

FJMC WELLNESS APP AND ISRAEL WALKING CHALLENGE!

The FJMC Walking Challenge will begin on April 21, 2024 (Passover) and finish on June 10, 2024 (Shavuot). During the 7-week virtual journey throughout Israel you will visit many cities including Haifa, Hadera, Netanya, Tel Aviv-Yafo, Ashdod, Ashkelon, Sderot, and Jerusalem!



WELLNESS APP

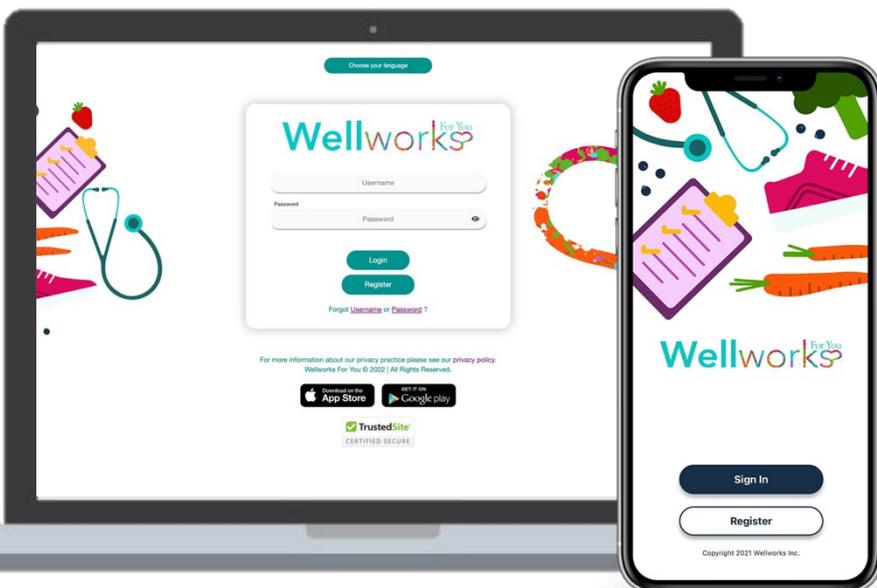
In accordance with HIPAA confidentiality laws, your individual data is accessible only to you and the third-party vendor, Wellworks For You.

NEW USERS: REGISTER ON THE FJMC WELLNESS APP

1. Download the Wellworks For You app on your mobile device
2. Click the **register** link and create an account.
3. Enter your Company ID: **13258**
4. Complete the registration process including selecting your **club affiliation**.

FORGOT YOUR USERNAME OR PASSWORD

1. Click the link **Forgot Username** or **Forgot Password**
2. Follow the instructions to retrieve your username or reset your password.



HOW TO PARTICIPATE IN THE FJMC CHALLENGE

STEP 1: LOGIN TO FJMC WELLNESS APP

Log into your FJMC wellness mobile app.

STEP 2: FIND CHALLENGES

Select Challenges at the bottom of your mobile app homepage to enter the challenge dashboard.

STEP 3: CHALLENGE DASHBOARD

At the top of the Challenges page, select Team and then select the Activate button to register for the **FJMC Israel Walking Challenge**.

STEP 4: JOIN TEAM

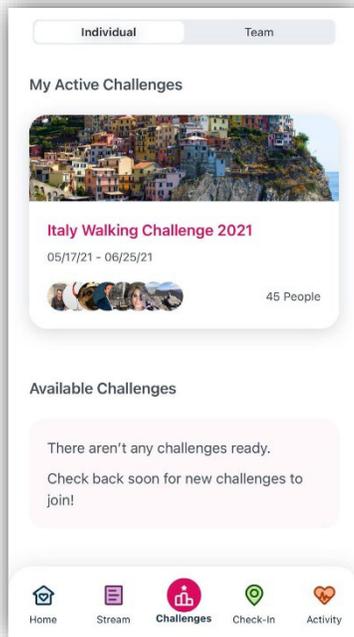
A drop-down menu will appear of available teams to join. **Please select the FJMC men's club of which you are a member.**

STEP 5: CONFIRM LEADERBOARD VIEW

Confirm if you would like to appear on the leaderboard.

STEP 6: PARTICPATE

The FJMC Israel Walking Challenge is a team challenge. The challenge leaderboard will be ranked according to Team Total Average. For example, if you have 10 people on your team and the total team registered 100,000 steps, then the Team Total Average for this team would be 10,000 (100,000 steps/10 participants).



DEVICE & APP CONNECTING INSTRUCTIONS

OPTION 1: MOBILE APP CONNECTING INSTRUCTIONS

1. Log into the FJMC Mobile App with your portal login information.
2. Tap the three lines in the top left-hand corner to access the MENU
3. Select DEVICES
4. Select SYNC OTHER DEVICES
5. Select CONTINUE on the popup message to view connectable devices.
6. Select +CONNECT button under the icon of the device/app that you are connecting.
7. When prompted, enter your device/app username and password. Please Note: Prior to syncing your device or app to the FJMC Wellness App, you must register your account with the manufacturer.

OPTION 2: APPLE HEALTH CONNECTING INSTRUCTIONS

1. Log into the FJMC Mobile App with your portal login information.
2. Tap the three lines in the top left-hand corner to access the MENU
3. Select DEVICES
4. Select the CONNECT TO APPLE HEALTH button
5. Select You will be prompted to allow Wellworks to access your health data
6. Select TURN ALL CATEGORIES ON
7. Select the ALLOW button

MANUAL STEP TRACKING

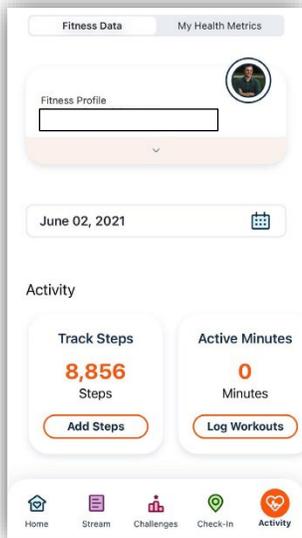
FJMC MOBILE APP

1. Tap **Activity** in the toolbar at the bottom of the home screen
2. **Select a Date** from the Drop-down menu
3. Click **Add Steps** under Track Steps
4. Enter the Steps and select **Save**

ACTIVITY

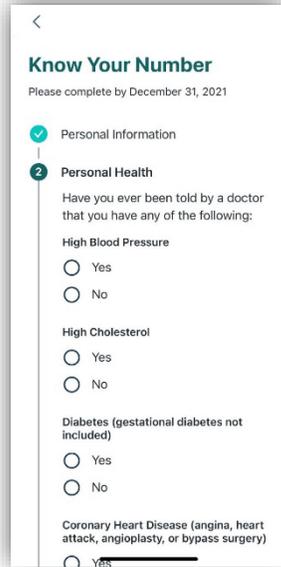
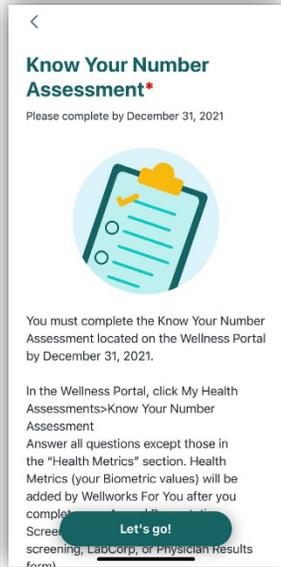
Set-up your fitness profile, track and view reports on your steps, active minutes, exercises, sleep, weight, heart rate, blood pressure, glucose, water, and nutrition. Data can be synced via device/app or manually input from the mobile app or portal.

- Enter steps in the Track Steps section for manual entry or sync a device/app for accurate step counts.
- Active minutes do not automatically transition to steps.
 - Please note that active minutes in the Activity dashboard do not automatically convert to steps. For this conversion, you will want to take the total time that you did an activity in minutes and multiply it by 100 (e.g. 30 minutes of cycling x 100 = 3,000 steps).
- Manually entering steps will override any existing synced steps for that day.
- If you would like to add manual steps to your synced steps, please add these on your Apple Health App and NOT the activity section of the FJMC section of the mobile app.



KNOW YOUR NUMBER

Users can access our Know Your Number Assessment seamlessly from the mobile app by going to the mobile app homepage and selecting KYN Assessment. Select the button “Let’s go!” and answer all the questions. You will receive a personalized report after entering all of the required information.





Questions about the FJMC Wellness App or Israel Walking Challenge?

**CONTACT
YOUR
WELLNESS
TEAM**

Please utilize our chat feature on the FJMC wellness portal homepage or email wellness@fjmc.com.

