2015 Spring Walking Challenge Program Overview

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 **2402Eas566** under new participants and enter the required information**.**

1. Once you are in your personal profile page, click on the ‘follow-up Programs’ tab.
2. Click the ‘Path & Steps-Based Walking’ tab.
3. Agree to the waiver of liability and click ‘submit’.
4. Click on the challenges tab and scroll down to the challenge you would like to enter, click ‘Join Challenge’ in the top right.
5. You must sign up by **January 25, 2015**.

**How to**

**Sign Up?**

* **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: spring challenge hours will be awarded by December 31, 2015. All hours must be used by June 30, 2015 or it will be forfeited.
* All returning participants or new participants, who already own a pedometer, will pay **$36**. New participants that would like to use the **Omron 324 U pedometer** will pay **$63,** which includes the $27 cost for thepedometerat a discounted rate or you may use a Fitbit, Jawbone, Garmin Vivofit, or Fitbug devise.
* Participants are responsible for their pedometers. If an Omron 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 Wendy Hartman if you are using a Fitbit, Jawbone, Garmin Vivofit, or Fitbug 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 **January 26th** through **May 6th**. All participants must upload their final steps by end of day **May 8, 2014**.
* If a new battery is needed, you can purchase a replacement battery at the ECC bookstore or most local electronics & retail stores. The battery model is **CR2032**.

**2 hours paid leave**

**4 hours paid leave**

**8 hours paid leave**

**Awards**

**Level - Requirements**

**Reward**

**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

**Walking Challenge**

**Rules**

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