

Coming Soon...

Join the Fun - Get in Step

Bring colleagues along and step together!

Compete in edHEALTH's 2024 Walking Challenge



JUNE 3RD - JULY 5TH

The first 150 employees to sign up are entered into a raffle to win one of 30 Fitbits!

see below for sign up instructions

- Weekly prizes include gift cards, Stanley cups, and more!
- The winning school is determined by average number of steps per person
- Holy Cross is competing with the other edHEALTH schools including: Emerson, Bennington, Bentley, Berklee, Boston College, Lasell, Sarah Lawrence, Suffolk, Olin, Regis, Wellesley, Saint Joseph's, Wentworth, Brandeis, Clark, Dean, Lesley, Salve Regina, WPI, and Wheaton
- Log your steps... every step counts!

More details are coming!

Brought to you by Human Resources



Frequently asked questions

I participated in the edHEALTH Walking Challenge in previous years. What is new with this year's program?

This year, the challenge will run for five weeks instead of four.

What platform will the walking challenge use?

Back by popular demand, our program will continue to be housed on the same digital challenge platform through IncentFit. Through IncentFit you can track participation in your school's wellness challenges in real time via an easy-to-use app or website.

I don't have Harvard Pilgrim for my insurance. Can I still join?

Yes. All employees can participate in this challenge.

Can I use my same IncentFit account as last year?

Yes!

Which apps and devices are supported?

IncentFit syncs with many popular fitness trackers and mobile apps, some of which are free.

To view the most up-to-date list, please visit the "All Apps & Devices" section of your IncentFit account. Examples of apps that are included: Apple Health, Fitbit, Google Fit, Samsung Health, Garmin Connect, iHealth, Map My Fitness, Map My Walk, Nike+ Run Club, RunKeeper, and Withings.

What if I don't have a smartphone?

If you have a mobile tracking device such as a Fitbit but do not have a smartphone, you can still sync that device through the IncentFit website.

What can I see in the IncentFit platform?

- Challenge rules
- Leaderboard for ALL schools in real time
- Individuals on each team
- Steps and daily average steps
- Chat function

Who do I contact with questions about this challenge?

If you need assistance, please contact Living Well Support at LivingWellSupport@point32health.org or by phone at **(877) 594-7183**, Monday - Friday, 9 a.m. - 5 p.m. EST.

How do I get started in the walking challenge?

If you are already registered with IncentFit, log in using your username and password and skip to "How do I join the challenge?"

1. If you have never used the IncentFit app, download the IncentFit app from the App Store or Google Play or visit www.incentfit.com/login/.
2. At the IncentFit home screen, enter your Email and click/tap **"Next."**
3. You will then be prompted to enter in the following **Signup Code: edhealth (all lowercase letters)** and click/tap **"Check Code"**
4. You then will be asked to enter an email address and create a password. **Please remember this information as you will use those credentials to log in.** You will also be asked to enter your first and last name.

How do I join the challenge?

Once you have successfully logged into your IncentFit account, you can join the challenge by clicking/tapping the Challenges menu of your IncentFit account. Find your school and hit the "Join Team" button.

How can I sync a step/fitness tracker app/device?

1. Log in to your IncentFit account and select **My Account > All Apps & Devices** from the menu.
2. Locate your app/device on the list.
3. Click **"Start Auto Syncing"** and follow the on-screen instructions. Be sure to read all the information when connecting, as some devices have specific instructions. For most devices, you must share "Profile" and "Exercise/Activity" to sync properly.

Note: Google Fit/Samsung Health (Android) and Apple Health (iPhone) are free apps that turn your phone into a pedometer. To sync data from these services, be sure to open the IncentFit mobile app or log into the IncentFit website every few days. Most other tracker services such as Fitbit and Garmin will sync automatically every 24 hours once synced with your IncentFit account.