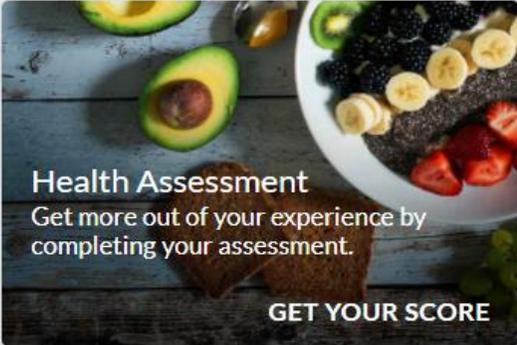


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The
INVITATIONAL
TEAM STEPS CHALLENGE

Join the team steps challenge!
Walk your way to weekly wins.

SIGN UP TODAY



Health Assessment
Get more out of your experience by
completing your assessment.

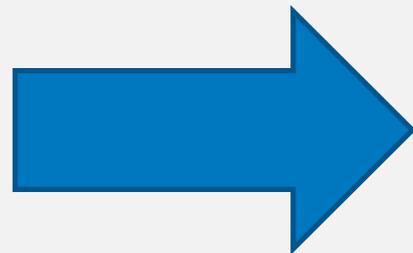
GET YOUR SCORE



Stay Connected
Find the confidence to connect with
others and improve your health.

GET STARTED

Click Join Now!



The
INVITATIONAL
TEAM STEPS CHALLENGE

Starts May 10th
5 : 12 : 9 : 49
Days Hours Minutes Seconds

Join the Challenge

Get Motivated
Be part of a team that competes against a new opponent for 5 weekly rounds.

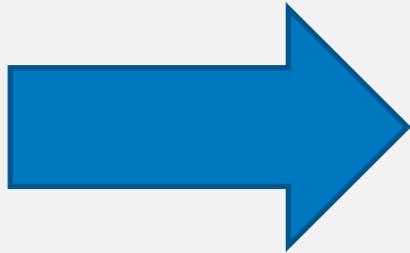
Get Active
Every step counts towards determining your next opponent.

Achieve Greatness
Earn achievements for participation, reaching goals, team wins and more.

[Join Now!](#)

587 participants are already warming up!

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

Click Start or Join a Team

The INVITATIONAL
TEAM STEPS CHALLENGE

Me Team Rules

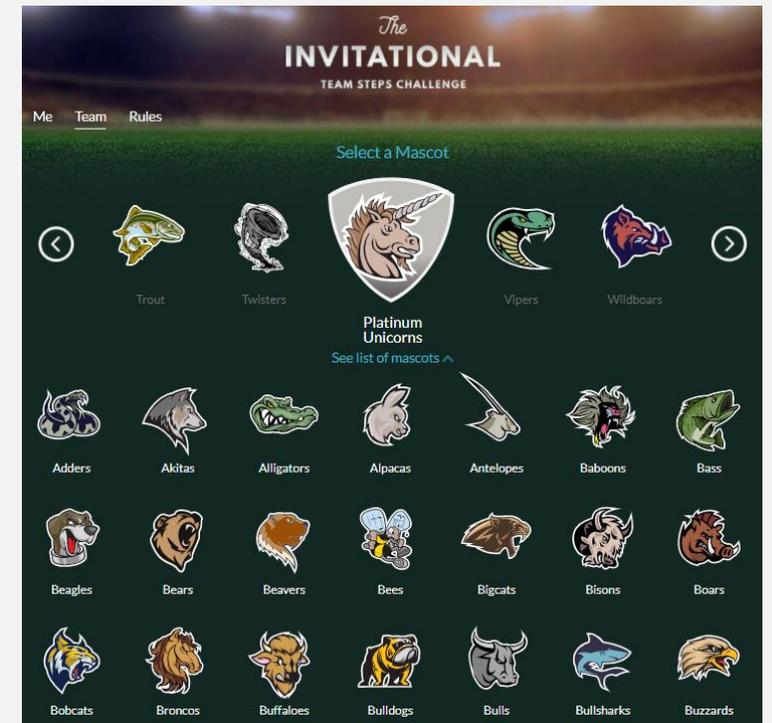
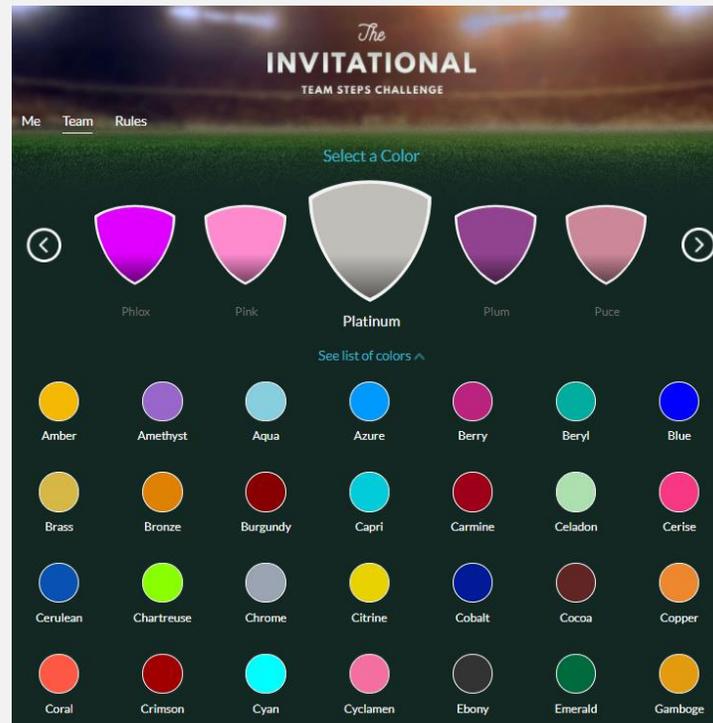
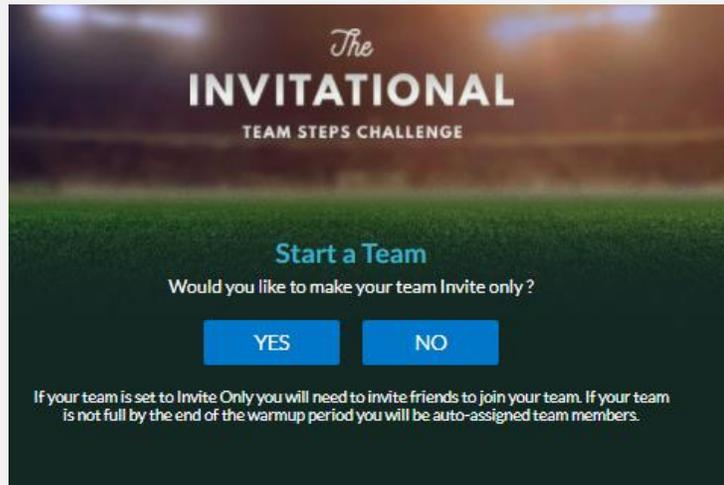
This is your warmup round
First round starts March 24th

Start a Team Join a Team

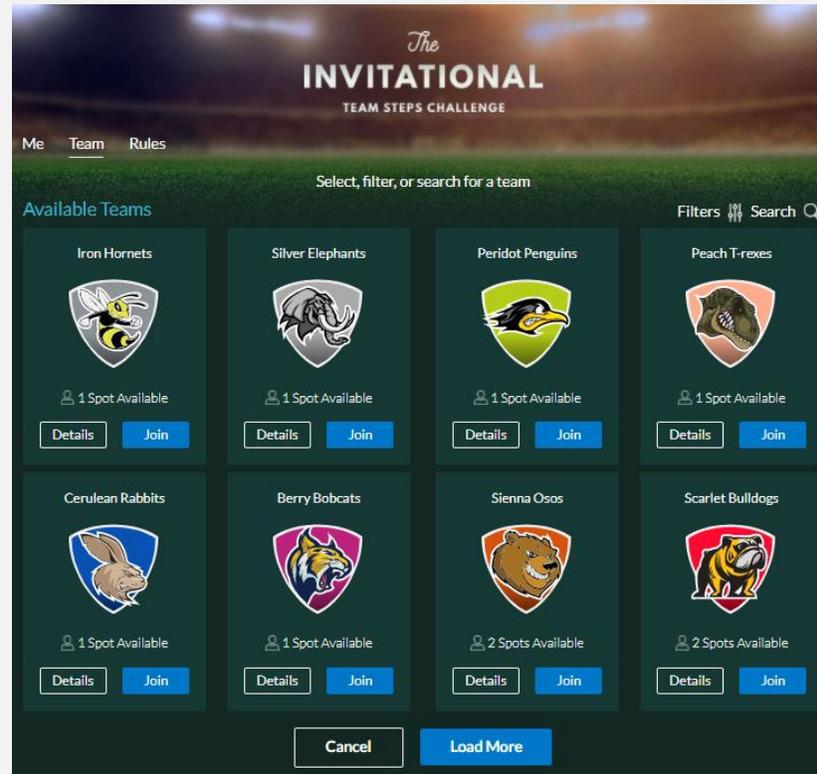
You will be auto-assigned to a team at the end of the warmup round if you don't start or join a team.

A large blue arrow points from the left towards the 'Start a Team' button.

Start a Team



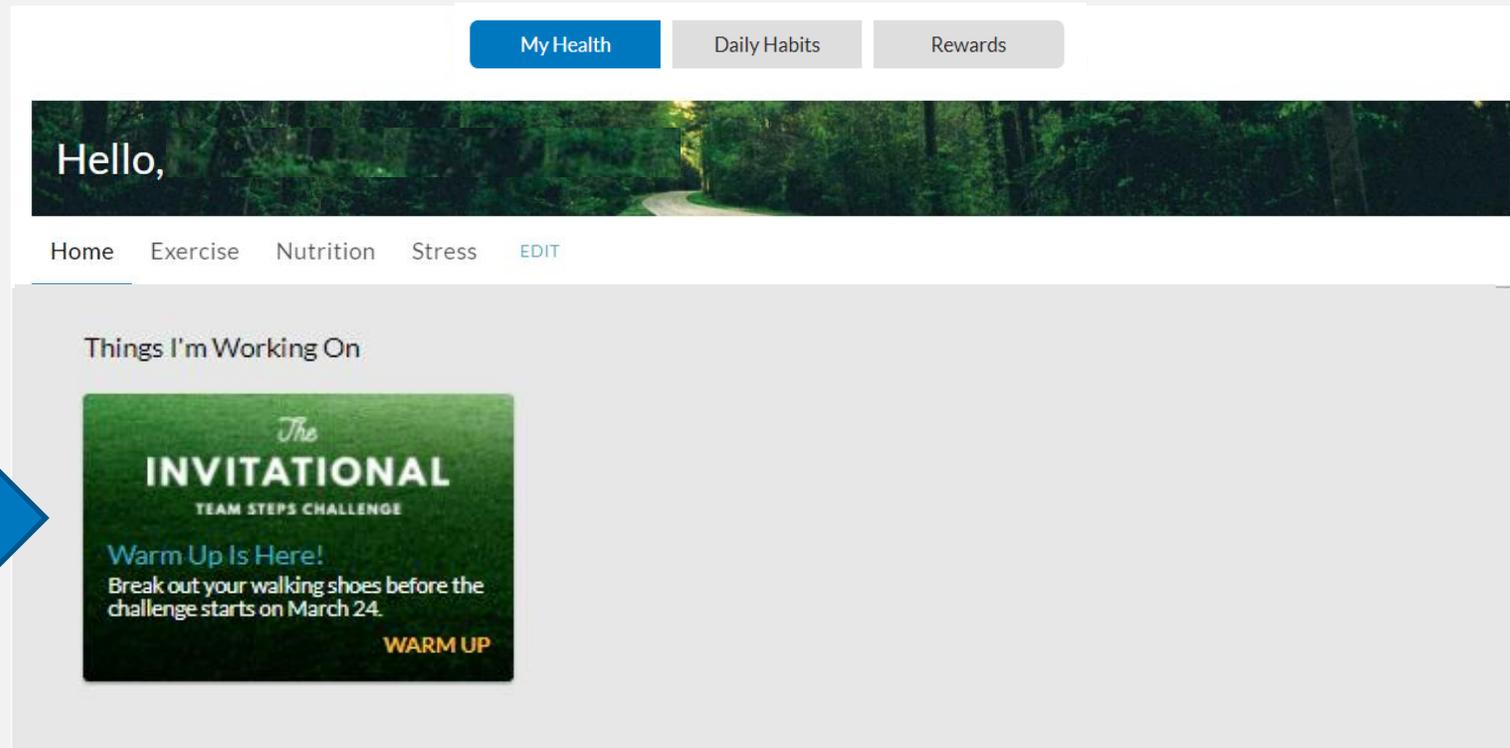
Join a Team



A photograph of a man climbing a rock wall. He is seen from the back, wearing a grey t-shirt and a climbing harness. He is holding a rope. In the background, a woman is also climbing the wall. The wall is covered in various colored climbing holds. A semi-transparent white box is overlaid on the left side of the image, containing the text 'Challenge Experience'.

Challenge Experience

Accessing The Invitational



The screenshot shows a user dashboard with a navigation bar at the top containing 'My Health' (highlighted in blue), 'Daily Habits', and 'Rewards'. Below the navigation bar is a banner image of a forest path with the text 'Hello,'. Underneath the banner is a secondary navigation bar with 'Home', 'Exercise', 'Nutrition', 'Stress', and 'EDIT'. The main content area is titled 'Things I'm Working On' and features a green card for 'The INVITATIONAL TEAM STEPS CHALLENGE'. The card text reads: 'Warm Up Is Here! Break out your walking shoes before the challenge starts on March 24.' and includes a 'WARM UP' button. A large blue arrow on the left points directly to this card.

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

The screenshot displays the 'INVITATIONAL TEAM STEPS CHALLENGE' interface. At the top, there are navigation tabs: Match-up, Me, Team, Rules, and Leaderboard. The main content area is titled 'Round 2' and 'March 31st - April 6th'. It features a match-up between 'Platinum Unicorns' (82,001 steps) and 'Iron Eagles' (112,381 steps). Below the team names are their respective logos and a 'vs' indicator. To the right, there is a 'Roster' section with a list of team members and their step counts: CK (39,624 Steps), KS (16,646 Steps), MM (13,577 Steps), JM (12,154 Steps), and LJ (0 Steps). Further right, the 'Iron Eagles' roster is shown with members TW (26,855 Steps), G (26,007 Steps), B (21,622 Steps), and S (19,436 Steps). Below the roster is a 'Match-up Chat' button. At the bottom left, there is a 'Challenges Progress' section showing 'Rounds results 1 Win' and 'Rounds completed 1 out of 5'. At the bottom right, there is a 'Previous Rounds' section for 'Round 1' (March 24th - 30th), showing 'Platinum Unicorns' as the 'WINNER' with 360,504 steps, and 'Blue Roosters' with 120,473 steps. A 'Show Roster & Match-up Chat' button is located at the bottom of the previous rounds section.

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

The screenshot shows a team challenge interface for 'Platinum Unicorns'. At the top, there are tabs for 'Roster' and 'Team Chat'. The team's logo, a unicorn head in a shield, is displayed on the left. Below the logo, there are five trophy icons, with the first one highlighted in gold, and the text '1 Win'. The main area is a chat window with a message from 'KS' that says 'Let's step it up! We're not that far behind!' with a timestamp of 'Today, 4:46 PM'. Above the message, there are notifications: 'has joined the team', 'Round 1 has started', and 'Round 2 has started'. At the bottom of the chat window is a text input field labeled 'Type your message' and a blue 'Send' button. Below the chat window is a section titled 'Overall Challenge Statistics' with three cards: 'Average steps per day 44,250', 'Total steps 442,505', and 'Most steps in a day 61,775'.

Leaderboard

Teams Participants

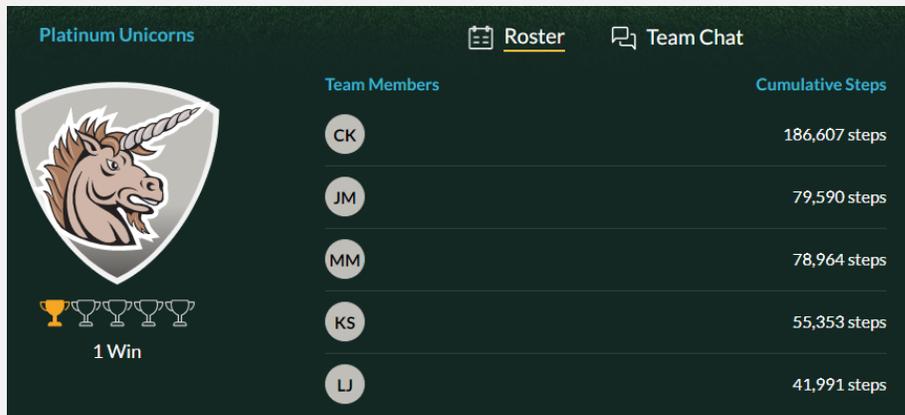
Rank	Team	Cumulative Steps	Wins
1	 Maroon Cheetahs	711,966	
2	 Malachite Roosters	659,046	
3	 Gamboge Dobermans	650,069	
4	 Olive Crows	639,445	
5	 Purple Chameleons	600,362	

Teams Participants

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

Rules

Teams



The screenshot shows a team page for 'Platinum Unicorns'. On the left is a shield-shaped logo featuring a unicorn's head. Below the logo are five trophy icons and the text '1 Win'. At the top right of the page are two tabs: 'Roster' (selected) and 'Team Chat'. The main content area is a table with two columns: 'Team Members' and 'Cumulative Steps'. The table lists five members with their initials and step counts.

Team Members	Cumulative Steps
CK	186,607 steps
JM	79,590 steps
MM	78,964 steps
KS	55,353 steps
LJ	41,991 steps

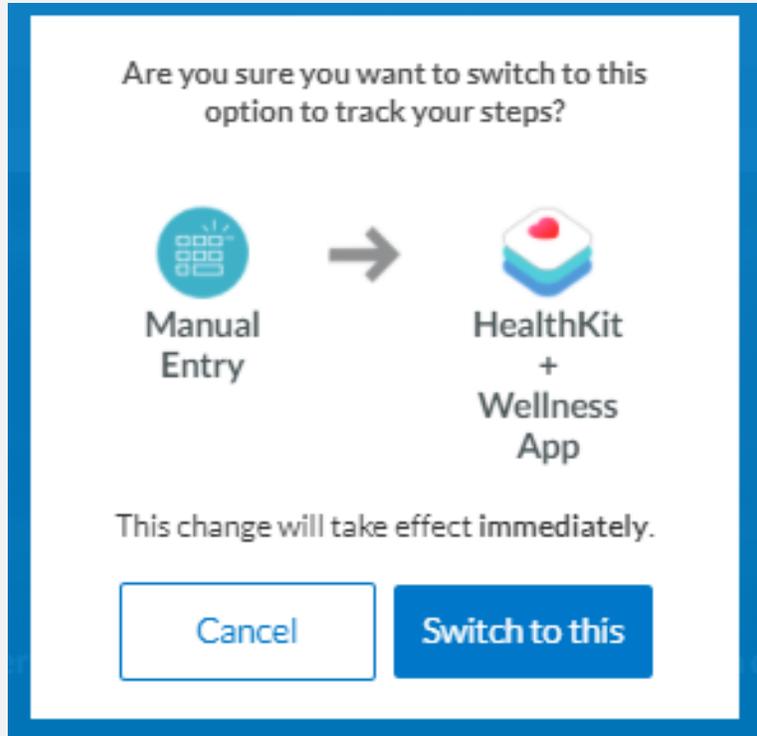
- 5 people per team. Teams that aren't at capacity will be paired up automatically.
- Option to make your team invite only.
- You can leave a team and join a new team during the registration period (May 3-9th).
- You cannot remove individuals from your team.

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

Achievements 

Four types of achievements are available as part of this challenge. Achievements will display within the challenge. Visit your [Rewards Lobby](#) to find out if any of these achievements are rewardable within your program. Steps recorded during the warm-up week do not count towards earning achievements.

 **Weekly Participation Achievements**
Record steps for at least five days out of seven days of any weekly round to earn a Weekly Participation Achievement. The five days do not have to be consecutive, just within the weekly round. You can earn this achievement for each of the five weekly rounds.

 **Weekly Win Achievements**
Help your team record more total steps than its opponent within a weekly round to earn a Weekly Win Achievement. You can earn this achievement for each of the five weekly rounds. If your team ties, it will not be awarded Weekly Win Achievement.

 **Met Goal Achievements**
Meet your daily personal goal of 10,000 steps for 3, 6, 9, 12, or 15 days to earn the Met Goal Achievements. The 10,000 steps milestones do not need to be consecutive.

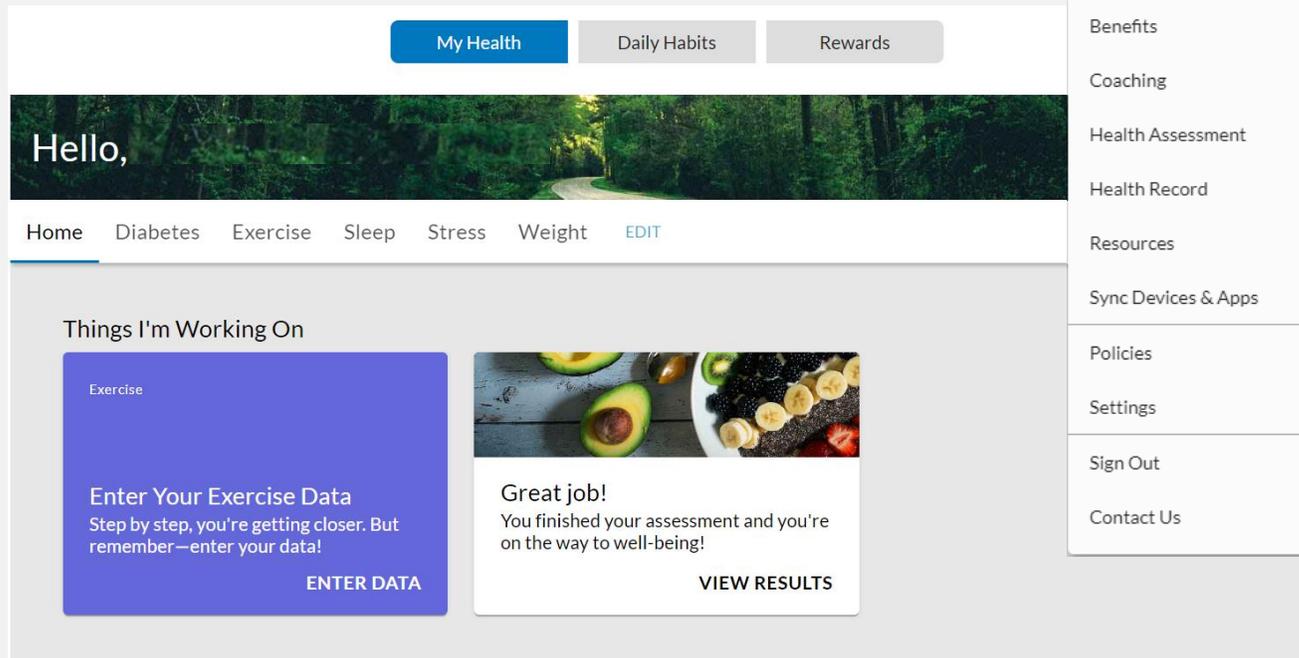
 **Weekly High Stepper Achievements**
The High Stepper Achievement can be earned if your number of steps is in the top 10% of total steps for all participants within a weekly round. You can earn this achievement for each of the five weekly rounds.

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

Connecting a Device



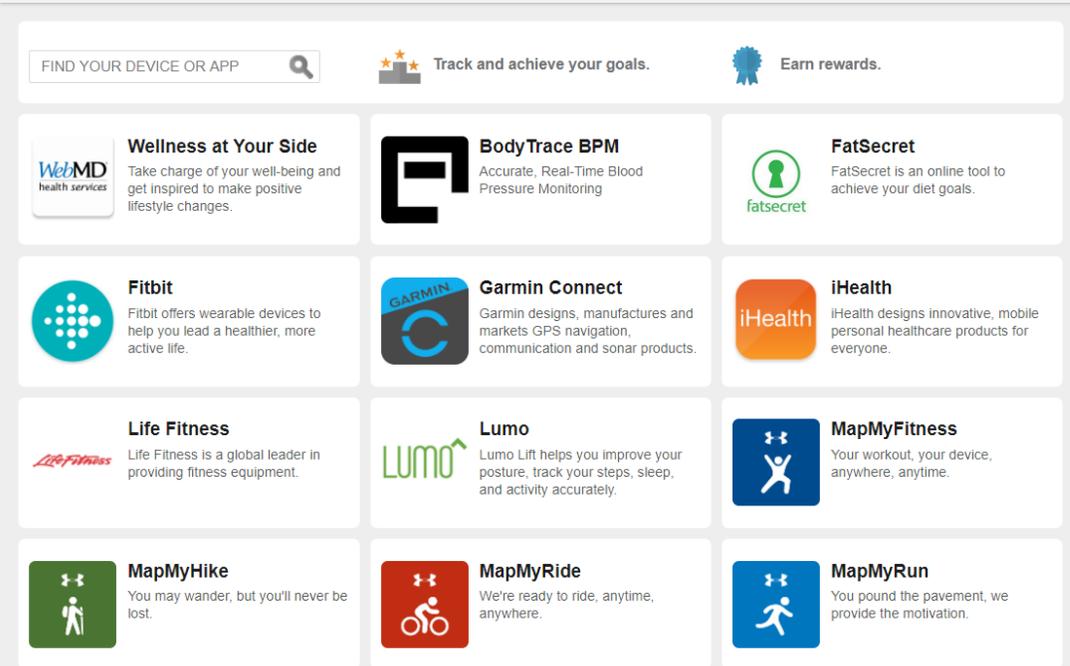
Navigating The Portal



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

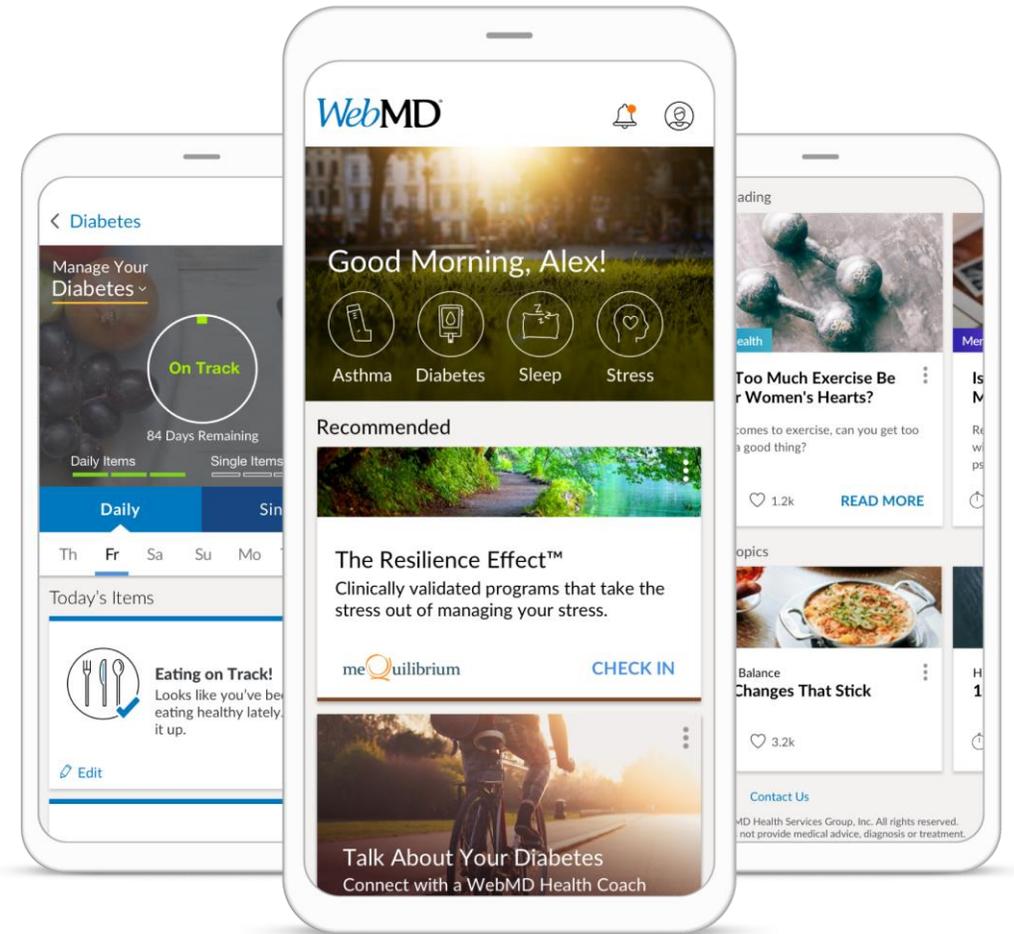
Let's get your phone connected

1 Install the FREE Wellness app from one of these stores:



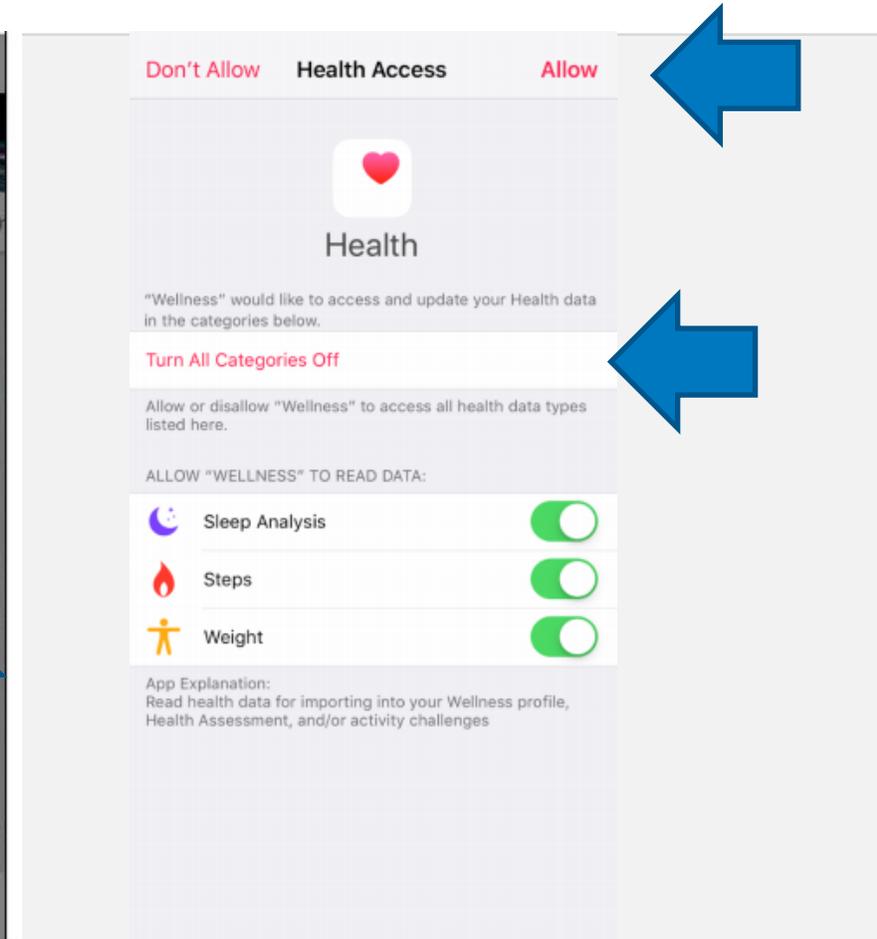
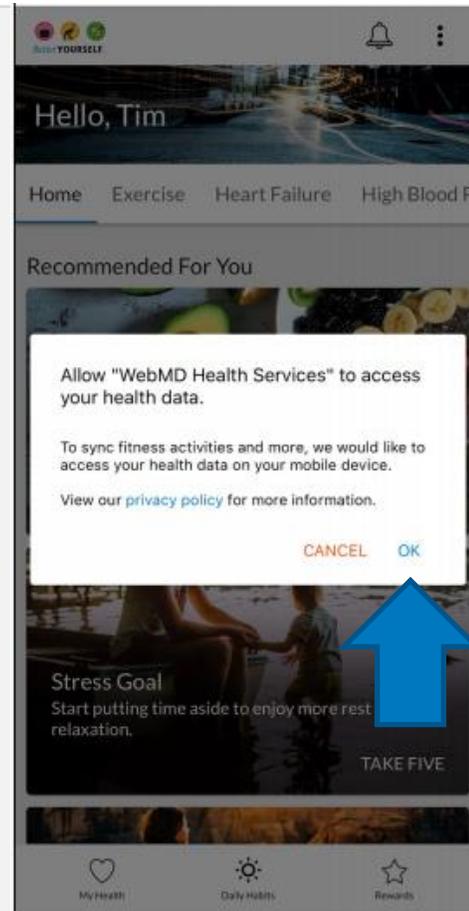
2 Open the app and enter this Connection Code:

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

