



East Central College 2020 Spring Step Challenge February 8 – May 17

How to Sign Up?

1. Go to www.chcw.com click on [REGISTER/MEMBER LOGIN](#) located at top-right hand side of the webpage. Go to app.chcw.com if using a smart phone.
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 Wellbeing at **866.373.4242**. New participants will enter program code **4265Eas566** under the new participants tab and enter the required information to create your CHC profile.
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. Scroll down to ‘Challenge’ and select ‘2020 Spring Individual Step Challenge’ to join the challenge.
7. You must sign up by **February 7, 2020**.

- **Regular full-time employees are eligible to participate.**
- **Employees can earn paid leave by stepping and achieving the challenge goals.**
- 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 in May 2020. All hours must be used by June 30, 2020 or it will be added to your accrued sick leave.
- All participants will pay **\$24** to join the program.
- You may use a Fitbit, Garmin, Withings, Misfit device or Apple Watch with the Withings app. *CHC will introduce a direct Apple app in April 2020 for Apple users.*
- Each participant must link their device on the “Link Your Fitness Tracker” page.
- Participants will be expected to sync/upload step data weekly to qualify for incentives and/or rewards.
- Participants will be responsible for the complete cost of the program even if they fail to participate or leave employment.
- The challenge runs from **February 8** through **May 17**. All participants must upload their final steps by end of day **May 18, 2020**.

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

