# Smart CHealth

# The Invitational Team Steps Challenge

## Contents

The Invitational Team Steps Challenge	1
Contents	1
How to join the Invitational	2
How to start a team for The Invitational	5
How to join a team for The Invitational	8
How to track your steps for The Invitational	11

#### How to join the Invitational

- 1. Go to SmartHealth.
- **2.** Select The Invitational spotlight card from My Health or in the "Recommended for you" stream.

If you don't see The Invitational challenge card in the "Recommended for you" stream, select "Load more" to expand the view.



**3.** You will be taken to The Invitational challenge registration page. Select "Join Now" to start the registration process.



**4.** Select the method you'll use to track your steps.

Note: If you have a device connected, it will show up first on your list under "Currently connected."

Select how you will track your steps					
You may enter ste	You may enter steps manually or, for automatic upload, sync a device or app.				
NO FITNESS TRACKER	CURRENTLY CONNECTED				
Manual Entry	Use this No devices connected				
AVAILABLE TO CONNECT					
Fitbit	Garmin Connect	Health			
Misfit Wearables	Movable	MyFitnessPal			
Polar	TomTom MySports	withings Withings			
<b>Y00</b> Y00					

**5.** After selecting your entry method, you can choose to "Start a Team" or "Join a Team."

	The INVITATIONAL TEAM STEPS CHALLENGE	
Me Team Rules		
	Warmup starts March 10th.         6       :       15       :       16         Days       Hours       Minutes       Seconds         Image: Manual Entry       Manual Entry         Change how I enter steps         Start a Team       Join a Team         You will be auto-assigned to a team at the end of the warmup round if you don't start or ioin a team.	

Congratulations! You're now registered for The Invitational!

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## How to start a team for The Invitational

1. During registration, choose "Start a Team."



You can make your team "Invite only" or keep it open so others can join.

Note: If you choose "Invite only" you must send the invitation to the same email address the person used when registering for SmartHealth. You may need to ask them for that email address.

	The INVITATIONAL TEAM STEPS CHALLENGE
Me Team Rules	Start a Team         Would you like to make your team Invite only?         YES       NO         If your team is set to Invite Only you will need to invite friends to join your team. If your team is not full by the end of the warmup period you will be auto-assigned team members.

2. Select a team color. You can select "See list of colors" to see the full list available.

		Select a Color		Stalle Ross
$\odot$				$\odot$
		Azure		
		See list of colors $\checkmark$		
	Can	cel	Next	

**3.** Select your team mascot.

See the full list of mascots available by tapping on "See list of mascots."



Way to go! You've created your team!

Note: Don't forget to invite team members if you've made it "Invite only."

Way to go, you have joined the team!		
Azure T-Rexes	詰 <u>Roster</u> 모그 Team Cha	t
	Team Members	Steps recorded by
	TestFirstName T	Manual Entry
	P Invite Team Members Let your friends know about your new team	-
	S pending invitations	$\odot$
YYYY		
$\stackrel{\searrow}{\mathbb{B}}$ Anyone can join this team edit	GO TO WARMUP	
LEAVE TEAM		

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#### How to join a team for The Invitational

1. Choose "Join a Team."

Note: If you are invited to a team you will receive an email invitation. This will be sent to the same email address you used to sign up for SmartHealth.

	The INVITATIONAL TEAM STEPS CHALLENGE	-
Me Team Rules		
	Warmup starts March 10th 6 : 15 : 16 : 16 Days Hours Minutes Seconds Manual Entry Change how I enter steps	
	Start a Team Join a Team You will be auto-assigned to a team at the end of the warmup round if you don't start or join a team.	

**2.** Select a team that you would like to join.

Teams consist of 5 members. During team selection, it will show how many spots are available on a team.

You can use the "Search" tool to find a team.



Congratulations. You have joined a team!

If you've joined the wrong team, or would like to join a new one prior to the challenge start date, you can use the "Leave team" button and either find a new team, or start your own.

Way to go, you have joined the team!		
Peridot Rams	詰 Roster 🛛 딮 Team Cl	hat
	Team Members	Steps recorded by
	TestFirstName T	Manual Entry
	CE Caleb E.	Fitbit
	Roger M.	Manual Entry
TTTT	Michael T.	Fitbit
Anyone can join this team edit	Limit (L)	Fitbit
LEAVE TEAM	GO TO WARMUP	



See additional information.

#### How to track your steps for The Invitational

- **1.** Go to SmartHealth.
- 2. Select "The Invitational" card in the "Things I'm Working On" stream.

		WebMD	ONE		₫ =
	My Health	My Sponsor	Daily Habits	Community	
	ONE Health Ass Get more out of your e assessment. DISMISS	essment xperience by completi GET Yi	ng your DUR SCORE		
Home Nutrition	Sleep EDIT				
Things I'm W	orking On	1			
INVIT TEAM S Warm Up IS H Break out your w challenge starts o	The ATIONAL REPS CHALLENDE REPS CHALLENDE				

**3.** Select "Enter Steps" for manual entry. If you are tracking via a device, confirm you can see your step count.

IN	The VITATIONAL TEAM STEPS CHALLENGE	
Match-up <sup>1</sup> Me Team <sup>1</sup> Rules Leader	board	
Round 1 March 10th - 16th	🗄 <u>Roster</u>	문과 Match-up Chat 🌗
	Gamboge Pitbulls	Silver Marlins
	Andy R. O Steps	Caleb B. O Steps
vs Vs	Chris Q. 0 Steps	Jim O. O Steps
Gamboge Silver Pitbulls Marlins	KP Karen P. O Steps	Michael D. O Steps
0 0	UME M. O Steps	Pamela S. O Steps
Enter Steps	TestFirstName T 0 Steps	Roger S. O Steps
Challenges Progress		
Rounds completed 0 out of 5		

			Today			
	Enter your steps					
		Goal	10,000	steps		
Th	Fr	Sa	Su	Mo	Tu	We
	с	ancel		Sav	e	

After you've entered your steps, you'll see your progress tracked in the areas outlined in red below.

Round 1 March 10th - 16th	E Roster	모 Match-up Chat <sup>1</sup>
	Gamboge Pitbulls	Silver Marlins
	TestFirstName T 11,830 Steps	Angela R. 0 Steps
	Andy R. O Steps	Charlie S. O Steps
Gamboge Icterine	Chris Q. 0 Steps	David K. O Steps
Pitbulls Mallards 11,830 0	Karen P. 0 Steps	Dwight O. O Steps
Enter Steps	Luke M. 0 Steps	Leonard R. O Steps

After each round has ended, you'll have one additional day to enter your steps for that round. If you are tracking steps via a device, this is a good time to check to make sure your steps have been tracked.

The INVITATIONAL TEAM STEPS CHALLENGE			
Match-up <sup>1</sup> Me Team <sup>1</sup> Rules Leaderboard			
		No. Contractor and a second second	
We're tallying the scores for Round 1 now. Make sure you Enter your steps for Round 1 by the end of the day, then get started on the current round!			
Round 1 March 10th - 16th	E Roster	모 Match-up Chat <sup>1</sup>	
	Gamboge Pitbulls	Silver Marlins	
	Luke M. 77,064 Steps	Jim O. 71,848 Steps	
	Karen P. 75,721 Steps	Caleb B. 70,505 Steps	
Gamboge Silver	Andy R. 73,336 Steps	Roger S. RS 68,121 Steps	
Pitbulls Marlins 364,850 328,672	Chris Q. 70,950 Steps	Pamela S. 60,964 Steps	
Enter Steps	TestFirstName T 67,779 Steps	Michael D. 57,234 Steps	

Need to convert activity minutes to steps? Select the "Steps Conversion Worksheet" card in the "Featured" stream on the *Benefits and Resources* page.



