

Joining MyHealics Challenges

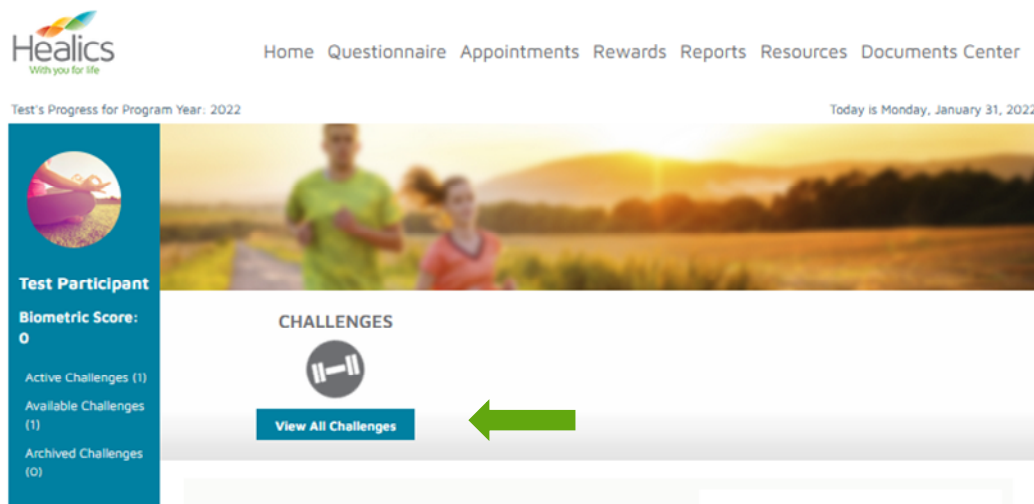


User Instructions

How to Join the Monthly Exercise Challenges

Monthly challenges are available beginning the first of the month. You will need to join the challenge to log completion. You can join the challenge at any time during the month. You must log completion of the challenge by the 15th of the following month. Points will be award following the due date.

1. Click **View All Challenges** on the home page of you MyHealics Dashboard



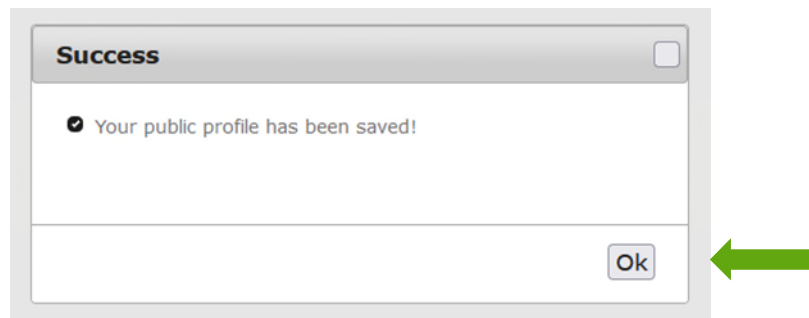
2. Complete your Public Profile Sign-Up. Select a Screen Name and Upload a Profile Pic (or select a default picture). Your name and picture will display to other members of the challenge. Click **Save** to proceed. Your screen name and picture can be updated under *My Profile*.

The screenshot shows the 'Public Profile Sign-Up' form. It starts with a congratulatory message: 'Congratulations on accepting your first challenge! Please fill in your screen name and upload a profile picture below. Your name and picture will display to other members of your program when you participate in challenges. Choose a screen name such as your first and last name, first name only, or get creative! You can change your screen name and picture any time by visiting your account settings page.' Below this is a form with two main sections. The first is 'Screen Name:' with a text input field containing 'Test'. A green arrow points to this field. The second is 'Upload Profile Pic:' with two radio buttons: 'Provide Your Picture' (unselected) and 'Select a Default Picture' (selected). A green arrow points to the 'Select a Default Picture' radio button. Below the radio buttons are three image thumbnails: a person's feet in blue sneakers on grass (marked with a green checkmark), a person in a purple top meditating, and a plate of fresh vegetables. At the bottom right of the form is an orange 'Save' button, with a green arrow pointing to it.

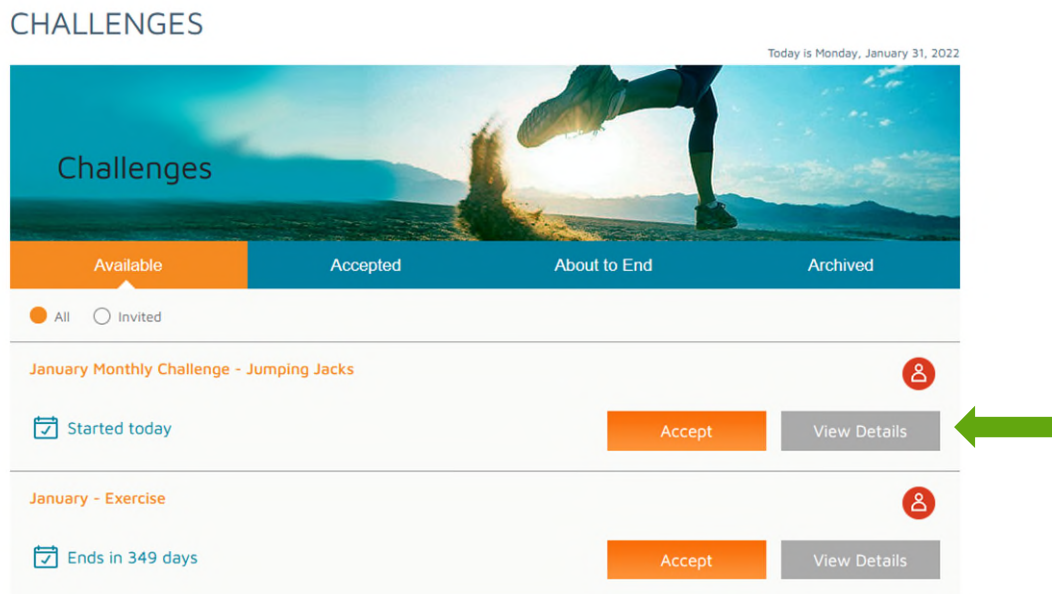
It's important to note that your name and picture will be displayed to other members of the challenge. For this reason, screen names must be unique and may only contain alpha-numeric characters, underscores, or dashes. Spaces will not be accepted. You will be prompted to change your screen name in the event it has already been used by another member.

Note: your screen name and picture may be updated at any time by navigating to "my profile" at the top of your dashboard.

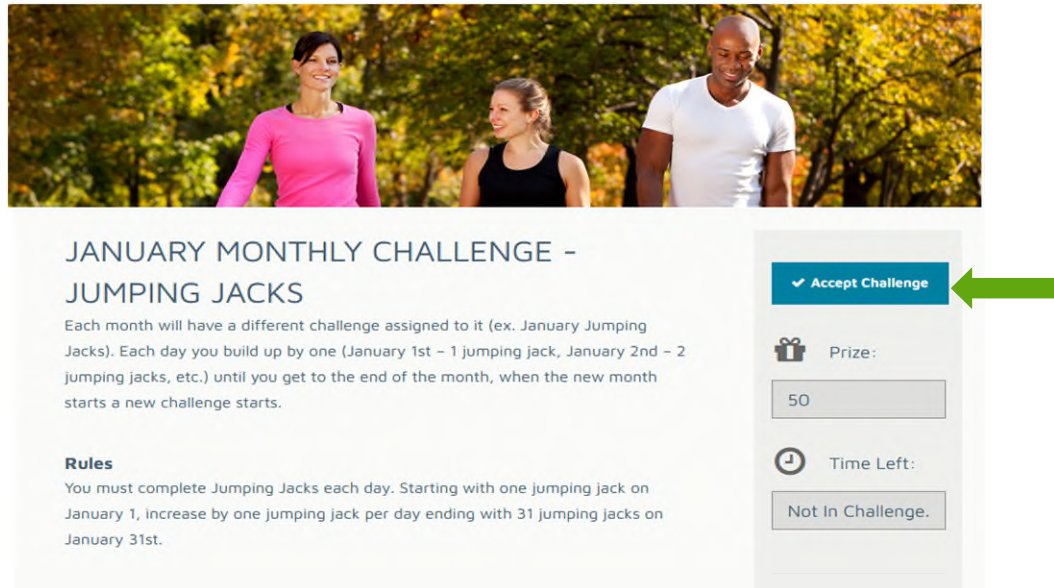
3. A confirmation will appear once your profile has been saved. Click **Ok** to continue



4. Click **Accept** to join a challenge or **View Details** to view the challenge information



5. Once you've reviewed the rules, click **Accept Challenge** to participate (if you haven't already)



JANUARY MONTHLY CHALLENGE - JUMPING JACKS

Each month will have a different challenge assigned to it (ex. January Jumping Jacks). Each day you build up by one (January 1st - 1 jumping jack, January 2nd - 2 jumping jacks, etc.) until you get to the end of the month, when the new month starts a new challenge starts.

Rules
You must complete Jumping Jacks each day. Starting with one jumping jack on January 1, increase by one jumping jack per day ending with 31 jumping jacks on January 31st.

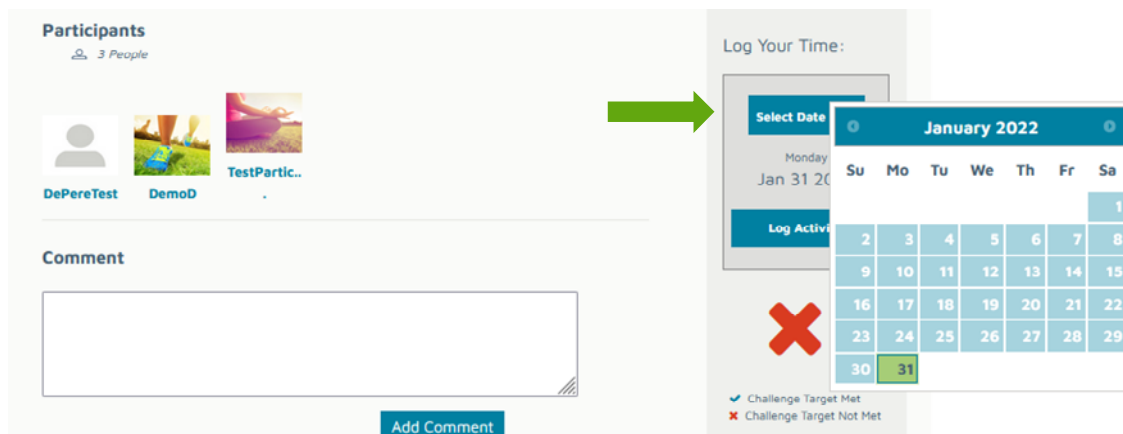
Accept Challenge

Prize: 50

Time Left: Not In Challenge.

6. Once you're ready to log your completion of the challenge, click **Select Date**, select your desired date (the date at which you met the activity's minimum requirement i.e. last day of the month for the monthly challenge, or any date after the 15th of the month for the exercise challenge), and click **Log Activity**.

Please note: You do not track each day that you completed the activity, you only track the date that you have completed the minimum requirements.



Participants
3 People

DePereTest DemoD TestPartic..

Comment

Log Your Time:

Select Date

Monday
Jan 31 2022

Log Activity

January 2022

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Challenge Target Met
Challenge Target Not Met

7. A blue checkmark will appear once the activity has been logged. Clicking **Remove Activity** will delete the logged activity.

The screenshot shows a user interface for logging time. On the left, there's a 'Participants' section with three profile cards: 'DePereTest', 'DemoD', and 'TestPartic...'. Below that is a 'Comment' section with a text input field and an 'Add Comment' button. On the right, the 'Log Your Time' section includes a 'Select Date' button, the date 'Monday Jan 31 2022', a 'Remove Activity' button (highlighted with a green arrow), a large blue checkmark (highlighted with a green arrow), and a legend for 'Challenge Target Met' (blue checkmark) and 'Challenge Target Not Met' (red X).

8. View active challenges, available challenges, archived challenges on your home page or by clicking **View All Challenges**.

The screenshot shows a home page with a sidebar on the left containing navigation options: 'Test Participant', 'Biometric Score: 0', 'Active Challenges (1)', 'Available Challenges (1)', 'Archived Challenges (0)', 'Schedule an Appointment', 'Track Progress', 'Reports', and 'Program Documents'. The main content area features a 'CHALLENGES' section with a 'View All Challenges' button (highlighted with a green arrow). Below this is a 'Wellness Incentive Program' table:

Programs (2022)	Status
Health Assessment Program	
Health Assessment Questionnaire	🚫
Biometric Screening	✅
Dental Exam	✅
Annual Preventative/Routine Physical Exams	✅

Below the table is a 'My Challenges' section showing 'January Monthly Challenge - Jumping Jacks' with a 'View All' link and a 'Load Your Additional Challenges' button. A legend at the bottom indicates 'Challenge Target Met' (blue checkmark) and 'Challenge Target Not Met' (red X).