

WALK THIS WAY TO A HEALTHIER YOU

..... **EDHEALTH COLLEGES COMPETE**

Join us for the edHEALTH Walking Challenge

edHEALTH is the employee health insurance collaboration your institution joined to harness our power in numbers to successfully offer quality health care at lower costs.

We have partnered with Harvard Pilgrim Health Care to launch a Walking Challenge where you are competing against other colleges and universities that are part of edHEALTH. Our inaugural walking challenge is just an example of how we can join forces to engage employees in their own health and well-being.



Join other higher education institutions trying to reach a higher daily step goal!



Your Challenge Goal

As an individual, your goal is to meet or exceed a step count of 10,000 steps per day, seven days a week, throughout the 4-week challenge. ***If for any reason you cannot meet the goal of the walking challenge, you are still invited to participate.*** Simply join the challenge and contact Harvard Pilgrim's Wellness Services to indicate how you will participate. You can email Wellness Services at hpwellness@harvardpilgrim.org or call **(877) 594-7183**.

Awards

AWARD	ELIGIBLE TO WIN
Weekly drawing for each College and University	5 participants at each College and University
Individual grand prize	Top Stepper at each College and University
Grand prize drawing	Any participant that met the step goal 4 out of 5 weeks
Team* grand prize engraved trophy	College or University with the highest average steps
End of Challenge celebration with award ceremony and ice cream social	College or University with the highest average steps

*Each College and University is a Team.

Sign Up for the Challenge

Registration ends July 18. If you already have a wellness account, simply log in at www.harvardpilgrim.org/wellnessaccount and Sign Up for the challenge.

Create a wellness account

1. Members and non-members of Harvard Pilgrim must first create a wellness account at www.harvardpilgrim.org/wellnessaccount.

- NOT CURRENTLY A HARVARD PILGRIM MEMBER?
Create your account as a Guest and use the code associated with your college/university:

Bentley University C10054	Emerson College C10028	Suffolk University C10187
Berklee College of Music C10789	Lasell College C10053	Olin College of Engineering C61473
Boston College C10013	Regis College C10133	Wellesley College C10177
Brandeis University C10004	Salve Regina University C22199	Wentworth Institute of Technology C20064
		Worcester Polytechnic Institute C12541

- All participants must accept the terms of use and fill out required fields in the Profile to create a wellness account.
2. Locate the Challenge banner on your Dashboard and click Sign Up.
- Review the challenge description, goal, start and end dates.

Registration Dates:

Now through Wednesday, July 18, 2018

Walking Challenge Dates:

Start → Wednesday, July 11, 2018

End → Wednesday, August 8, 2018



Need Assistance? Contact Harvard Pilgrim Wellness Services at **(877) 594-7183** or by email at hpwellness@harvardpilgrim.org Monday – Friday, 9 a.m. – 5 p.m. EST.

Frequently Asked Questions

My college or university already had a challenge with Harvard Pilgrim. Can I still participate?

Yes. Even if your employer has taken part in a challenge or other wellness program with Harvard Pilgrim, you are still invited to take part in the edHEALTH challenge. Simply sign up from the banner on your Dashboard and start walking!

I don't have Harvard Pilgrim for my insurance. Can I still join?

Yes. Even if you do not currently have Harvard Pilgrim health coverage through your college or university of employment, you can join as a Guest. Follow the instructions on the page: www.harvardpilgrim.org/wellnessaccount and use the Guest code associated with your college or university to create your wellness account.

I am an employee of the college/university, but I get my Harvard Pilgrim coverage elsewhere. How can I join the challenge?

Contact Harvard Pilgrim Wellness Services and they will work with you to link you to the edHEALTH program. See below for Wellness Services contact information.

Why should I join the Walking Challenge?

Join because it's fun and motivating to have a friendly competition. Plus, you get exercise, meet new colleagues while venturing out at lunch to get more steps in, and potentially win prizes – all while tracking your steps and moving!

Who do I contact with questions about Harvard Pilgrim Online Wellness?

If you need assistance creating a wellness account or signing up, contact Wellness Services.

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Download the "Healthy Now" App

The Healthy Now App for your smartphone is one of the easiest ways to make participating in the Walking Challenge simple and convenient. On the app, you can log your steps, check your progress, view the challenge dashboard, and view many other features in your wellness program.

- From a computer, log into your Harvard Pilgrim Online Wellness account (harvardpilgrim.org/wellnessaccount), and click on the Download the Healthy Now App graphic on the bottom right side of your dashboard to get started.

- You will need to enter your 10-digit cell phone number, and create a 4-digit PIN. Select Save.

- You will be asked to download the app through the Apple store (for iPhone) or Google play (for Android). You will need to enter your cell phone number and the PIN number you created. Download this app to your smartphone today!

Connect Your Device to Sync Your Steps

Your mobile tracking device must be registered before syncing with your wellness account.

- ▶ From the navigation bar on your Dashboard, click Mobile and select Connect Your Wearable Device.
- ▶ Select the device or app you would like to connect under the Add section and click Connect. A pop-up will appear for your device's manufacturer.
- ▶ Enter your device or app login information. By entering your login information, you are allowing Harvard Pilgrim Online Wellness access to the steps tracked on your device.

If you do not have a device, you do not need to purchase one. You can download any number of free apps that sync with your wellness account such as: Runkeeper, MapMyApplications, or MyFitnessPal.

If you do not sync your device you must enter steps manually and be sure that all steps are logged by the last day of the challenge.

TO TRACK STEPS MANUALLY:

- ▶ From your Dashboard, click Log Steps in the Challenge banner.
- ▶ You can enter current steps, or enter for previous dates and be sure to click the Update button.



IMPORTANT DETAILS

We recommend that you register for the challenge and connect your step tracking device prior to July 11. You can view the college/university standings through the online tool and chat with team members. Weekly newsletters will be distributed to participants, with tips and tricks on being more active, stretching, and how to live a life of optimal well-being.

**Please note:* While Harvard Pilgrim 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.

Frequently Asked Questions, continued

Tracking my steps seems too time consuming.

Do I have to track my steps?

Yes. 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 wellness account. Don't have a Fitbit or other tracker?

No problem, simply download a free app to your smart phone to track steps such as Map My Run, Moves, or Runkeeper.

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 wellness account, our Wellness Services representatives can walk you through it.

Harvard Pilgrim Wellness Services can be reached Monday – Friday, 9 a.m. – 5 p.m. EST at (877) 594-7183 or by email at hpwellness@harvardpilgrim.org.

