

Join the IBX Labor Fund Walking Challenge

September 9 - October 4



Join your coworkers on a virtual walking trip across the Greater Philadelphia area and compete against other local labor unions for bragging rights and a chance to win prizes like \$10,000 in wellness credits for your fund and more!

During this four-week challenge, you'll begin at the AFL-CIO building, visit landmarks across Bucks, Chester, Delaware, Montgomery, and Philadelphia Counties, and end at the IBX headquarters on Market Street in Philadelphia.

To register for the challenge:

1. Log into the challenge platform on the Wellworks for You app or online at wellworksforyoulogin.com.*
2. Self-register by selecting the registration button and entering the company ID: 13316
3. Complete all the information to create an account.
4. Click *Challenges* from the portal homepage.
5. Select the **Philadelphia Area Labor Unions Challenge**.
6. Click *Activate* to become an active participant in the walking challenge.
7. Select the union to which you belong as your team.
8. Select how you would like to appear on the leaderboard.

*Google Chrome is the recommended browser when participating in challenges on the Wellness Portal.

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Track your steps to earn credit

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

- **Devices and apps:** Sync your device or everyday fitness app to the Wellness Portal by clicking MENU>Device/App† Connect>Connect Device/App. Locate your device and follow the prompts to sync with the Wellness Portal.
- **Manually track steps:** Track your steps in the challenge dashboard by clicking the + *Track Steps* button located under the “My Progress” section.
- **Apple health:** Apple users must sync via the Wellworks For You mobile app to transfer data from the Apple Health App and Apple Watch.

How do I sync my device/app to the wellness portal?

On the wellness portal:

Go to MENU>Device/App Connect. Click *Connect Device/App*. Then click *Connect* under the icon for the device or app you want to sync to the Wellness Portal. Follow the prompts to get connected.

On the Wellworks for You mobile app:

Download the Wellworks For You mobile app and log in using your account credentials. Go to the menu at the top left corner and select *Devices*. Follow the prompts to get connected.

Have additional questions?

Contact your dedicated Wellness Coordinator from the **Contact Us** page or the Chat option of your Wellness Portal or via phone at **1-800-425-4657**.

How do I manually track steps?

You can manually track your steps in the challenge dashboard by clicking the + *Track Steps* button located under the “My Progress” section.

How do I log my steps on the smartphone app?

1. Log into the Wellworks For You mobile app.
2. Click the “Challenges” tile.
3. Choose the appropriate challenge.
4. Select *Log Your Steps* to enter your steps.

†Sync only one (1) device/app for accurate step counts. Manually entering steps will override any existing steps for that day, even if they came from a device/app.

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