

FJMC KING OF THE HILL INDIVIDUAL WALKING CHALLENGE

October 2, 2024 – October 29, 2024



To Benefit



[Donate - American Friends of Neve Hanna \(charityproud.org\)](https://www.charityproud.org)

To participate, please make a donation in any amount.

WEEKLY STEP GOALS

Week 1

4,000 steps per day average or 28,000 steps in a week

Week 2

6,000 steps per day average or 42,000 steps in a week

Week 3

8,000 steps per day average or 56,000 steps in a week

Week 4

10,000 steps per day average or 70,000 steps in a week

SIGN UP

If you registered on the portal for the previous challenge, you **do not** need to register again.

1. Go to www.wellworksforyoulogin.com or download the Wellworks For You Mobile App
2. Click the register link and create an account
3. Enter your Company ID: **13258**
4. Select Yes to confirm the company name listed is correct
5. Create a Username and Password and enter the required Personal Information
6. Select Create Account
7. Accept the terms of the Consent Form
8. Click MENU>Challenges
9. Select Activate under the walking challenge event to view the Challenge Dashboard
10. Select how you would like to appear on the leaderboard

**Google Chrome is the recommended browser when participating in challenges on the Wellness Portal.*

TRACK YOUR STEPS

- Devices and Apps: Sync your device or everyday fitness app to the Wellness Portal by clicking MENU>Device/App Connect>Connect Device/App. Locate your device and follow the prompts to sync with the Wellness Portal.
- Manually Track Steps: Track your steps in the Challenge Dashboard by clicking the + Track Steps button located under the My Progress section.

SPECIAL CONSIDERATIONS

- Apple Health: Apple users must sync via the Wellworks For You mobile app to transfer data from the Apple Health App and Apple Watch.
- Fitbit Pedometer: Make sure your Fitbit is registered on www.fitbit.com and synced on the Wellness Portal by clicking MENU> Device/App Connect>Connect Device/App.

**Sync only one (1) device/app for accurate step counts. Manually entering steps will override any existing steps for that day, even if they came from a device/app*

FAQs



PARTICIPATION MADE EASY

Easily sync your device, check the Challenge Leaderboard, track your step average, and even confirm your Wellness Program completion status with the Wellworks For You Mobile App!

Download through the Google Play or App Store to get started.



HOW DO I SYNC MY DEVICE/APP TO THE WELLNESS PORTAL?

ON THE WEB PORTAL:

Go to MENU>Device/App Connect. Click Connect Device/App. Then click Connect under the icon for the device or app you want to sync to the Wellness Portal. Follow the prompts to get connected.

ON THE WELLWORKS FOR YOU MOBILE APP:

Download the FJMC mobile app and login using your account credentials. Go to the menu at the top left corner and select Devices. Follow the prompts to get connected.

[CLICK HERE](#) to access the Device/App Connecting Instructions.

[CLICK HERE](#) to access the Device/App Sync Guide "How To" Video.

I AM HAVING TROUBLE CONNECTING MY DEVICE TO THE WELLNESS PORTAL.

[CLICK HERE](#) to access the Wellworks Device/App Troubleshooting Guide.

HOW DO I MANUALLY TRACK STEPS?

You can manually track your steps in the challenge dashboard or on the mobile app by clicking the + Track Steps button located under the My Progress section. Please note, this option will be disabled if your challenge does not allow for manual step tracking.

HOW DO I CONVERT ACTIVITIES 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).

HAVE ADDITIONAL QUESTIONS?

Contact wellness@fjmc.org for all questions.

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