

2014 Participant Welcome E-mail

Hello!

Welcome to the 2014 Live Healthy Columbus Wellness Challenge! As you know we get started on Monday the 27th. Below are some helpful details about the program to make participation easy.

Getting Started

1. The challenge awards points for each day individual team members are physically active. Individual team members contribute to their team's total points by logging their daily physical activity.
2. Record your physical activity under the "myTracker" tab on your dashboard. What you record automatically gets put into your team totals. All other tabs are supplemental information and more resources to help with the healthy lifestyle.
 - a. If you need additional help recording your activity data; please be sure to check the "How To Record" document attached to this email.
3. You do not get points for tracking what you eat. If you want to track what you eat, you can do so under the "myNutrition" tab.
4. The first time you log your activity, you will have to enter your weight. **You are the only person that is able to see your weight.** Your team captain and I do not have access to that information. After you log your weight for the first time, you can choose if you want to continue to log your weight. If you choose not to, it will not hurt your team standings on the Minutes of Activity leaderboard.
5. On your dashboard homepage, you'll see a line for bonus points under Current Statistics. **Bonus points are purely for fun and do not count towards your team's overall points.** Bonus points are awarded for using and downloading resources located under the other tabs (watching videos, downloading recipes, etc.).
6. Live Healthy America does not have a mobile app, but their mobile site works well for keeping track if you can't log at work.
7. T-shirts will be mailed to your team captain and they will be responsible for distributing them to you. Magazine subscriptions will come to the address in your profile- it may be well into the challenge before they start arriving so please be patient. Please make sure you listed your home address. If you need to change any element of your profile, click the edit profile link on your dashboard homepage.

New for the 2014 Challenge

8. Our mission at Healthy Columbus to help you reach your goals during this challenge. **Your team captain has been sent "Because I said I would" promise cards for each member of the team. Write down the same personal goal on both cards but don't put your name on it. Keep a card for yourself and put it in a place where you will see it. Healthy Columbus wants to know what**

goals employees are making for themselves so we can help you reach them. If you want to share your goal with us, send the other card to Brandon Kimbro Human Resources 77 N. Front St. Remember your name isn't on the card so we won't remember who wrote it!

9. Your team captain has also been sent a few copies of walking routes near your building. Use them throughout the challenge and as the weather warms up. Additional maps can be downloaded from the Healthy Columbus website (www.hr.columbus.gov/healthycolumbus).

Prizes and Rewards

10. There will be many more prizes awarded to teams and individuals than ever before! For the complete list please visit: www.hr.columbus.gov/healthycolumbus/LH14. Drawings will be held for the teams who have every member up to date on their logging each week.

For more updates and great resources, be sure to like [Healthy Columbus](#) on Facebook as well as [Live Healthy America](#)!

Finally, if you have any questions or problems with the website, please let me know. I can be reached at btkimbro@columbus.gov.

Good luck to all teams!