



# 6<sup>th</sup> Annual edHEALTH Walking Challenge

## Walk this way to a healthier you!

### Join us for the edHEALTH Walking Challenge

edHEALTH, the higher education and secondary school healthcare collaborative, is once again partnering with Harvard Pilgrim Health Care and Tufts Health Plan to launch a Walking Challenge. Join forces with your colleagues to compete against other schools that are part of edHEALTH.

### Walking Challenge Dates

Monday, June 5 - Monday, July 3, 2023

### Your Challenge Goal

Take steps every day toward your well-being! Aim to reach or exceed at least 35,000 steps each week (averaging 5,000 per day). By meeting this goal, you'll be eligible for entry in these award opportunities:

| AWARD   | ELIGIBLE TO WIN  |
|---|--|
| <b>Weekly drawings for each school</b>  | Participants at each school who track 35,000 steps per week or an average of 5,000 steps per day |
| <b>Individual grand prize</b>   | Top stepper at each school   |
| <b>Team* grand prize engraved trophy</b>                                      | School with the highest average steps  |
| <b>End of challenge celebration with award ceremony and ice cream social!</b> | School with the highest average steps  |

\*Each school is a team.

If for any reason you cannot meet the goal of the walking challenge, you are still invited to join. Contact Living Well Support for other ways to participate. You can email Living Well Support at [LivingWellSupport@Point32Health.org](mailto:LivingWellSupport@Point32Health.org) or call **877-594-7183**.

# Living Well<sup>SM</sup>



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## Frequently asked questions

### I participated in the edHEALTH Walking Challenge in previous years. What is new with this year's program?

This year, we have a new, easy-to-use digital fitness challenge platform through IncentFit. Through IncentFit you can track participation in your school's wellness challenges in real time via an easy-to-use app or website.

IncentFit syncs with many popular fitness trackers and mobile apps, such as Fitbit and Apple Health to make tracking easy and automatic.

### I don't have Harvard Pilgrim or Tufts Health Plan for my insurance. Can I still join?

Yes. All employees can participate in this challenge.

### Which apps and devices are supported?

IncentFit syncs with many popular fitness trackers and mobile apps, some of which are free (see below).

To view the most up-to-date list, please visit the "All Apps & Devices" section of your IncentFit account. Examples of apps that are included: Apple Health, Fitbit, Google Fit, Samsung Health, Garmin Connect, iHealth, Map My Fitness, Map My Walk, Nike+ Run Club, RunKeeper, and Withings.

### What if I don't have a smartphone?

If you have a mobile tracking device such as a Fitbit but do not have a smartphone, you can still sync that device through the IncentFit website.

### What can I see in the IncentFit platform?

- Challenge rules
- Leaderboard for ALL schools in real time
- Individuals on each team
- Steps and daily average
- Chat function

### Who do I contact with questions about this challenge?

If you need assistance, please contact Living Well Support at [LivingWellSupport@point32health.org](mailto:LivingWellSupport@point32health.org) or by phone at **(877) 594-7183**, Monday - Friday, 9 a.m. - 5 p.m. EST.

### How do I get started in the walking challenge?

1. Download the IncentFit app from the App Store or Google Play or visit [www.incentfit.com/login/](http://www.incentfit.com/login/).
2. At the IncentFit home screen, enter your Email and click/tap "Next."
3. You will then be prompted to enter in the following **Signup Code: edhealth** (all lowercase letters) and click/tap "Check Code"
4. You then will be asked to enter an email address and create a password. **Please remember this information as you will use those credentials to log in.** You will also be asked to enter your first and last name.

### How do I join the challenge?

Once you have successfully logged into your IncentFit account, you can join the challenge by clicking/tapping the Challenges menu of your IncentFit account. Find your school and hit the "Join Team" button.

### How can I sync a step/fitness tracker app/device?

1. Log in to your IncentFit account and select **My Account > All Apps & Devices** from the menu.
2. Locate your app/device on the list.
3. Click "**Start Auto Syncing**" and follow the on-screen instructions. Be sure to read all the information when connecting, as some devices have specific instructions. For most devices, you must share "Profile" and "Exercise/Activity" to sync properly.

Note: Google Fit/Samsung Health (Android) and Apple Health (iPhone) are free apps that turn your phone into a pedometer. To sync data from these services, be sure to open the IncentFit mobile app or log into the IncentFit website every few days. Most other tracker services such as Fitbit and Garmin will sync automatically every 24 hours once synced with your IncentFit account.