

Happier New Year

THERAPLAY FAMILY OF COMPANIES WELLNESS CHALLENGE: FEB 7 – MAR 20

- ▶ **track** your steps with a smartphone, Fitbit, Garmin, or other step tracker
OR track your other fitness activities and use our tool to convert to the equivalent in steps
- ▶ **sync** your steps daily to the **MoveSpring app** OR enter your converted activity steps
- ▶ **compete** with your coworkers, both as an individual & your choice of teams
- ▶ **challenge** yourself to reach at least 40,000 steps per week (200,000+ by the end)
- ▶ **earn** chances to win prizes for reaching challenge goals

CHOOSE A TEAM: WHAT MAKES YOU HAPPIER?



great outdoors



furry friends



epic adventures



downtime



giving



music



making things



togetherness



getting away



sports + games

PRIZES

| achievement | goal | award |
|-----------------------------|--|--|
| PERSONAL WEEKLY GOAL | 40,000+ steps (MON-SUN) | drawing entry for \$25 Amazon gift card (2 winners per week) |
| PERSONAL END GOAL | 200,000+ steps total by March 20 | drawing entry for \$50 Amazon gift card (2 winners at end of challenge) |
| WINNING TEAM | highest average steps on March 20 | exact prize to be announced at the end of the challenge |

Join the Challenge!

MoveSpring

Step 1: GET STARTED

from the web browser on your computer or smartphone, go to www.attentivehealth.com/theraplayhny2022 (if using a smartphone, you will be asked to download the MoveSpring app, but please use the link above FIRST)



Step 2: SET UP YOUR ACCOUNT

- ▶ select "sign up" to create a MoveSpring account
- ▶ input the Organization Code for Attentive Health: **ATTENTIVE**
- ▶ on the next screen, click to confirm that the Organization Name is **ATTENTIVE HEALTH**
- ▶ to confirm your identification & eligibility, input your Attentive Health ID:

**ATTENTIVE HEALTH ID:
4 CHARACTER EMPLOYEE ID
(WHICH CAN BE FOUND UNDER YOUR NAME WHEN VIEWING YOUR PAYSTUB IN PAYCOM)**

- ▶ on the next screen, select your Company name from the menu
- ▶ create your personal account information using your preferred email address (work or personal)
NOTE: this is the email address we will use to communicate with you about the challenge

Step 3: CONNECT YOUR SMARTPHONE or STEP TRACKER

While creating your account, you will be asked what kind of device you have to track your steps. Select the "Apple Health App" to use an iPhone 5s or above, or "Google Fit" for Android phones. (If you do not already have the Google Fit app on your Android phone, you will need to exit MoveSpring and download it before you can complete your registration.) You may also choose to use a Fitbit or other compatible step tracker & authorize the connection using those credentials.

Step 4: SELECT YOUR TEAM

After you log in, click on the challenge (under upcoming challenges) to select your team!

START STEPPING FEBRUARY 7

Technical support is available from our partners at MoveSpring.

FROM THE WEBSITE: Access support via the blue chat icon in the lower right corner.

FROM THE APP: Go to 'Profile' and click the gear icon in the upper right to locate your settings. Scroll to the bottom and select 'Message Support'.

You can also contact Attentive Health:
855.387.1300 | theraplay@attentivehealth.com