



5th 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.

Your Challenge Goal

Take steps every day toward your well-being! When you participate in the four-week walking challenge and reach or exceed at least 35,000 steps each week (averaging 5,000 per day), you will be eligible for entry into weekly drawings for a \$50 prize! At the end of every week, we will hold the weekly **Inspired** drawing for each school. If you prefer to swim, row, bike, etc, use the handy step-conversion tool accessible in your Living Well health portal account, powered by Limeade. (For information about creating or logging into your health portal account, please see page 3 of this document.) The converted steps can then count towards the above weekly goal.

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 or call 877-594-7183.

Additional Award Opportunities

- Top Stepper at each school – an individual prize of \$100
- Each school is a team! The school with the highest average steps wins an engraved trophy and end of year celebration with an ice cream social! (Highest average is determined by the total steps divided by total # of participants.)

How to view the standings of ALL schools

View the **All School Leaderboard** tile within your Living Well health portal to see where your school falls in the overall standings. This is updated weekly on **Monday afternoons** and provides the most accurate and comprehensive tally for **all** schools. The leaderboard within your challenge captures your own step counts but the **All-School Leaderboard** tile has the most comprehensive school versus school comparison week to week.

Walking Challenge Dates:

Start: Monday, June 6, 2022

End: Monday, July 4, 2022

Living WellSM



Point32Health companies



Awards

AWARD	ELIGIBLE TO WIN
Weekly drawings for each school	<ul style="list-style-type: none">• Participants at each school depending on average steps per day• Inspired Drawing if you track 35,000 steps per week or an average of 5,000 steps per day
Individual grand prize	Top stepper at each school
Team* grand prize engraved trophy	School with the highest average steps
End of challenge celebration with award ceremony and hopefully in-person ice cream social!	School with the highest average steps

*Each school is a team.

Frequently asked questions

When is the edHEALTH walking challenge?

The challenge runs from Monday, June 6 through Monday, July 4, 2022.

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

If you participated in the past, welcome back! You will be familiar with the Living Well health portal (powered by Limeade) from our annual edHEALTH Walking Challenge held each June. This year we are excited to be able to offer a year-round digital wellness program to ALL edHEALTH schools via the Living Well health portal.

With this enhancement, all edHEALTH-affiliated employees will be able to access fun and innovative activities that support Living Well year-round, and can even earn points toward monthly gift card raffles¹. This program is available to all edHEALTH employees at no cost regardless of insurance carrier.

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

Yes. Even if you do not currently have Tufts Health Plan health coverage through your school of employment, you can join as a Guest. For instructions on how to create a health portal account as a Guest using the code associated with your school, please see page 3 of this document.

I am an employee of the school, but I get my Tufts Health Plan coverage elsewhere. Can I still join?

Yes. Contact Living Well Support for assistance. See below for Living Well Support contact information.

Who do I contact with questions about the Living Well health portal?

If you need assistance creating a Living Well health portal account or signing up, contact Living Well Support.

Need assistance?

Contact Living Well Support at (877) 594-7183 or by email at LivingWellSupport@Point32Health.org. Monday – Friday, 9 a.m. – 5 p.m. EST.

¹ Rewards may not be available for eligible participants of other Living WellSM programs. Rewards may be taxable, please consult with your tax advisor.

Can I access the Living Well health portal using my mobile device?

If you are using a mobile device, you can access the portal via the Tufts Health Plan member app by selecting **More**, choosing **Health & Wellness**, then tapping **Get Started**. **Please note:** the Limeade app is not yet available to Tufts Health Plan members², so please disregard any prompts to download the Limeade app.

How can I track my steps?

To take part in the challenge you will need to log steps, which can be done automatically by syncing your mobile tracking device to your Living Well health portal account. To connect a fitness tracker or app to your health portal account, please click on the **Get Started: Sync Your Device** activity tile on the health portal.

You can also log steps manually. Perhaps pick one day of the week to enter the steps you've tracked. But just be sure steps are logged prior to the challenge ending.

What if I have problems using my tracker?

If you are having difficulty with your tracker, please contact the tracker provider directly. If you are having trouble connecting your device to your health portal account, our Living Well Support representatives can walk you through it.

**Please note: While Tufts Health Plan is hosting the Walking Challenge for all employees, this does not affect your medical health plan coverage. You are eligible to participate regardless of your health insurance carrier.*

Getting Started with Living Well

- 1** Visit <https://tuftshealthplan.com/livingwellportal>
Are you a Tufts Health Plan member through your employment at an edHEALTH school?
YES Locate the [Member Login](#) section. If you already have a Tufts Health Plan online member account, select [Login Now](#). If not, select [Register Now](#).
Once logged in, scroll down to [Health & Wellness](#) and select [Get Started](#).
NO If you are not a Tufts Health Plan member through your employment at an edHEALTH school, locate the [Guest Login](#) section. Select [Create a Guest Account](#) using the program code listed in the table to the right. It may take up to 24 hours for your account to be activated.



- 2** Once you log in to your Tufts Health Plan online account, complete the welcome page with the following information.
 - a. Language preference
 - b. Sign-in name
 - c. Email address
- 3** For full details about the Living Well program, click on [Learn More](#) within the health portal.
- 4** If you are using a mobile device, you can access the portal via the Tufts Health Plan member app by selecting [More](#), choosing [Health & Wellness](#), then tapping [Get Started](#). Please note: the Limeade app is not yet available to Tufts Health Plan members², so please disregard any prompts to download the Limeade app.
- 5** To connect a fitness tracker to your wellness account, please click on the [Get Started: Sync Your Device](#) activity tile on the health portal.

Need assistance?

Email LivingWellSupport@Point32Health.org
or call (877) 594-7183, Monday-Friday, 9am-5pm EST

Program Codes for Guest Accounts

SCHOOL	CODE
Bennington College	CBenn
Bentley University	C10054
Berklee College of Music	TBerklee
Boston College	C10013
Brandeis University	TBrandeis
Brooke Charter Schools	C48215
Clark University	C11447
Dean College	C21536
edHEALTH Staff	CedHth
Emerson College	C10028
Excel Academy Charter Schools	TExcel
College of the Holy Cross	C10228
KIPP MA Charter Schools	TKipp
Lasell University	TLasell
Lesley University	TLesley
Match Charter Public School	C56446
Olin College of Engineering	C61473
Regis College	C10133
Saint Joseph's College of Maine	C54129
Salve Regina University	TSalve
Sarah Lawrence College	CSLC
Suffolk University	C10187
Wellesley College	C10177
Wentworth Institute of Technology	TWentworth
Wheaton College	TWheaton
Worcester Polytechnic Institute	TWPI

² The Limeade app will not be available until late 2022.