Corporate Step Challenge

The Reid Healthier Wellness Club in partnership with Reid Health Community Benefit will provide a series of Corporate Wellness Challenges throughout the course of 2020. In total, four challenges will be created. For all of your hard work and efforts you will receive:

- Traveling trophy that will go to the winning company at the end of each challenge.

Once all four challenges have been completed, the company team that wins the most challenges will receive ten swag bags for the ten winning team members from the company consisting of:

- Gift Card
- Fitness Technology
- Shaker Bottle
- Drawstring Bag

Maintaining an average of 10,000 steps a day can impact your health more than you may think. Daily walking can help high blood pressure, reduce stress, improve your sleep, and reduce fatigue just to name a few. The first step challenge in this four part series is set to begin on Monday, March 30th and will end on Monday, April 20th.

Want to participate? Participants will need to have either a Fitbit, Apple Watch, or cell phone in order to track their steps. Companies can participate by designating a team captain. The team captain can create a team following the instructions below.

If your company has questions or is in need of assistance enrolling in the challenge, you can contact Candace Hunt by email at Candace.Hunt@ReidHealth.org, or by phone at (765) 935-8997.

Instructions for Team Captain:

1. Create a Reid Healthier account by visiting: ReidHealthier.org.
2. On the home page, go to the My Challenges section.
3. Select Corporate Step Challenge.
4. Click Join Challenge.
5. Select Create a Team.
6. Enter team name. Team name must include company name. (i.e. Team Reid Health)
7. Provide Team Description, select Private team and create a team password.
8. Select to limit the team, enter in the number 10 for member limit.
9. Click submit.
10. Be sure to share the team password with the 10 people from your company that you want to join your team.

Reid Health Wellness Partnering with Reid Health Community Benefit

Instructions for Participants:

1. Create a Reid Healthier account by visiting: ReidHealthier.org.
2. On the home page, go to the My Challenges section.
3. Select Corporate Step Challenge.
4. Click Join Challenge.
5. Find your company team name.
6. Get your team password from your team captain and enter the password in.

Instructions to Sync a Fitbit Device:

1. Click on the little running man icon at the top of your Reid Healthier wellness portal.
2. Scroll to the bottom of the page and click on the Fitbit circle at the bottom of the page.
3. Log into your Fitbit account.
4. Follow the steps to allow access.

Instructions to Track Steps with a Mobile Device:

1. Go to your App store and download the Fitbit app to your phone.
2. Create a Fitbit account.
3. Select that you have no device.
4. Click on the little running man icon at the top of your Reid Healthier wellness portal.
5. Scroll to the bottom of the page and click on the Fitbit circle at the bottom of the page.
6. Log into your Fitbit account.
7. Follow the steps to allow access.

Instructions to Sync an Apple Watch:

1. Go to your App store and install the latest version of the Google Fit app to your phone.
2. Log into the Google Fit app and create an account. If you already have a google account such as gmail, you should log in with that info.
3. The app will ask you to "Choose how you like to track your activity." Select "Track automatically."
4. On the next screen turn on the areas that you want to allow Google Fit access. We suggest that you select to turn on all categories. Then select allow at the top right of the screen.
5. Follow the next steps.
6. Click on the little running man icon at the top of your Reid Healthier wellness portal.
7. Scroll down the page until you find Google Fit at the bottom. Select Google Fit and log in with the same info that you entered in the app.
8. Once you get logged in, click to allow access to your Google Fit activity information.
9. Follow the steps to allow access.