



## 8<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 to host its annual Walking Challenge. Partner with your colleagues to compete against other schools that are part of edHEALTH.

To participate you must sign up for the challenge within first 10 days in order to have your steps count toward your team. Check out page two for details on how to register with IncentFit and/or join the challenge.

#### Walking Challenge Dates

Monday, June 2nd through Saturday, July 5th

#### 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 award opportunities.

| SCHOOL                            | Sign up Code  |
|-----------------------------------|---------------|
| Bennington College                | Bennington    |
| Bentley University                | Bentley       |
| Berklee                           | Berklee       |
| Boston College                    | BostonCollege |
| Brandeis University               | Brandeis      |
| Brooke Charter Schools            | Brooke        |
| Clark University                  | Clark         |
| Dean College                      | DeanCollege   |
| College of the Holy Cross         | HolyCross     |
| Emerson College                   | Emerson       |
| Excel Academy Charter Schools     | Excel         |
| Husson University                 | Husson        |
| KIPP MA Charter Schools           | Kipp          |
| Lasell University                 | Lasell        |
| Lesley University                 | Lesley        |
| The Lawrenceville School          | Lawrenceville |
| Match Charter Public School       | Match         |
| Olin College of Engineering       | Olin          |
| Regis College                     | Regis         |
| Saint Joseph's College of Maine   | StJoese       |
| Salve Regina University           | SalveRegina   |
| Sarah Lawrence College            | SarahLawrence |
| Suffolk University                | Suffolk       |
| Wellesley College                 | Wellesley     |
| Wentworth Institute of Technology | WIT           |
| Wheaton College                   | Wheaton       |
| Wilbraham & Monson Academy        | WMA           |
| Worcester Polytechnic Institute   | WPI           |
| Advisors (Broker team)            | Advisors      |



Harvard Pilgrim  
Health Care

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# Frequently asked questions

## What platform will the walking challenge use?

Our program will continue to be housed on the same digital 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.

## I don't have Harvard Pilgrim 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. 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, and Google Fit.

## 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 steps
- Chat function

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 or if you have any questions about the program, please email Living Well Support at

**LivingWellSupport@Point32Health.org or call 877-594-7183.**

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

If you have never used the IncentFit app, download the IncentFit app from the App Store or Google Play or visit **www.incentfit.com/login**. If you have already downloaded the app please log out of the app. All users should follow the steps below.

1. At the IncentFit home screen, enter your Email and click/tap **"Next."**
2. You will then be prompted to enter your school **Sign-up Code** (view sign up codes on the first page of this flier). Please note codes are case sensitive.
3. 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 (new users) or confirm your last name (previous user).
4. Once logged into your IncentFit account, click/tap Challenges from the main menu. Find your school team and click/tap 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.