

FJMC WELLNESS PORTAL 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 PORTAL

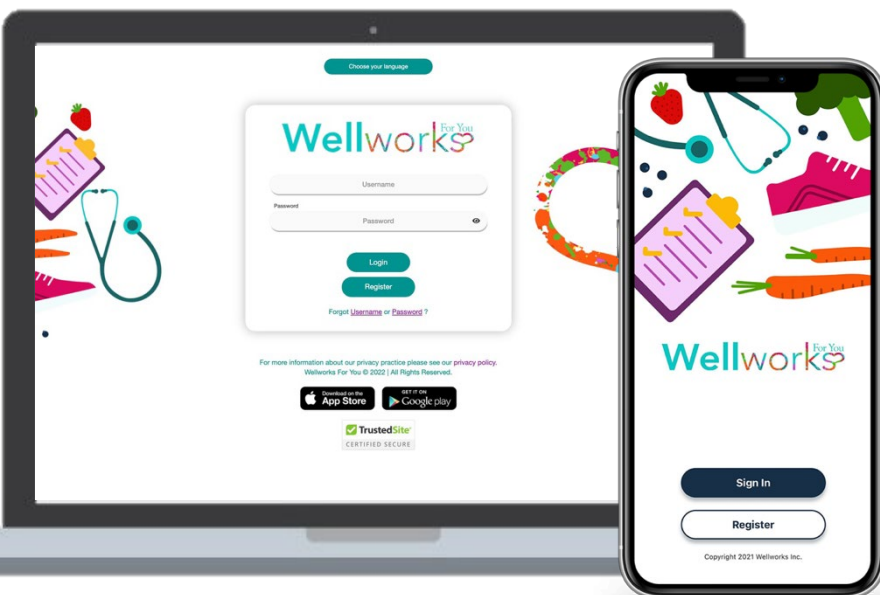
In accordance with HIPAA confidentiality laws, your individual data is accessible only to you and the third-party vendor, Wellworks For You.

NEW USERS: REGISTER ON THE FJMC WELLNESS PORTAL

1. Go to www.wellworksforyoulogin.com
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. Go to www.wellworksforyoulogin.com
2. Click the link **Forgot Username** or **Forgot Password**
3. Follow the instructions to retrieve your username or reset your password.



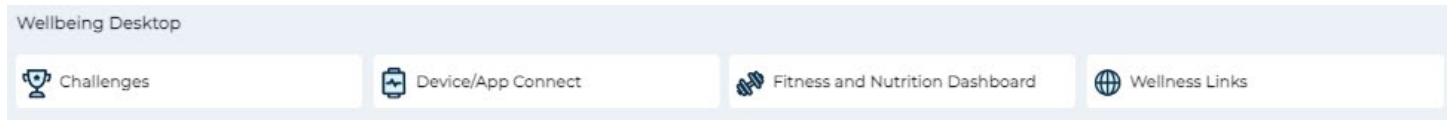
HOW TO PARTICIPATE IN THE FJMC CHALLENGE

STEP 1: LOGIN TO FJMC WELLNESS PORTAL

Log into your FJMC wellness portal.

STEP 2: FIND CHALLENGES UNDER THE WELLBEING DESKTOP

Select Challenges under the Wellbeing Desktop on the FJMC portal homepage to enter the challenge dashboard.



STEP 3: CHALLENGE DASHBOARD

Select the Activate button to register for the **FJMC Israel Walking Challenge**.

STEP 4: JOIN TEAM

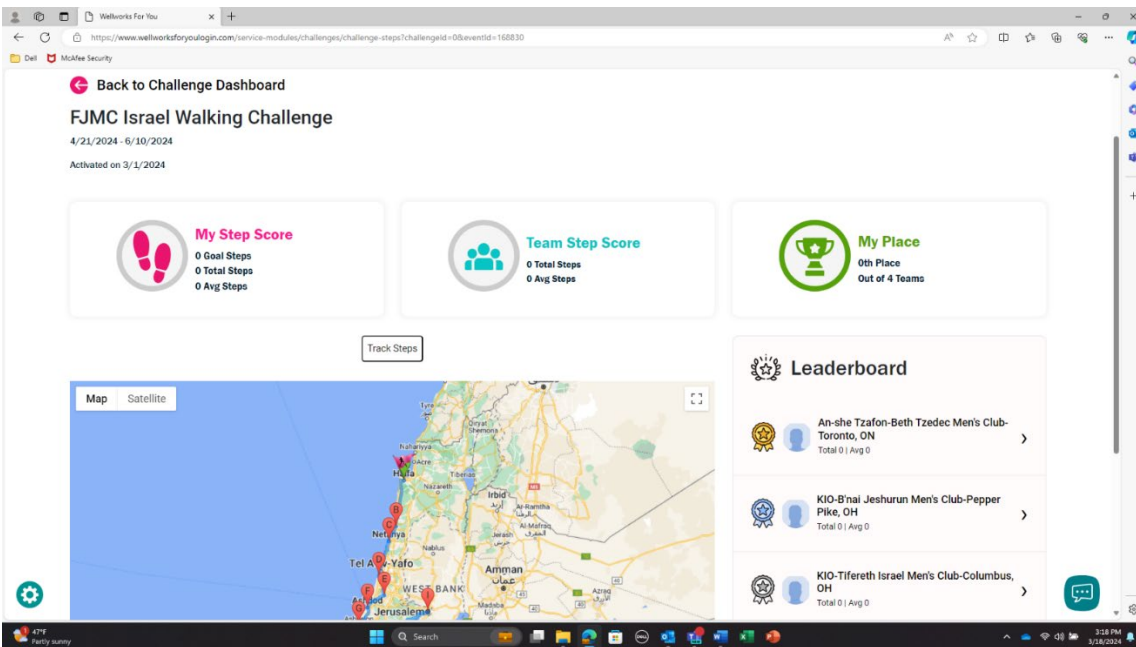
A drop-down menu will appear of available teams to join. **Please select the FJMC men's club of which you are a member.**

STEP 5: CONFIRM LEADERBOARD VIEW

Confirm if you would like to appear on the leaderboard in the lower right corner of the challenge page.

STEP 6: PARTICPATE

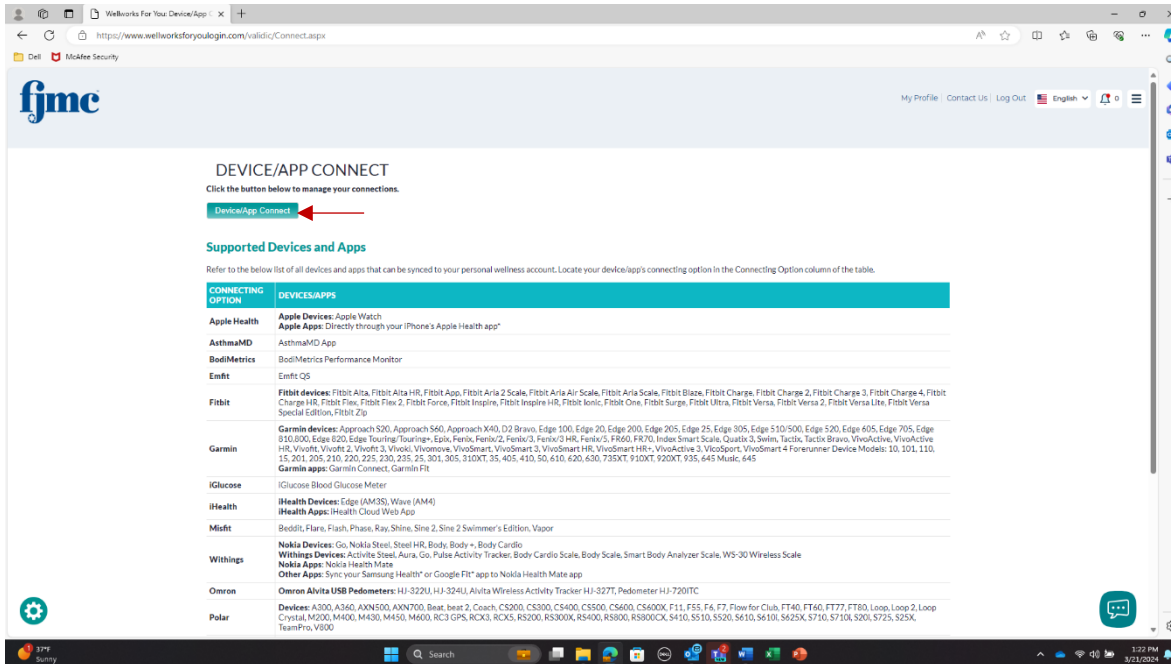
The FJMC Israel Walking Challenge is a team challenge. The challenge leaderboard will be ranked according to Team Total Average. For example, if you have 10 people on your team and the total team registered 100,000 steps, then the Team Total Average for this team would be 10,000 (100,000 steps/10 participants).



DEVICE & APP CONNECTING INSTRUCTIONS

FJMC WEBSITE CONNECTING INSTRUCTIONS

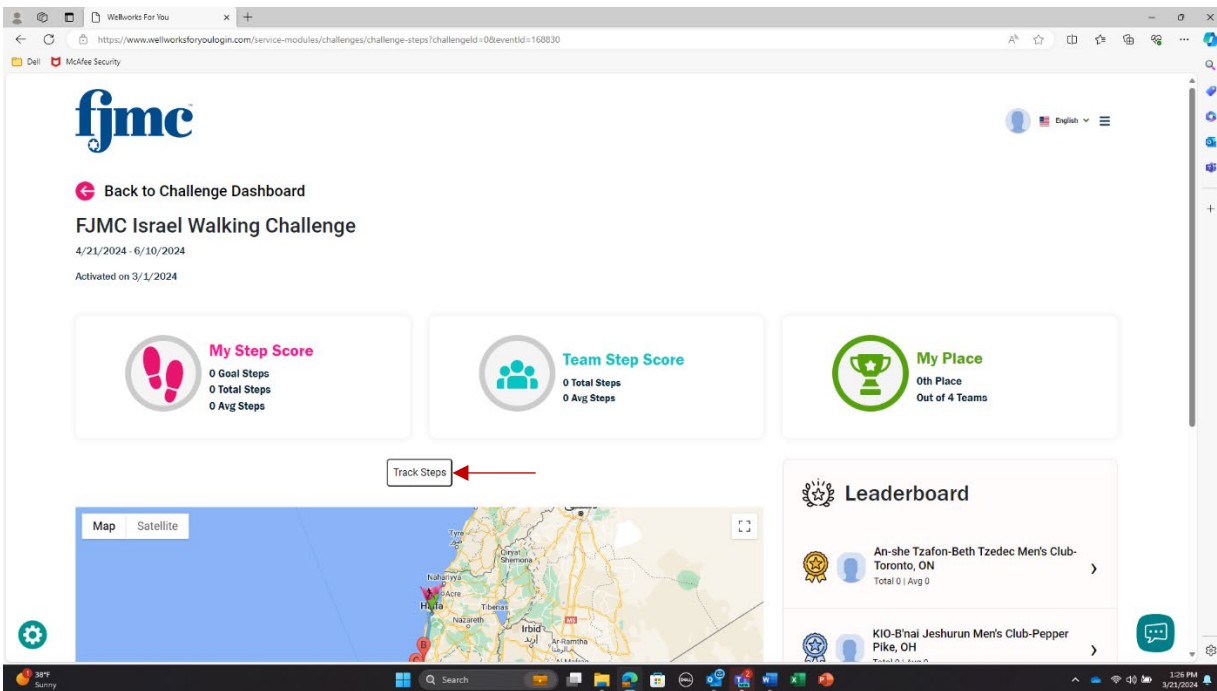
1. Log into the Wellness Portal.
2. Select the DEVICE/APP CONNECT page via the homepage or the Menu page in the top-right corner.
3. Select the DEVICE/APP CONNECT button.
4. Select the +CONNECT button under the icon of the device/app that you are connecting.
5. When prompted, enter your device/app username and password. **Please Note: Prior to syncing your device or app to the Wellness Portal, you must register your account with the manufacturer.**



MANUAL STEP TRACKING

FJMC WELLNESS PORTAL

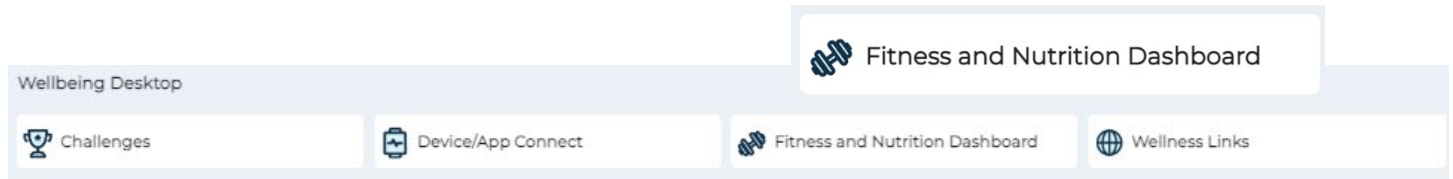
1. Click **Challenges** located in your **Wellbeing Desktop** or via the Portal **MENU**
2. Click the + **Track Steps** button located under **My Progress**
3. **Enter the date** in which you are logging steps
4. Enter the Steps and select **Add Steps**



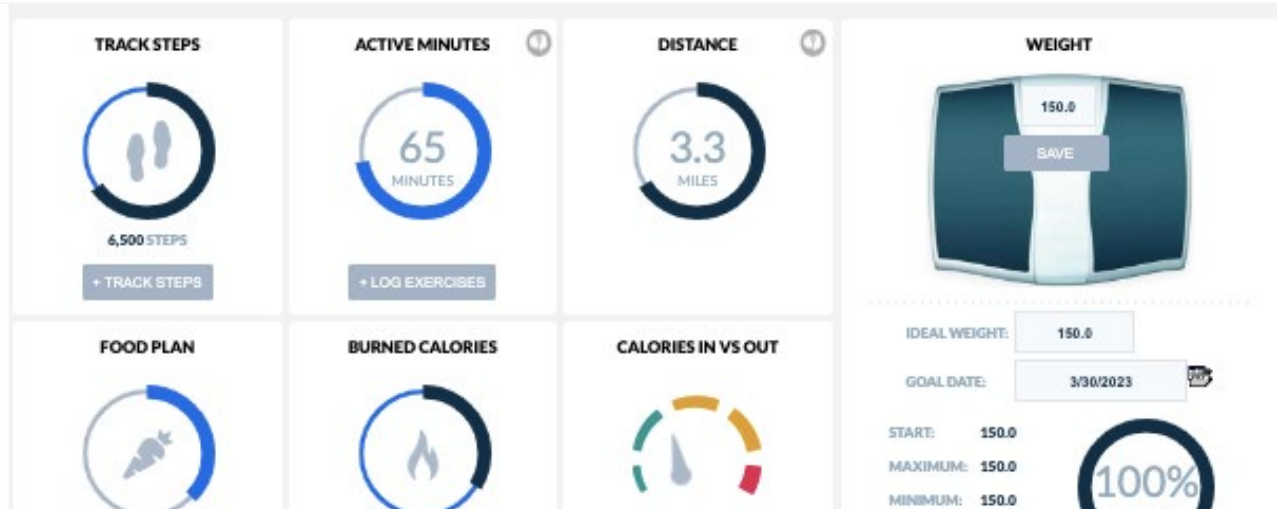
FITNESS & NUTRITION

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.

- 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 Fitness and Nutrition 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 Fitness and Nutrition dashboard section of the FJMC wellness portal.

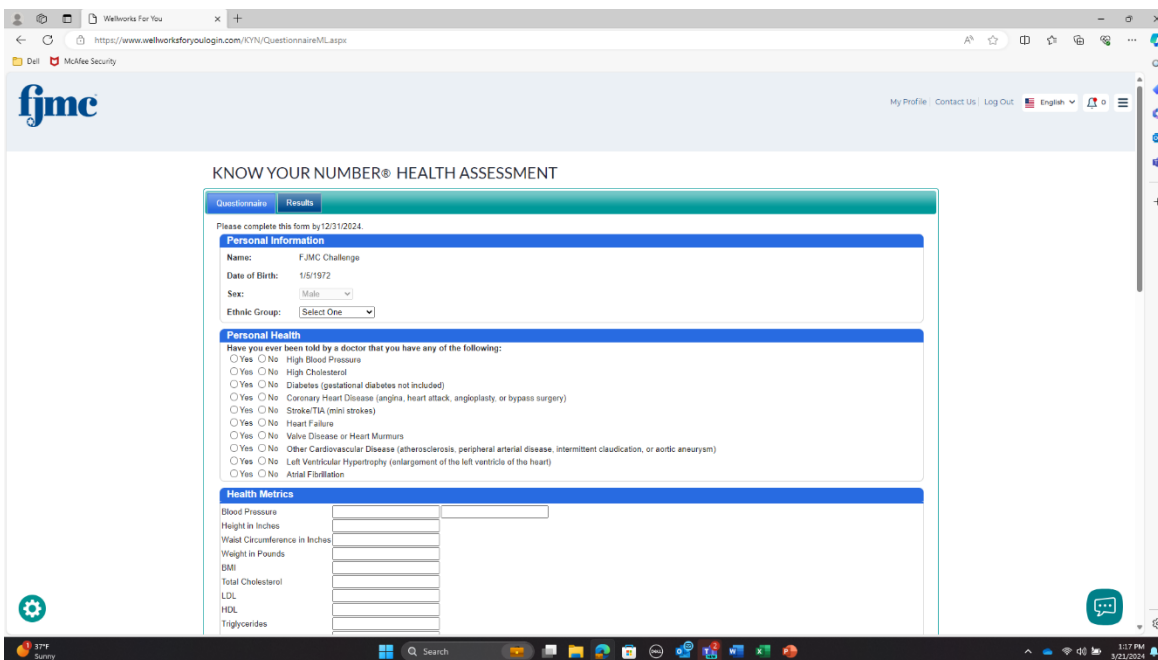
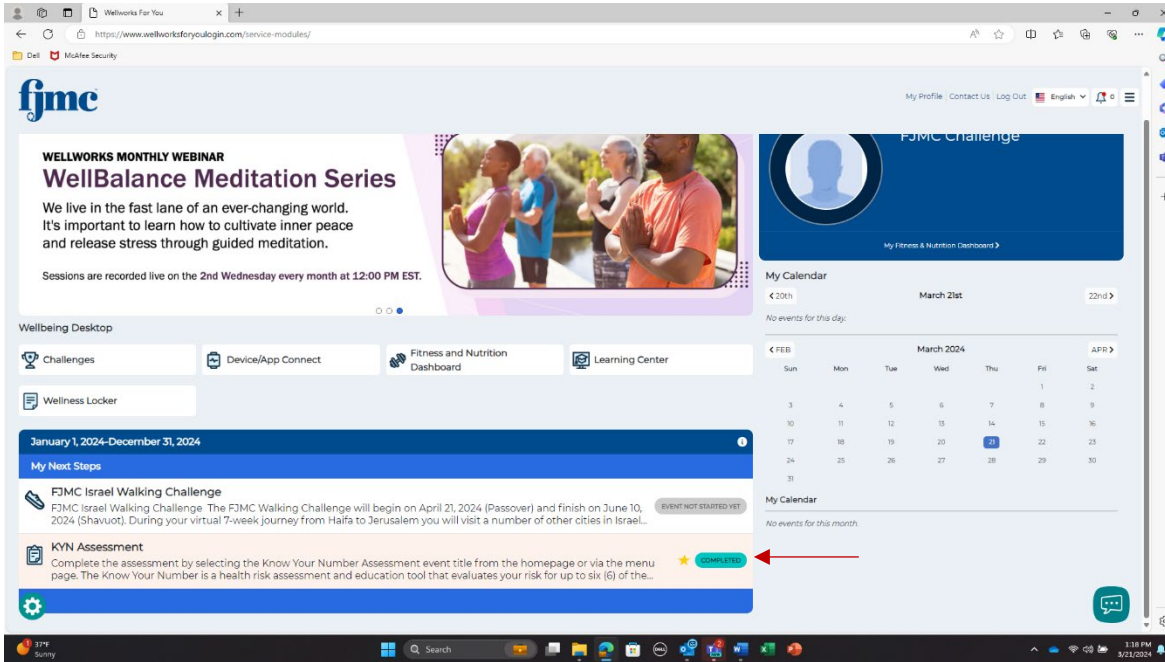


FITNESS AND NUTRITION DASHBOARD



KNOW YOUR NUMBER ASSESSMENT

The Know Your Number is a health risk assessment and education tool that evaluates your risk for up to six (6) of the most common modifiable chronic diseases. Upon completion, a simple report then displays your modifiable disease risk and how your risk compares to your peers.





Questions about the FJMC Wellness Portal or Israel Walking Challenge?

**CONTACT
YOUR
WELLNESS
TEAM**

Please utilize the chat feature at the bottom right of the FJMC Wellness Portal or email wellness@fjmc.com.

