



Sign up for the Leap into Spring Challenge by 3/5 to be entered into a raffle to win a \$20 Amazon Gift Card!

START: Monday, March 1, 2021

END: Sunday, April 11, 2021

LEAP INTO SPRING

INDIVIDUAL WALKING CHALLENGE



LOGIN TO THE WELLNESS PORTAL



SIGN UP FOR THE CHALLENGE

FIRST-TIME USER INSTRUCTIONS:

1. Go to www.wellworksforyoulogin.com
2. Click the link to create an account as a **New Member**
3. Enter your company ID: **11241**
4. Complete the registration process

FORGOT USERNAME OR PASSWORD?

1. Go to www.wellworksforyoulogin.com
2. Select the **Forgot Username** or **Forgot Password** link
3. Follow the instructions to retrieve your username or call **800.425.4657** to have a temporary password set.

1. Log into the Wellness Portal (www.wellworksforyoulogin.com)
2. Click **MENU>Challenges**
3. Select **Sign Up** under the **Leap into Spring Walking Challenge event**
4. Click **Join** to become an active participant in the walking challenge
5. Select how you would like to appear on the Leader Board and proceed to the Challenge Dashboard

Please Note: Users must select to appear on the Leader Board or appear Anonymously in order to be eligible to receive any incentives for the challenge.

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

TRACK STEPS AND REQUIREMENTS

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

- **Devices and Apps:** Sync your device or everyday fitness app to the Wellness Portal by clicking **MENU>Device/App Connect>Device/App Connect**. Locate your device and follow the prompts to sync with the Wellness Portal.
- **Apple Health:** Apple users must sync via the Wellworks mobile app to transfer data from the Apple Health App and Apple Watch.

Sync only **one (1) device/app for accurate step counts.*

Individuals must complete the requirements for each interval in order to be eligible for the incentives. Each interval has a different requirement.

INTERVAL	STEP GOAL
Monday, March 1 – Sunday, March 14	Average 5,000 steps per day
Monday, March 15 – Sunday, March 28	Average 7,500 steps per day
Monday, March 29 – Sunday, April 11	Average 10,000 steps per day

INCENTIVES

Individuals who complete the challenge requirements will earn **25 points** toward the Wellness Program. Individuals with the highest step counts at the end of the challenge will also receive the following:

- **First Place:** \$100 to the Rewards Mall
- **Second Place:** \$75 to the Rewards Mall
- **Third Place:** \$50 to the Rewards Mall

Employees who track a minimum of **140,000 steps (5,000 steps per day)** by **Sunday, March 28th** will be entered into a raffle for the following:

- **One (1)** \$30 Amazon Gift Card at the end of Week 4
- **Two (2)** \$25 Uber Eats Gift Cards at the end of the challenge

LEAP INTO SPRING INDIVIDUAL WALKING CHALLENGE FAQs

QUESTION: My steps from Fitbit are not showing in the Wellness Portal. What can I do?

ANSWER:

1. Make sure your Fitbit is accurately tracking your steps. Look at your Fitbit account and confirm steps are being tracked by Fitbit.
2. Make sure that if you have multiple Fitbit accounts, that you synced the correct Fitbit account to the Wellness Portal (this occurs at that time you sync with the Portal and you are prompted to enter your Fitbit account username and password)
3. Make sure you leave all of the requested data types checked at the time you sync with the Wellness Portal to ensure data is synced correctly
4. If all 3 steps above have been confirmed, follow the steps below to restart the sync:
 - Login to your **Wellness Portal**
 - Go to **MENU>Device/App/Connect>Device/App Connect**
 - Click **Fitbit**
 - Click **Connect**

QUESTION: How do I sync my device (including Fitbit)?

ANSWER:

Go to **MENU>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.

QUESTION: I am having issues with me Apple Watch/Apple Health app. What do I do?

ANSWER:

1. Download the **Wellworks For You** app from the App Store
2. Open your Apple Health app
3. Choose **Sources** at the bottom of the app and then choose **Wellworks**
4. Click to **Turn All Categories On** and confirm that the data that should sync to the Wellness Portal is green
5. Login to the Wellworks For You app with your Portal login information
6. Click the three lines in the top left-hand corner to access the menu
7. Select **Apple Health Sync**

Choose to Enable Apple Health sync on this device by sliding the bar so it appears green

SYNCING INFO

Please click [here](#) for the Device/App Syncing instructions.

STILL HAVING ISSUES?

If you are still experiencing issues please contact Wellworks For You at **800.425.4657** or contact your Wellness Coordinator, **Kellie Burke**, at k.burke@wellworksforyou.com.