

ROUTE 66 ROAD TRIP WALKING CHALLENGE

MARCH 8, 2021 - MAY 2, 2021



Community Hospital
of the Monterey Peninsula
Montage Health

WORKSITE
WELLNESS



Join us on a virtual walking road trip on the historical Route 66. We will begin our 8-week journey at the start of the route in Chicago, making stops along the way in Missouri, Kansas, Oklahoma, Texas, New Mexico, and Arizona before finishing where the route ends at the Santa Monica Pier in California. We do not expect you to complete the route – just use it as scenery throughout your journey!

Sign Up Today

1. Login to your Wellness Portal – www.chompworksitewellness.com
2. Go to **MENU>Challenges**
3. Select **Sign Up** under the **Route 66 Road Trip Challenge**
4. Click **Join**
5. Select how you would like to appear on the Leader Board and proceed to the **Challenge**

Forgot your username or password?

Select the **Forgot Username** or **Password** links on the homepage or contact **800.425.4657** for assistance.

Stay Connected

Stay connected throughout the Route 66 Road Trip Challenge by downloading and logging into the **Wellworks For You** mobile app. Access the Route 66 Road Trip Challenge real-time Leader Board and track your steps directly at your fingertips! Download the app in your Apple or Google Play store.

Track Your Steps

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>Connect Device/App**. Locate your device and follow the prompts to sync with the Wellness Portal.
- **Manually Track Steps:** Track your steps in the Challenge Dashboard by clicking the **+ Track Steps** button located under the My Progress section.

Challenge Goals

All participants are encouraged to track their steps using one (1) of the options above throughout the 8-weeks. Participants who **average 7,500 steps per day** throughout the duration of the challenge will be eligible to be entered into a drawing to receive an incentive at the end of the challenge.

Please Note: Sync only **one (1)** device/app for accurate step counts. Google chrome is the recommended browser when participating in challenge on the Wellness Portal.

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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

QUESTION: How do I sync my device/app to the Wellness Portal?

ANSWER:

Go to **MENU>Device/App Connect**. Click **Connect Device/App**. Then click **Choose Source**. Select your source and follow the prompts to get connected.

QUESTION: How do I manually track steps?

ANSWER:

You can manually track your steps in the challenge dashboard by clicking the **+ Track Steps** button located under the **My Progress** section.

QUESTION: How do I convert activities to steps?

ANSWER:

[Click here](#) to view an activity to steps conversion table.

QUESTION: What is a Virtual Walking Challenge?

ANSWER:

The Route 66 Road Trip Challenge provides you with an interactive virtual map to take you along Route 66 making stops at some of the most popular destinations!

1. The letters on the map indicate the waypoints of your journey
2. You will begin your walking journey at waypoint A and end at waypoint J. We do not expect you to finish the route, just use it as scenery throughout your journey.
3. As you reach each waypoint, you will be able to click on the green icon for fun facts about that location.
4. Click and drag the yellow Google figure at the bottom right of the map to any spot along the route and take a virtual tour of your surroundings.
5. As you accumulate steps throughout the challenge, a flag will appear along the blue route to indicate where you are on your road trip!



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