



The Caribbean Island Activity Challenge

August 2 - September 12

Set sail traveling island to island during this year's challenge. Soak up the sun and learn some fun facts about the islands while you track your favorite activities. Reach milestones and earn virtual medals by achieving 6K, 8K and 10K steps a day. Join as an individual or team up, the choice is yours.

Be on the lookout for ways you can earn bonus steps daily and weekly. And remember, this is NOT just a steps challenge, any fitness activity counts!

Join today: www.employeewellnesshub.com/dchr

Rules

Participants will join in the challenge as individuals or teams. **You may not join both.** Please read these challenge rules:

- Registration is open July 26 - August 6.
- The challenge begins August 2.
- Participants will track steps and/or minutes of activities by logging into the challenge site and using the trackers in the "Track Data" tab, or by linking a [wearable device](#). If you want to track data on your smart phone, you can also [download the app](#).
- All activities entered are converted to their equivalent number of steps automatically by the challenge site and applied to the challenge.
- Participants can track data up to 7 days in the past if needed. Entries beyond 7 days from the activity completion date will be flagged for review and will only be permitted if approved by the Challenge Administrator.

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Tracking Data

Participants can track steps and activities during the challenge in these ways:

- Use the *Enter Steps* widget to enter steps from a pedometer or a smart phone manually.
- Use the *Activities* widget to enter the minutes that you participate in your favorite fitness activities. Activity minutes are converted to steps automatically.
- Link your [wearable device](#) to the challenge and your steps will be entered automatically when you log in.
- [Download the Employee Wellness Hub App \(EWH\)](#) and enter data or track steps with your phone's motion sensor or link your iPhone health kit (Apple Watch) or Google Fit app.

Team Challenge

Participants can also join a team using the "team" tab at the top of the page. All participants must read the rules:

- Participants may join the team challenge or individual challenge. You may not join both.
- Teams must consist of no more than 6 participants.
- Team scores are calculated by the average steps per team member.
- Once registration closes on August 6, you may not move teams.
- All teams must be approved by a challenge administrator. Teams are approved within 12 hours. Participants may only join a team once it is approved.

To create or join a team, click the "Teams" link in the menu at the top of the page. The employee who creates the team is the team owner and can edit the team information. You can also set a password for your team and then give the password to the people that you want to join.

Bonus Steps

Participants can earn bonus steps for completing the following activities:

- Did you avoid added sugar today? [Read this for some tips](#). Earn 100 bonus steps when completed today. (Max 100 bonus steps per day).
- Watch the weekly Brain Shark video and mark the tracker complete. Each video watched will earn you 100 bonus steps. The new tracker will appear each week with the video link. (Max 100 bonus steps per week).

Medals

Participants are encouraged to walk and be active each day. Have fun reaching personal milestones for completing goal levels:

Bronze Medal - average 6,000 steps a day (252,000 steps)

Silver Medal - average 8,000 steps a day (336,000 steps)

Gold Medal - average 10,000 steps a day (420,000 steps)

Incentives

Individual Winners:

First Place: Handheld Massager

Second Place: Echo Spot Smart Alarm Clock with Alexa

Third Place: Veggie Chopper

Top Team Winner

Each Member of the Team will receive \$50 Amazon Gift Card

All Teams that reach the challenge goal will be entered to win a \$50 Amazon Gift Card for each team member

The Challenge Administrator (a 3rd party group) will use a random number generator to choose winners that meet the step goal criteria. You will receive a separate email if you are a challenge winner. All qualifying participants will be eligible to win no more than one prize.

Questions? Concerns? In case of technical difficulties, please email us at wellnesschallenges@healthfairplus.com. You can also reach us by using the Contact Us button in your upper left corner. You can also post any questions or concerns or feedback on the challenge chat board which is reviewed daily by a Challenge Administrator.