



# Cruisin' Through Cali walking challenge

Monday, July 9<sup>th</sup> – Tuesday, September 4<sup>th</sup>



Welcome to the **Cruisin' Through Cali Walking Challenge!** We will begin our **8-week individual virtual walking challenge** on **Monday, July 9<sup>th</sup>** in San Francisco and then will be making stops in Santa Cruz, Monterey, Cambria, Pismo Beach, Santa Barbara, Santa Monica, Newport Beach, and San Clemente, before making our final stop in San Diego.



## Sign-up for the Challenge

Log into your Wellness Portal today and sign-up for the Cruisin' Through Cali Walking Challenge!

1. Log into your Wellness Portal – [www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com)
2. Click **Challenges** at the top of the page
3. Select the **Cruisin' Through Cali Walking Challenge** to access the Challenge Dashboard
4. Click **Join** to become an active participant in the walking challenge

## New Member?

If you do not have an account on the Wellness Portal, please follow the instructions listed below to create your account.

1. Go to [www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com)
2. Select the link to create an account as a **New Member**
3. Enter the Company ID: \_\_\_\_\_
4. Confirm your company name listed is correct
5. Create a Username, Password, and enter the required information
6. Select **Create Account**
7. Accept the terms of the Consent Form



## How to Track Your Steps

Choose **one (1)** of the options below to track your steps:

1. **Fitbit:** Sync your Fitbit with the Wellness Portal by navigating to **Devices/Apps>Fitbit>Link Your Fitbit Account**
2. **Other Device/App:** Sync your device or everyday fitness app with the Wellness Portal by navigating to **Devices/Apps>Device/App Connect>Connect Device/App**
3. **Manually Track Steps:** Go to **Fitness and Nutrition>WellBalance>Track Steps** on the Portal

**Please Note:** You may only choose **one (1)** option to track your steps. Google Chrome is the recommended browser when participating in challenges on the Wellness Portal.



## Incentives

Incentives to be determined at the end of the challenge.



# Walking Challenge FAQs



**QUESTION:** How do I sync my Fitbit to the Wellness Portal?

**ANSWER:** You must first register your Fitbit device on Fitbit's website at [www.fitbit.com/setup](http://www.fitbit.com/setup). Then, login to your Wellness Portal and click **Devices/Apps>Fitbit**. Click **Link Your Fitbit Account**. Follow the prompts to link your account.

**IMPORTANT!** Make sure you leave all of the requested data types checked at the time you sync with the Wellness Portal to ensure data is synced correctly.

**QUESTION:** My steps from Fitbit are not showing in the Wellness Portal. What can I do?

**ANSWER:**

1. Make sure your Fitbit is accurately tracking your steps. Look at your Fitbit account and confirm steps are being tracked by Fitbit.
2. Make sure that if you have multiple Fitbit accounts, that you synced the correct Fitbit account to the Wellness Portal (this occurs at that time you sync with the Portal and you are prompted to enter your Fitbit account username and password)
3. Make sure you leave all of the requested data types checked at the time you sync with the Wellness Portal to ensure data is synced correctly

**QUESTION:** I verified all three steps above, now what?

**ANSWER:** Follow the steps below to restart the sync:

1. Login to your **Wellness Portal**
2. Go to **Devices/Apps>Fitbit**
3. Click **Stop Syncing With Fitbit**
4. Click **Link Your Fitbit Account**

**QUESTION:** How do I sync a device other than Fitbit?

**ANSWER:** Go to **Devices/Apps>Device/App Connect**. Click **Connect Device/App**. Then click **Choose Source**. Select your source and follow the prompts to get connected.

**QUESTION:** How do I manually track steps?

**ANSWER:** You can manually track your steps in the challenge dashboard by clicking the **+Track Steps** button located under the **My Steps** chart.

**QUESTION:** How do I convert activities to steps?

**ANSWER:** [Click here](#) to view an activities to steps conversion table.