



# edHEALTH Walking Challenge

## Walk this way to a healthier you!

### Join us for the edHEALTH Walking Challenge

edHEALTH, the employee health insurance collaboration has partnered once again with Harvard Pilgrim Health Care to launch a Walking Challenge. Join forces with your colleagues to compete against other colleges and universities that are part of edHEALTH.

### Your Challenge Goal

Take steps every day toward your well-being! When you participate in the four-week walking challenge you will be eligible to enter weekly drawings (2 gift baskets per college or university) based on the average number of steps that you achieve. At the end of every week, we will hold **2 drawings** per college or university. Depending on how many steps you track per week you may be eligible for one or both drawings.

- **Inspired Drawing** if you track 35,000 steps/week or an average of 5,000 steps/day
- **Inspired and Empowered Drawings** if you track 70,000 steps/week or an average of 10,000 steps/day

If for any reason you cannot meet the goal of the walking challenge, you are still invited to join. Contact Harvard Pilgrim's Wellness Services for other ways to participate. You can email Wellness Services at [hpwellness@harvardpilgrim.org](mailto:hpwellness@harvardpilgrim.org) or call (877) 594-7183.

### Walking Challenge Dates:

Start: Tuesday, June 4, 2019

End: Monday, July 1, 2019



## Awards

AWARD	ELIGIBLE TO WIN
Weekly drawing for each college and university	Participants at each college and university depending on average steps/day <ul style="list-style-type: none"><li>• <b>Inspired Drawing</b> if you track 35,000 steps/week or an average of 5,000 steps/day</li><li>• <b>Inspired and Empowered Drawings</b> if you track 70,000 steps/week or an average of 10,000 steps/day</li></ul>
Individual grand prize	Top stepper at each college and university
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.

## Frequently asked questions

### When is the edHEALTH walking challenge?

The challenge runs from June 4 through July 1.

### 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 select the edHEALTH walking challenge activity tile from 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](http://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. Can I still join?

Yes. Contact Harvard Pilgrim Wellness Services for assistance. See below for Wellness Services contact information.

### 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.

### How can I track my steps?

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.

*\*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.*

## Need assistance?

Contact Harvard Pilgrim Wellness Services at (877) 594-7183 or by email at [hpwellness@harvardpilgrim.org](mailto:hpwellness@harvardpilgrim.org) Monday – Friday, 9 a.m. – 5 p.m. EST.