



# East Central College 2016 Fall Walking Challenge September 5 – December 11

## How to Sign Up?



1. Go to [www.chcw.com](http://www.chcw.com) click on **REGISTER/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 screening, enter program code **2968Eas566** 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 23 through August 29, 2016. You must sign up by **August 29, 2016**.

## Walking Challenge Rules



- **Regular full-time employees are eligible to participate.**
- **Employees can earn paid leave by walking 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: fall challenge hours will be awarded by January 13, 2017. All hours must be used by June 30, 2017 or it will be added to your accrued sick leave.
- All returning participants or new participants, who already own a pedometer, will pay **\$36**. New participants that would like to use the **Fitbug GO** will pay **\$63**, which includes the \$27 cost for the pedometer at a discounted rate or you may use a Fitbit, Jawbone, Garmin, Nike, Misfit or Omron device or the free Moves App. The **Fitbug Air** is also available through CHC Wellness for an additional \$35.
- Participants are responsible for their pedometers. If a Fitbug pedometer is damaged, lost or stolen, the replacement is \$40.
- Each participant using an **Omron** pedometer will need to download the **2.1 pedometer software** or link their pedometer to their CHC Wellness portal through the '**Marketplace**' tab. Please notify Human Resources if you are using a different device. Separate linking instructions will be provided.
- 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 **September 5** through **December 11**. All participants must upload their final steps by end of day **December 13, 2016**.
- **All registered participants will have the option to participate in the team challenge.**
- If a new battery is needed for an **Omron** pedometer, replacements may be purchased at the ECC bookstore or most local electronics & retail stores. The battery model is **CR2032**.

## 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**

