7th 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. Join forces with your colleagues to compete against other schools that are part of edHEALTH.

Walking Challenge Dates

Monday, June 3 through Saturday, July 6, 2024

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 these award opportunities:

AWARD	ELIGIBLE TO WIN
Weekly drawings for each school for $50 prizes*	Participants at each school who track 35,000 steps per week or an average of 5,000 steps per day
Individual grand prize of $100	Top daily average stepper at each school
End-of-challenge team celebration with award ceremony and ice cream social!	School with the highest daily average steps

**Each school is a team.*

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**.

Harvard Pilgrim Health Care

a Point32Health company

Frequently asked questions

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

This year, the challenge will run for five weeks instead of four.

What platform will the walking challenge use?

Back by popular demand, 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.

Can I use my same IncentFit account as last year?

Yes!

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, Google Fit, Samsung Health, Garmin Connect, iHealth, Map My Fitness, Map My Walk, Nike+ Run Club, RunKeeper, and Withings.

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

Who do I contact with questions about this challenge?

If you need assistance, please contact Living Well Support at **LivingWellSupport@point32health.org** or by phone at **(877) 594-7183**, Monday - Friday, 9 a.m. - 5 p.m. EST.

How do I get started in the walking challenge?

If you are already registered with IncentFit, log in using your username and password and skip to "How do I join the challenge?"

1. 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/**.
2. At the IncentFit home screen, enter your Email and click/tap **"Next."**
3. You will then be prompted to enter in the following **Signup Code: edhealth (all lowercase letters) and click/tap "Check Code"**
4. 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.

How do I join the challenge?

Once you have successfully logged into your IncentFit account, you can join the challenge by clicking/tapping the Challenges menu of your IncentFit account. Find your school and hit 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.

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.