



June Steps Challenge Guide

Registration: May 10-31

Challenge: June 1 – June 30

The June Steps Challenge is a team-based steps challenge designed to motivate you to stay strong throughout the summer of our 2021 BW Wellbeing program year.

Participants will be able to earn BONUS points as detailed in the chart below. All active North American team members and spouses are eligible to join. This time around, the teams are up to you – your department, your BWU classmates, your friends from other divisions – any group of 20-50 North American BW team members and spouses will work! You have the option of becoming a team captain and starting your own team or joining a team that has already been created.

REWARDS	
Individual Rewards (BONUS Vitality Points)	
<i>Daily Average Steps (DAS) = Total # of Steps Uploaded ÷ 30 days</i>	
5,000-9,999 DAS	250 BONUS Vitality Points
10,000-14,999 DAS	350 BONUS Vitality Points
15,000+ DAS	500 BONUS Vitality Points
Team Reward	
<i>Team Daily Average Steps (TDAS) = $\frac{\text{Total \# of Steps Uploaded by your team}}{\text{Total \# of Eligible Participants}} \div 30 \text{ days}$</i>	
Team with highest TDAS	Corporate-sponsored Celebration of Winning Team's Choice! (\$10/Active Registered Participant)

The challenge ends at Midnight Central Wednesday, June 30, 2021. The deadline for syncing your device and verifying all your steps have been accounted for is 9 PM Central Monday, July 12, 2021.

Winners will be announced on Friday, July 16!

To count as an Active Participant for prizes, you must register for the Challenge in Vitality and agree to the Rules of the Road. Registration begins on Monday, May 10 and ends on Monday, May 31.

To register, complete the following steps:

- 1) Login to Vitality and navigate to *Community > My Challenges*
- 2) You will see the June Steps Challenge invitation waiting for you.
- 3) Follow the steps to register for or create your own team!

Team Roles

Team Captain: The team Captain is responsible for setting up the team within Vitality. You can invite specific team members to join your team or leave your team open for anyone to join. Responsibilities include the initial set up of the team, ensuring your team has the required minimum of 20 participants, and boosting morale and getting your team moving! *Note: If your team does not meet the minimum of 20 participants, you will be notified before the Challenge begins to either recruit more members or have your participants join another team. If your team still does not meet the requirement when the Challenge begins, you and your team will not be able to participate in the Challenge.*

To register as a Team Captain and start your own team:

- 1) **Please set up your team early in the registration period to allow maximum time for team members to join.**
- 2) Login to Vitality and navigate to *Community > My Challenges*
- 3) You will see the June Steps Challenge invitation waiting for you.
- 4) Select “Get Started” and “Join this Challenge”. Read and agree to the Rules of the Road.
- 5) Select “Create Team” and create a team name and slogan.
- 6) Choose “Open to Join” if you would like anyone to be able to join your team or “Invitation Only” if you have a specific group of people in mind.
 - a. *If you make your team “Invitation Only”, only people you invite can join your team. The team will not show up for everyone on the “Join the Teams” page.*
- 7) Upload your own team logo or choose from Vitality’s photo options.
- 8) Whether you choose “Invitation Only” or “Open to Join”, do not forget to encourage people to join your team! Your team must have 20-50 members to participate in the challenge.

Participant: Get moving to help your team start off the challenge strong and earn BONUS Vitality Points!

To register and join a team that has already been created:

- 1) Login to Vitality and navigate to *Community > My Challenges*. You will see the June Steps Challenge invitation waiting for you.
- 2) Select “Get Started” and “Join this Challenge”. Read and agree to the Rules of the Road.
- 3) Select “Join Team,” find the group with whom you would like to compete and follow the instructions to register. You can join any team you see on the list!

Additional Questions?

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