

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

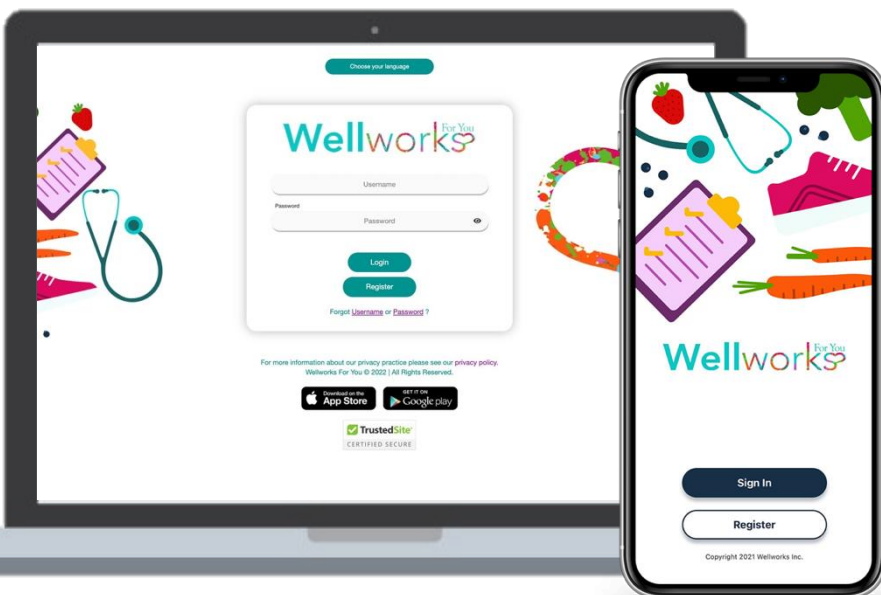
In accordance with HIPAA confidentiality laws, your individual data is accessible only to you and the third-party vendor, Wellworks For You.

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.



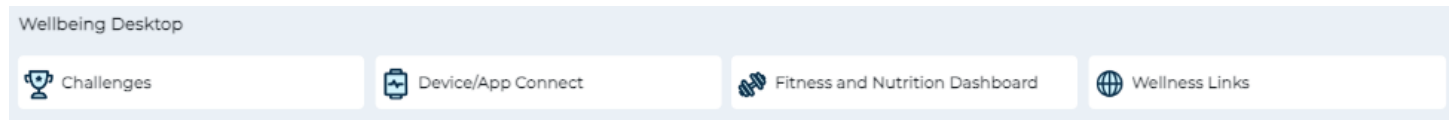
HOW TO PARTICIPATE IN THE FJMC CHALLENGE

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

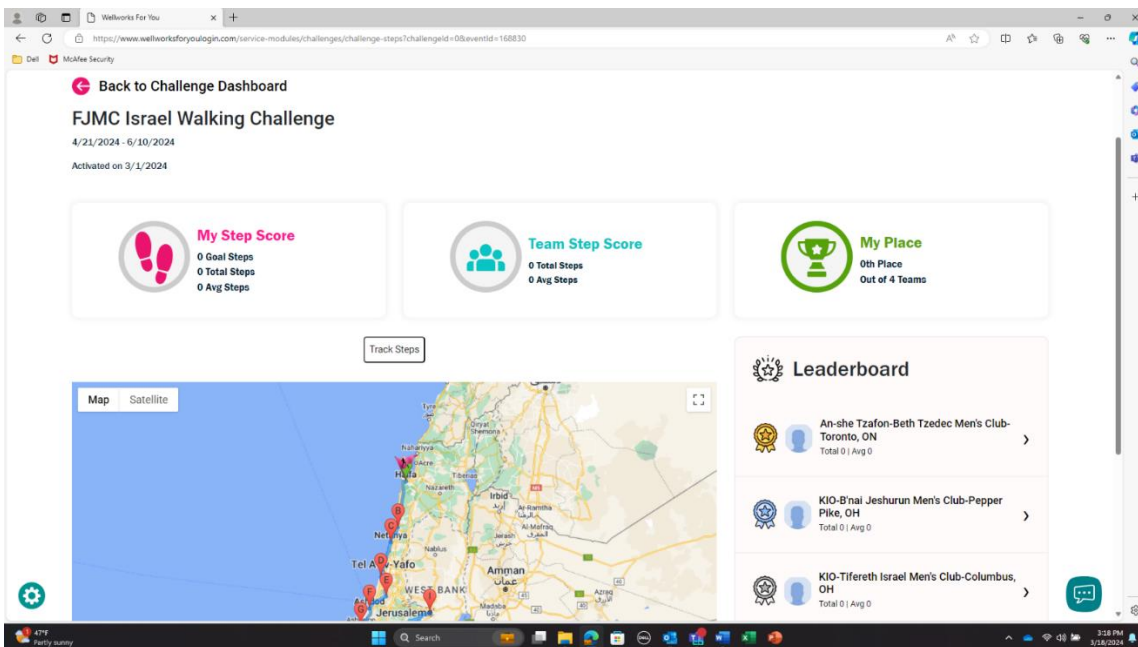
A drop-down menu will appear of available teams to join. **Please select the FJMC men's club of which you are a member.**

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

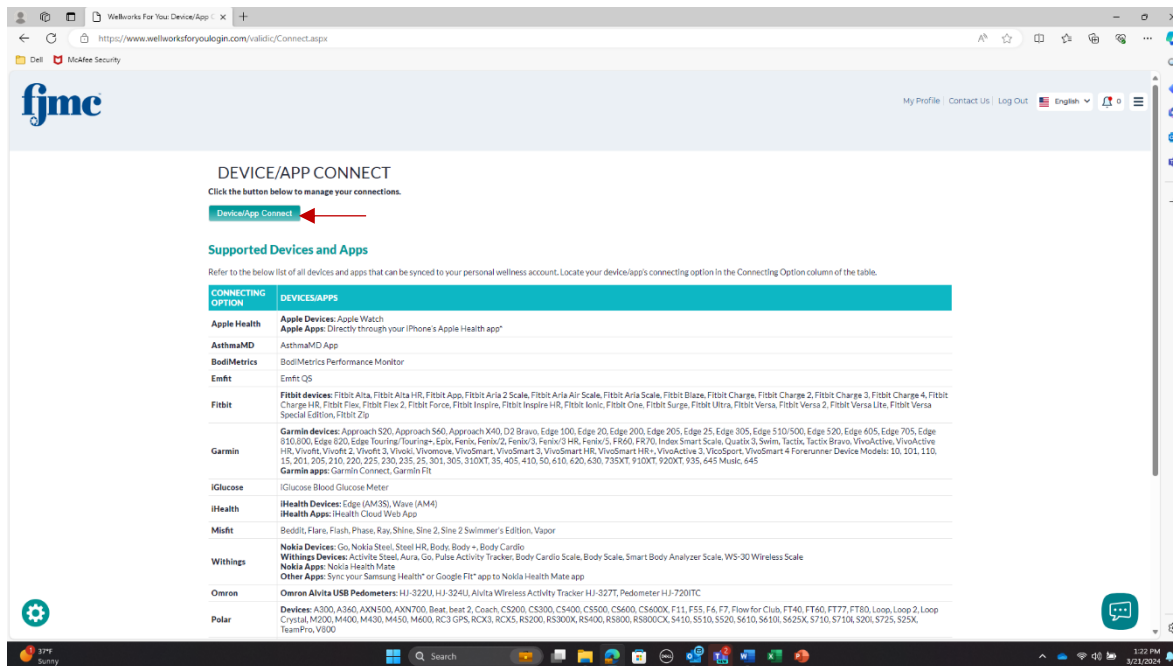
The FJMC Israel Walking Challenge is a team challenge. The challenge leaderboard will be ranked according to Team Total Average. For example, if you have 10 people on your team and the total team registered 100,000 steps, then the Team Total Average for this team would be 10,000 (100,000 steps/10 participants).



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.**



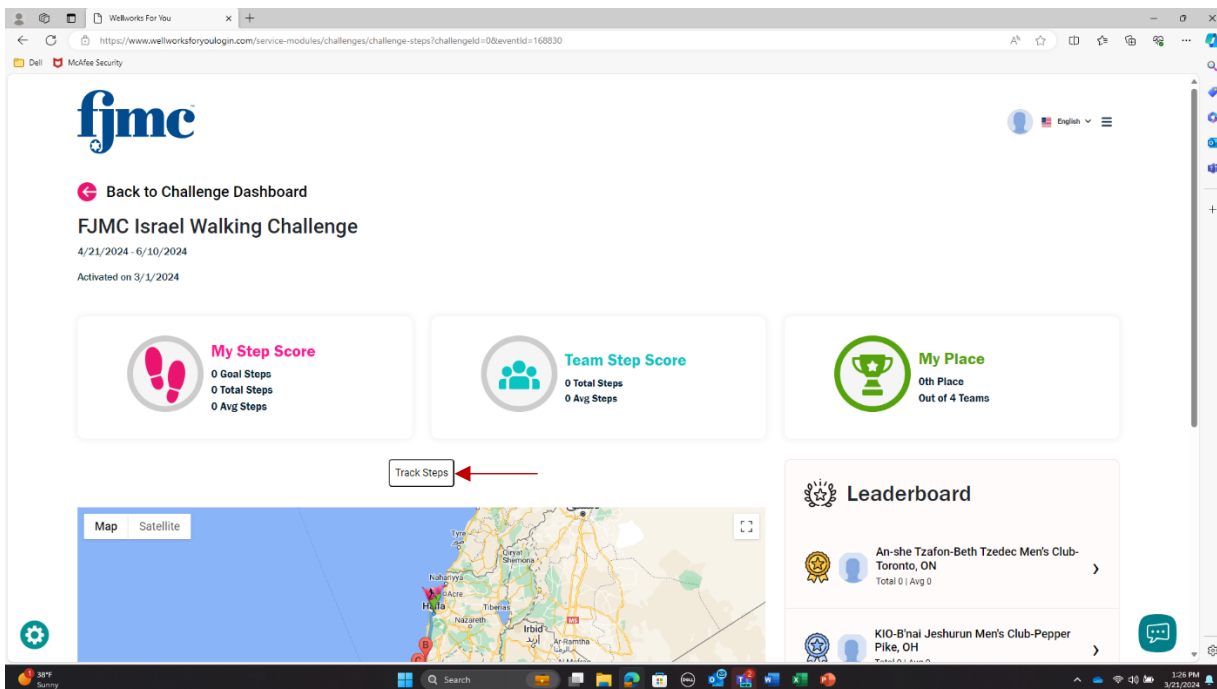
The screenshot shows the FJMC website's 'DEVICE/APP CONNECT' page. At the top, there's a navigation bar with the FJMC logo and links for 'My Profile', 'Contact Us', 'Log Out', and a language dropdown set to 'English'. Below the navigation bar, the page title is 'DEVICE/APP CONNECT' with a subtext 'Click the button below to manage your connections.' A red arrow points to a 'Device/App Connect' button. Underneath, there's a section titled 'Supported Devices and Apps' with a reference to a table. The table lists various devices and apps categorized by manufacturer.

CONNECTING OPTION	DEVICES/APPS
Apple Health	Apple Devices: Apple Watch Apple Apps: Directly through your iPhone's Apple Health app*
AsthmaMD	AsthmaMD App
BodIMetrics	BodIMetrics Performance Monitor
Emfit	Emfit QS
Fitbit	Fitbit devices: Fitbit Alta, Fitbit Alta HR, Fitbit App, Fitbit Aria 2 Scale, Fitbit Aria Air Scale, Fitbit Blaze, Fitbit Charge, Fitbit Charge 2, Fitbit Charge 3, Fitbit Charge 4, Fitbit Charge HR, Fitbit Flex, Fitbit Flex 2, Fitbit Force, Fitbit Inspire, Fitbit Inspire HR, Fitbit Ionic, Fitbit One, Fitbit Surge, Fitbit Ultra, Fitbit Versa, Fitbit Versa 2, Fitbit Versa Lite, Fitbit Versa Special Edition, Fitbit Zip Garmin devices: Approach S20, Approach S60, Approach X40, D2 Bravo, Edge 100, Edge 20, Edge 200, Edge 205, Edge 25, Edge 305, Edge 510/500, Edge 520, Edge 605, Edge 705, Edge 810, Edge 820, Edge Touring/Touring+, Epic, Fenix, Fenix 2, Fenix 3, Fenix 3 HR, Fenix 3, FR60, FR70, Index Smart Scale, Quatix 3, Swim, Tactix, Tactix Bravo, VivoActive, VivoActive HR, VivoFit, VivoFit 2, VivoFit 3, VivoFit 3, VivoMove, VivoSmart, VivoSmart 2, VivoSmart HR, VivoSmart HR+, VivoActive 3, VivoSport, VivoSmart 4 Forerunner Device Models: 10, 101, 110, 15, 201, 205, 210, 220, 225, 230, 235, 25, 301, 305, 310XT, 35, 405, 410, 50, 610, 620, 630, 735XT, 910XT, 920XT, 935, 645 Music, 645 Garmin apps: Garmin Connect, Garmin Fit
iGlucose	iGlucose Blood Glucose Meter
iHealth	iHealth Devices: Edge (AM3S), Wave (AM4) iHealth Apps: Health Cloud Web App
Misfit	Beddit, Flare, Flash, Phase, Ray, Shine, Sine 2, Sine 2 Swimmer's Edition, Vapor
Withings	Nokia Devices: Go, Nokia Steel, Steel HR, Body+, Body+, Body Cardio Withings Devices: Activite Steel, Aura, Go, Pulse Activity Tracker, Body Cardio Scale, Body Scale, Smart Body Analyzer Scale, WS-30 Wireless Scale Nokia Apps: Nokia Health Mate Other Apps: Sync your Samsung Health* or Google Fit* app to Nokia Health Mate app
Omron	Omron Alivita USB Pedometers: HJ-322U, HJ-324U, Alivita Wireless Activity Tracker HJ-327T, Pedometer HJ-720ITC
Polar	Devices: A300, A340, AXN500, AXN700, Beat, beat2, Coach, CS200, CS300, CS400, CS500, CS600, CS600X, F11, F55, F4, F7, Flow for Clubs, FT40, FT60, FT77, FT80, Loop, Loop 2, Loop Crystal, M200, M400, M430, M450, M600, RC3 GPS, RCX3, RCX5, RS200, RS300X, RS400, RS800, RS900CX, S410, S510, S520, S610, S610L, S625X, S710, S710L, S201, S725, S25X, TeamPro, V800

MANUAL STEP TRACKING

FJMC WELLNESS PORTAL

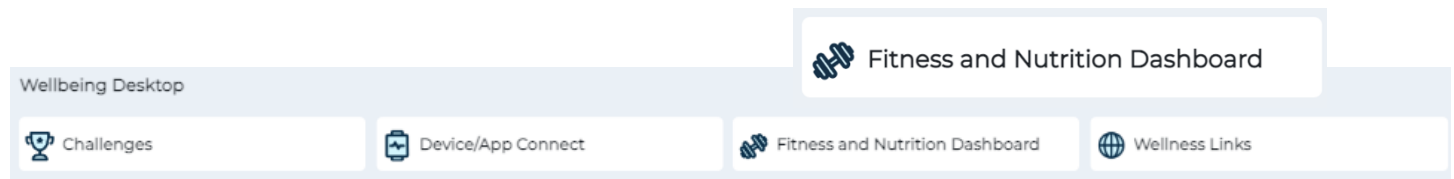
1. Click **Challenges** located in your **Wellbeing Desktop** or via the Portal **MENU**
2. Click the **+ Track Steps** button located under **My Progress**
3. **Enter the date** in which you are logging steps
4. Enter the Steps and select **Add Steps**



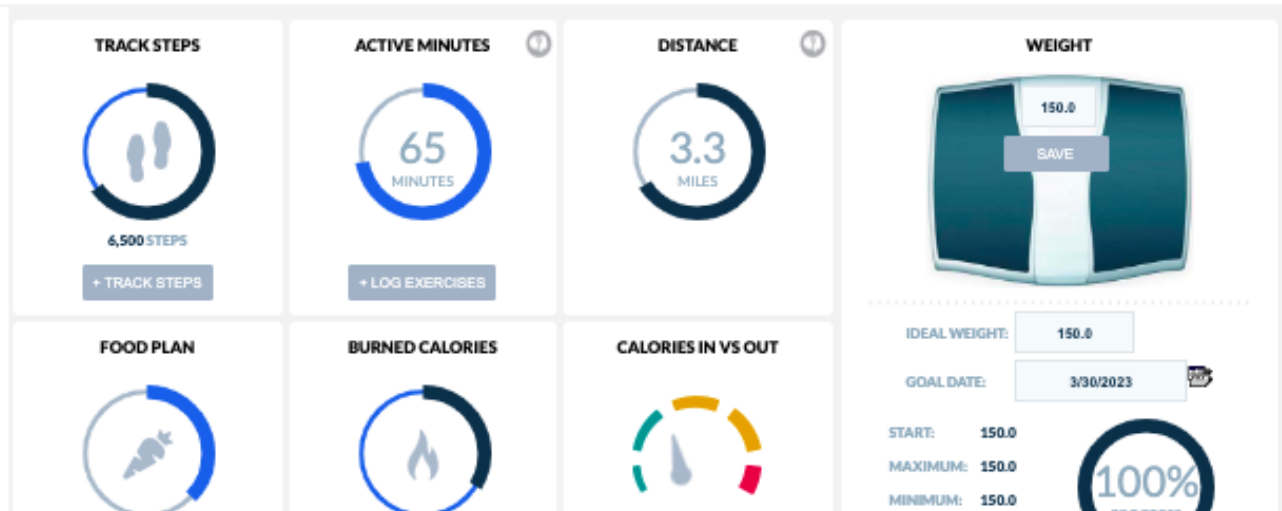
FITNESS & NUTRITION

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.

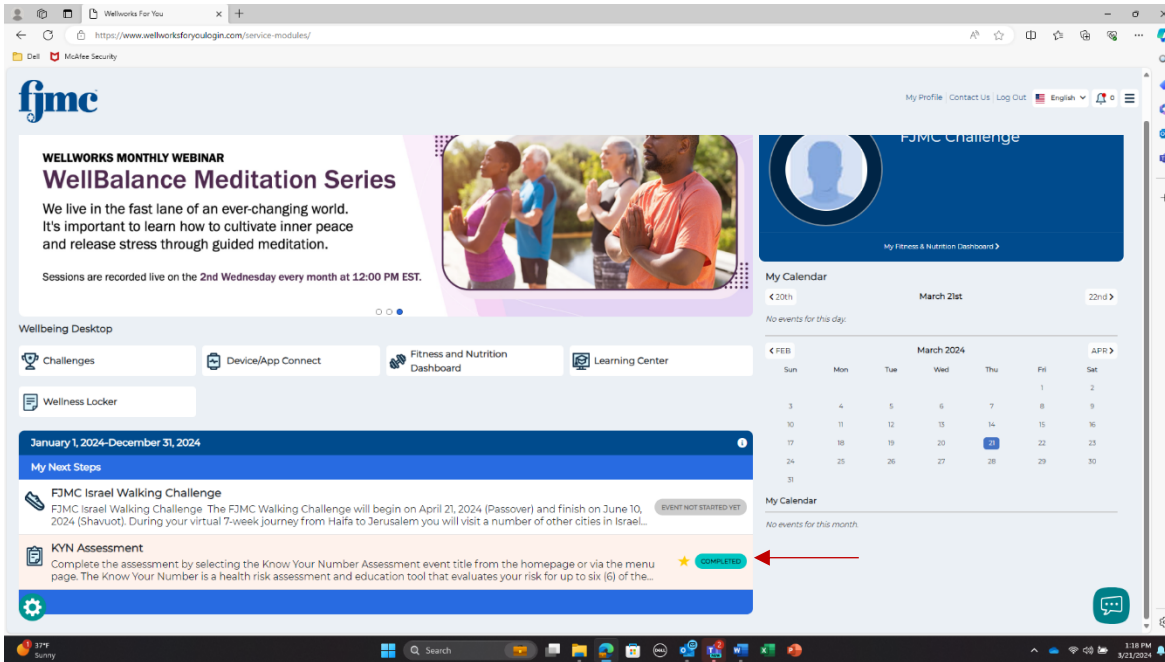


FITNESS AND NUTRITION DASHBOARD



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.



The screenshot displays the 'KNOW YOUR NUMBER® HEALTH ASSESSMENT' questionnaire. The form is divided into sections: 'Personal Information', 'Personal Health', and 'Health Metrics'. The 'Personal Information' section includes fields for Name, Date of Birth, Sex, and Ethnic Group. The 'Personal Health' section contains a list of health conditions with radio button options for 'Yes' or 'No'. The 'Health Metrics' section includes input fields for Blood Pressure, Height in Inches, Waist Circumference in Inches, Weight in Pounds, BMI, Total Cholesterol, LDL, HDL, and Triglycerides.



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.

