



East Central College 2017 Fall Walking Challenge September 5 – December 11, 2017

How to Sign Up?



1. Go to www.chcw.com click on **Member Login** located at top-right hand side of the webpage.
2. On the login page, enter your existing username and password.
3. If you have forgotten your username or password, follow the "Forgot username/password?" link below the login box, or call CHC Wellness at **866.373.4242**.
*Note: If you are a **new walking participant** and did not participate in the wellness program, enter program code **3333Eas566** under new participants and enter the required information.
4. Once you are in your personal profile page, click on the 'follow-up Programs' tab.
5. Click the 'Path & Steps-Based Walking' tab.
6. Agree to the waiver of liability and click 'submit'.
7. Click on the challenges tab and scroll down to the challenge you would like to enter, click 'Join Challenge' in the top right.
8. Registration runs August 18 through August 31, 2017. You must sign up by **August 31, 2017**.

Walking Challenge Rules



- **Regular full-time employees are eligible to participate.**
- **Employees can earn paid leave by walking and achieving the challenge goals.**
- The challenge runs from **September 5** through **December 11**. All participants must upload their final steps by end of day **December 13, 2017**.
- New or returning participants will pay **\$27**.
- Full-time employees earning personal leave: fall challenge hours will be awarded in January 2018. All hours must be used by June 30, 2018 or it will be added to your accrued sick leave.
- Participants can use a Fitbit, Fitbug, Jawbone, Apple Watch, Garmin, Misfit, Nokia, Omron devise or download the free Moves App.
- Tracking devices may be purchased at a discount through the CHC '**Purchase Your Fitness Tracker**'
- Participants will be expected to upload/sync step data weekly to qualify for incentives and/or rewards. Exception, if the college is closed upload steps the next day.
- Participants will be responsible for the complete cost of the program even if they fail to participate or leave employment.
- Special incentives may be offered throughout the challenge.
- **All registered participants will have the option to participate in the team challenge.**

Awards

Level - Requirements

- Beginner:** Daily Goal of 6,000 steps, End Goal: 600,000 steps
- Intermediate:** Daily Goal of 8,000 steps End Goal: 800,000 steps
- Advanced:** Daily Goal of 10,000 steps End Goal: 1,000,000 steps

Reward

- 4 hours paid leave**
- 6 hours paid leave**
- 8 hours paid leave**

