



OCTOBER 1st – 31st, 2020

WALK-TOBER

A COMMUNITY WALKING CHALLENGE

Join us on a **virtual** walking tour through beautiful Italy!

Sign-up for the Challenge

Sign-up for the Challenge:

1. Go to www.wellworksforyoulogin.com
2. Click MENU>Challenges
3. Select Sign Up to enter the Challenge Dashboard
4. Click Join
5. Select how you would like to appear on the **Leader Board** to proceed to the Challenge Dashboard

Do you have a Wellness Portal account?

If not, register today!

1. Go to www.wellworksforyoulogin.com
2. Click the link to create an account as a **New Member**
3. Enter your Company ID:
 - TFHS Employees and Spouses: **11727**
 - Community Members: **11890**
4. Enter the required personal information
5. Accept the terms of the Consent Form

How to Track Your Steps

Track your steps using one (1) of the following methods:

1. **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**.
2. **Manually Track Steps:** Track your steps in the Challenge Dashboard by clicking the **+ Track Steps** button located under the **My Steps** chart.
3. **Apple Health:** Sync your Apple Watch or Apple Health App directly to the **Wellness Portal** via the Wellworks For You mobile app. Select **Apple Health Sync** from the Menu bar.

Please Note: Google Chrome is the recommended internet browser to use when accessing the Challenge Dashboard from the Wellness Portal.



Questions regarding the Walking Challenge?
Contact Wellness@TFHD.com



Challenge Goals and Incentives

Challenge Goals

To complete the entire challenge route, participants must average 15,000 steps per day throughout the challenge. While we are encouraging participants to average **at least 10,000 steps per day**, any participants who actively track steps within the challenge will receive credit toward their yearly Wellness Program goal.

Incentives

Participants who meet the step goal of an average of **10,000 steps per day** throughout the 4-weeks will be eligible to receive additional incentives at the conclusion of the challenge. Additional incentive details will be announced via email at a later date.

FAQs

QUESTION: How do I sync a device to the Wellness Portal.

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 my 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. Log into 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**
8. Choose to Enable Apple Health sync on this device by sliding the bar so it appears green

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 log my steps on the Smartphone App?

ANSWER:

1. Log into the Wellworks For You Smartphone App
2. Click the **Challenges** tile
3. Select the **Italy Walking Tour Walking Challenge** event
4. Select **Enter Steps** to enter your steps of **View Leader Board** to view the Leader Board



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