



# East Central College 2018 Spring Step Challenge

## How to Sign Up?

1. Go to [www.chcw.com](http://www.chcw.com) click on [REGISTER/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 participant** enter program code **3593Eas566** under new participants and enter the required information.
4. Once you are in your personal profile page, click on 'Walking'.
5. New participants only, agree to the waiver of liability and click 'submit'.
6. Click on click 'Join Challenge'
7. Select the "2018 Spring Individual Challenge" and Join Program.
8. You must sign up by **January 26, 2018**.

- **Regular full-time employees are eligible to participate.**
- **Employees can earn paid leave by stepping and achieving the challenge goals.**
- **Paid leave must be approved in advance by your supervisor.**
- Special incentives may be offered throughout the challenge. You will need to comply with these requirements and upload dates to be eligible for the reward.
- Full-time employees earning personal leave: spring challenge hours will be awarded by May 15, 2018. All hours must be used by June 30, 2018 or it will be added to your accrued sick leave.
- All returning participants or new participants will pay **\$27** to join the program.
- You may use a Fitbit, Jawbone, and Apple Watch via Jawbone upload, Garmin, Nokia, Misfit or Omron devise or the free Moves App.
- Each participant link their device on the "Link Your Fitness Tracker" page.
- Participants will be expected to upload 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.
- The challenge runs from **January 29** through **May 9**. All participants must upload their final steps by end of day **May 11, 2018**.
- **All registered participants will have the option to participate in the team challenge to be announced.**

## Awards

### Level - Requirements

### Reward

**Beginner:** Daily Goal of 6,000 steps, End Goal: 600,000 steps

**4 hours paid leave**

**Intermediate:** Daily Goal of 8,000 steps End Goal: 800,000 steps

**6 hours paid leave**

**Advanced:** Daily Goal of 10,000 steps End Goal: 1,000,000 steps

**8 hours paid leave**

