

The Invitational Team Steps Challenge

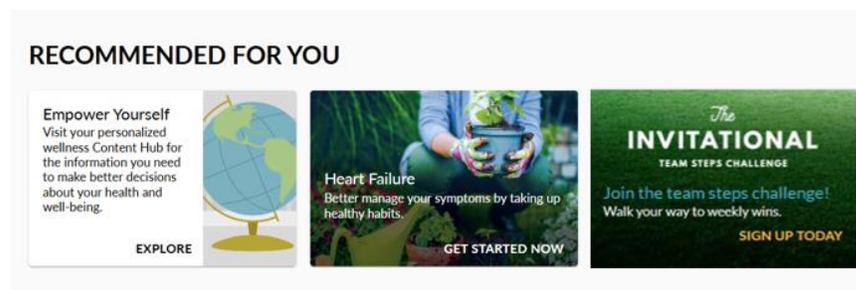
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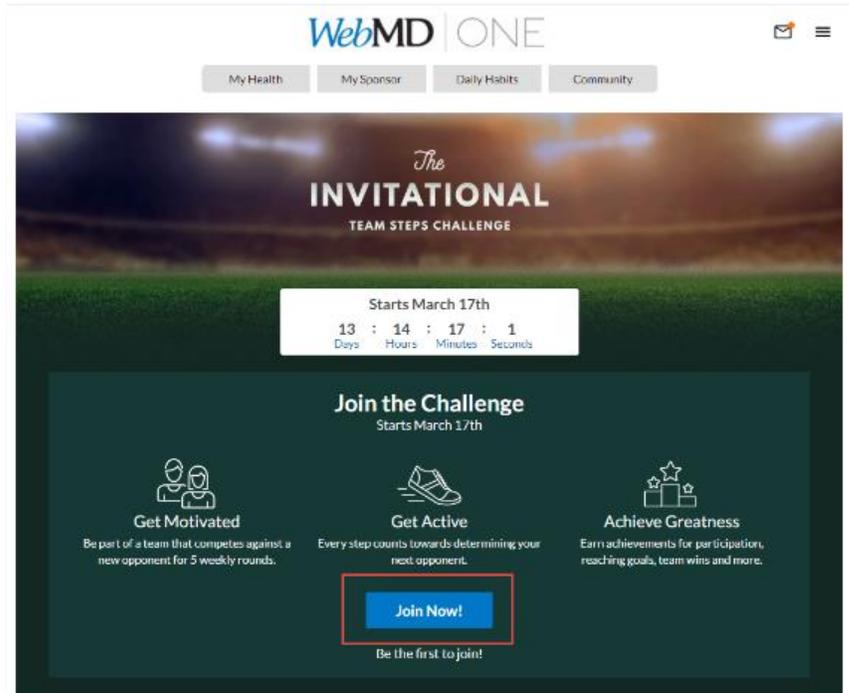
How to join the Invitational

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.

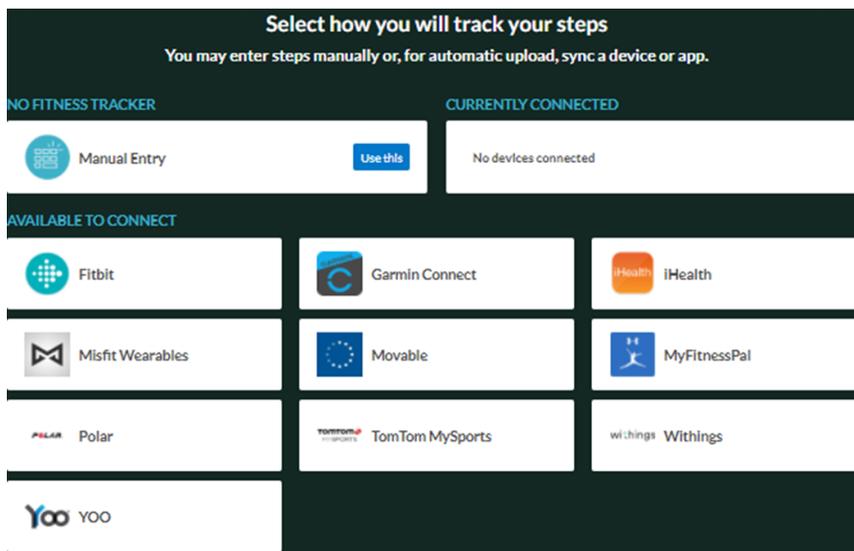


3. You will be taken to The Invitational challenge registration page. Select “Join Now” to start the registration process.

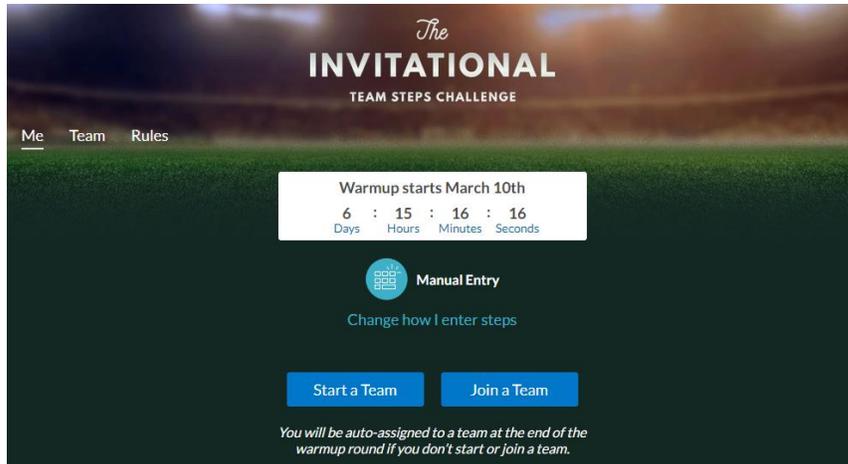


4. Select the method you'll use to track your steps.

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

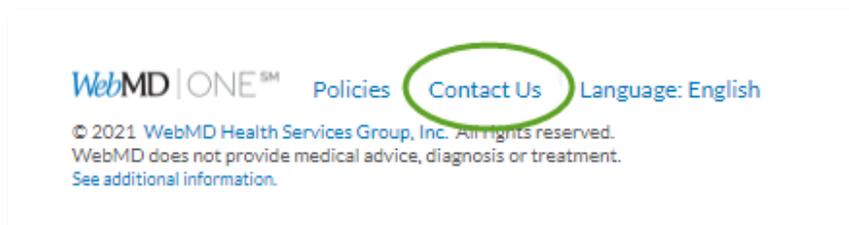


5. After selecting your entry method, you can choose to "Start a Team" or "Join a Team."



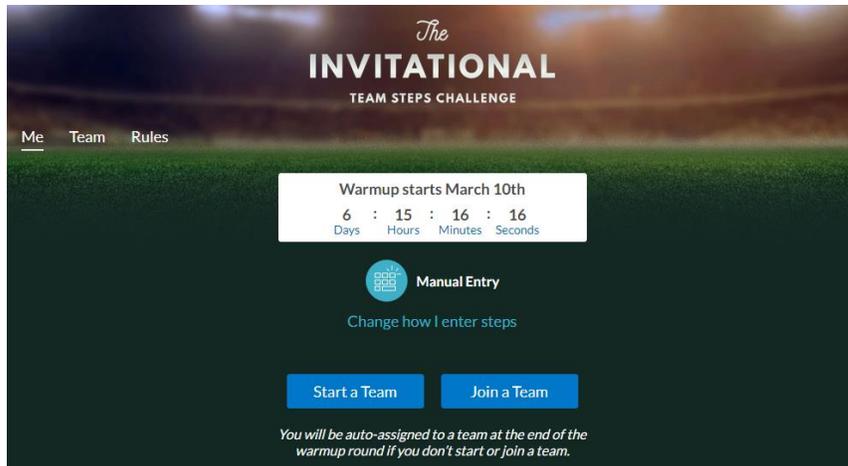
Congratulations! You're now registered for The Invitational!

Have questions? Scroll to the bottom of the page and select "Contact Us" to reach out to WebMD's Customer Service team.



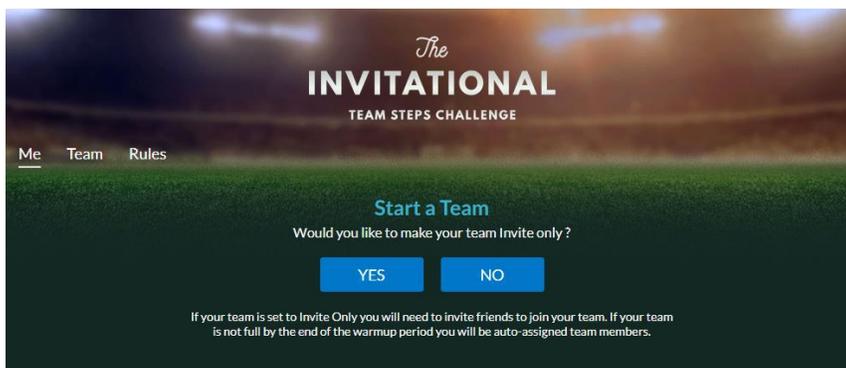
How to start a team for The Invitational

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

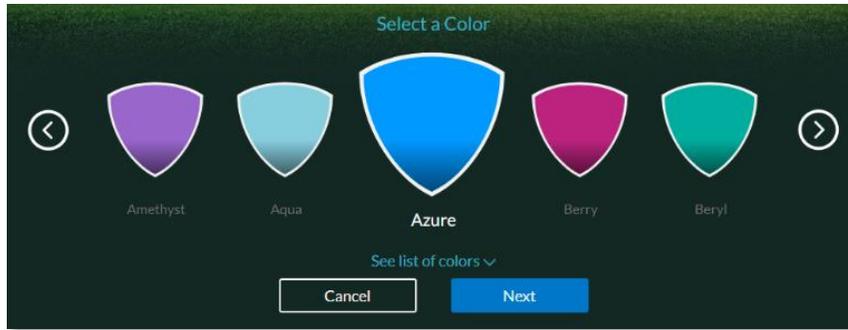


You can make your team "Invite only" or keep it open so others can join.

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.

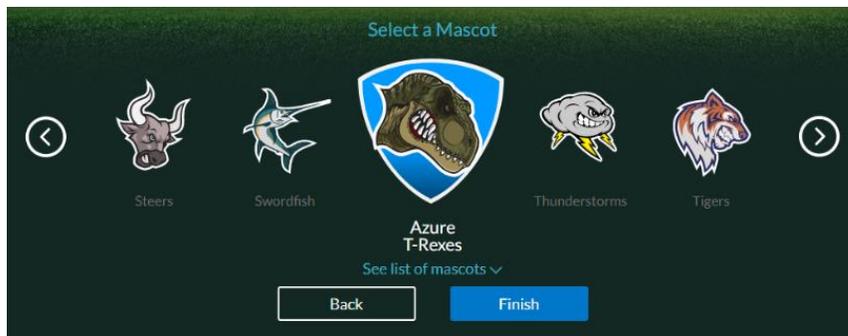


2. Select a team color. You can select "See list of colors" to see the full list available.



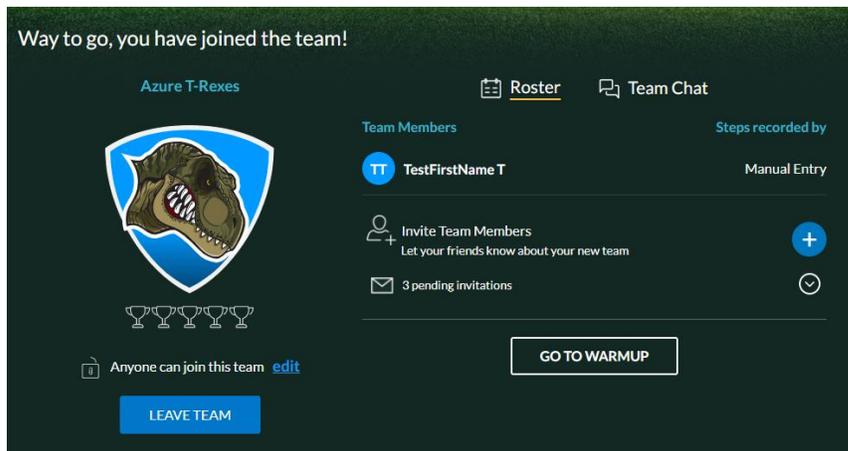
3. Select your team mascot.

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

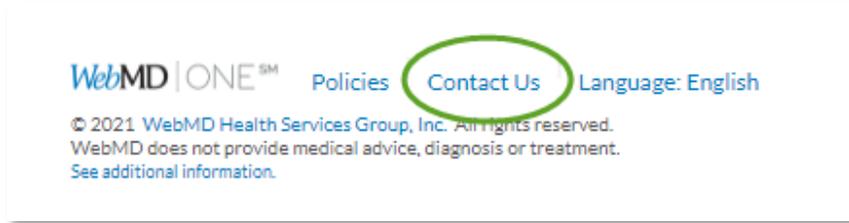


Way to go! You've created your team!

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



Have questions? Scroll to the bottom of the page and select "Contact Us" to reach out to WebMD's Customer Service team.



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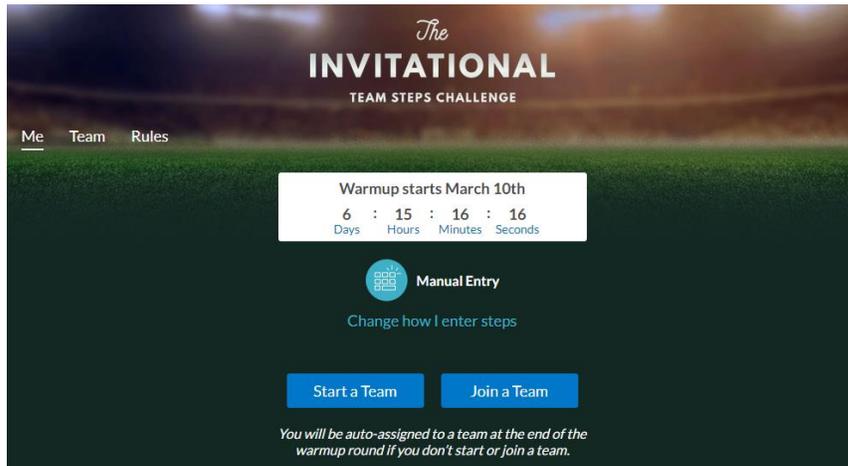
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How to join a team for The Invitational

1. Choose "Join a Team."

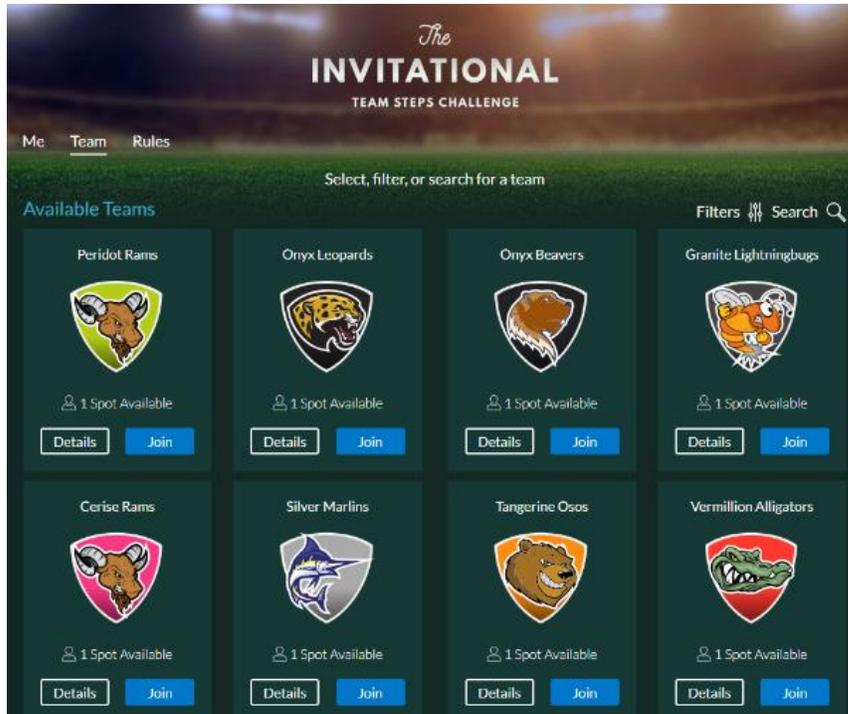
Note: If you are invited to a team you will receive an email invitation. This will be sent to the same email address you used to sign up for SmartHealth.



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

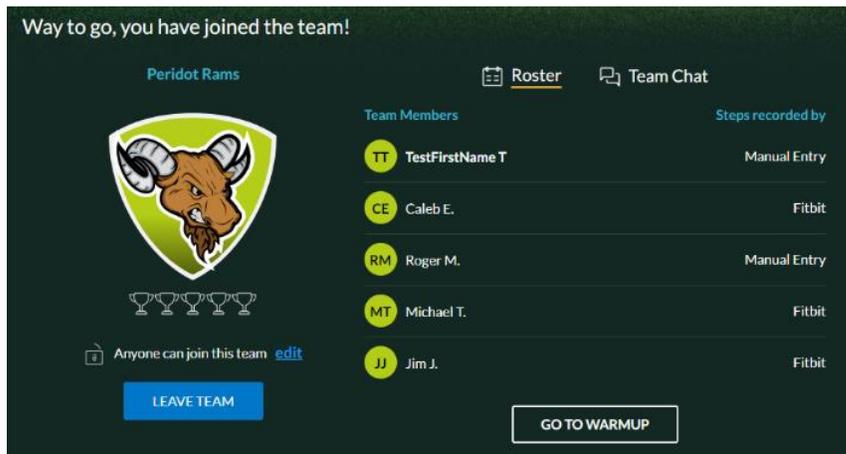
Teams consist of 5 members. During team selection, it will show how many spots are available on a team.

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.



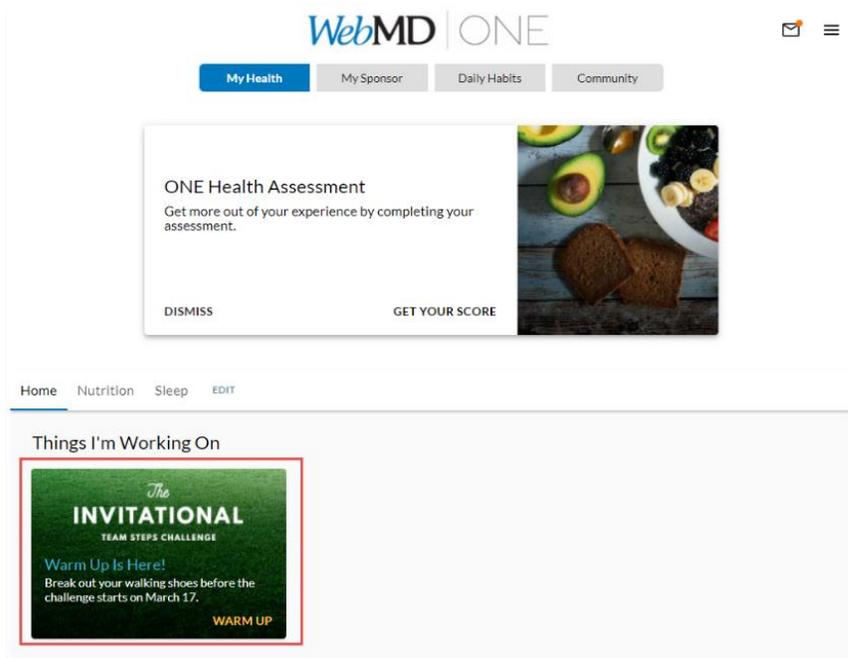
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How to track your steps for The Invitational

1. Go to [SmartHealth](#).
2. Select "The Invitational" card in the "Things I'm Working On" stream.



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

The
INVITATIONAL
TEAM STEPS CHALLENGE

Match-up ¹ Me Team ¹ Rules Leaderboard

Round 1
March 10th - 16th

 VS 

Gamboge Pitbulls 0
Silver Marlins 0

Roster Match-up Chat ¹

Gamboge Pitbulls

- AR Andy R. 0 Steps
- CQ Chris Q. 0 Steps
- KP Karen P. 0 Steps
- LM Luke M. 0 Steps
- TT TestFirstName T 0 Steps

Silver Marlins

- CB Caleb B. 0 Steps
- JO Jim O. 0 Steps
- MD Michael D. 0 Steps
- PS Pamela S. 0 Steps
- RS Roger S. 0 Steps

Challenges Progress

 Rounds completed
0 out of 5

Today

Goal 10,000 steps

Th Fr Sa Su Mo Tu We

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

Round 1
March 10th - 16th

Roster Match-up Chat



Gamboge Pitbulls
11,830

Enter Steps

vs



Icterine Mallards
0

Gamboge Pitbulls

- TT TestFirstName T
11,830 Steps
- AR Andy R.
0 Steps
- CQ Chris Q.
0 Steps
- KP Karen P.
0 Steps
- LM Luke M.
0 Steps

Silver Marlins

- Angela R. AR
0 Steps
- Charlie S. CS
0 Steps
- David K. DK
0 Steps
- Dwight O. DO
0 Steps
- Leonard R. LR
0 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 Me Team Rules Leaderboard

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

Roster Match-up Chat



Gamboge Pitbulls
364,850

Enter Steps

vs



Silver Marlins
328,672

Gamboge Pitbulls

- LM Luke M.
77,064 Steps
- KP Karen P.
75,721 Steps
- AR Andy R.
73,336 Steps
- CQ Chris Q.
70,950 Steps
- TT TestFirstName T
67,779 Steps

Silver Marlins

- Jim O. JO
71,848 Steps
- Caleb B. CB
70,505 Steps
- Roger S. RS
68,121 Steps
- Pamela S. PS
60,964 Steps
- Michael D. MD
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.

FEATURED ACTIVITIES



Steps Conversion Worksheet
Convert your activity minutes to steps for the Invitational Challenge

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