

Walk Through Israel

WALKING CHALLENGE



Join your members on a virtual walking tour through Israel! Our journey will span across Israel, beginning in Haifa, making stops in Caesarea, Tel-Aviv, Jaffa and Modiin-Maccabim-Reut before ending in Jerusalem.
!



SIGN UP

REGISTER FOR THE CHALLENGE

1. Log into your Wellness portal on the Wellworks for You app or online at www.wellworksforyoulogin.com.
2. Click **Challenges** from the portal homepage.
3. Select the **“Walk Through Israel” Walking Challenge** to view the challenge dashboard.
4. Click **Join** to become an active participant in the walking challenge.
5. Select how you would like to appear on the leaderboard.

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



PARTICIPATE

REQUIREMENTS TO EARN CREDIT

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

- **Fitbit Pedometer:** Make sure your Fitbit is registered on www.fitbit.com and synced on the Wellness Portal by clicking **MENU>Device/App Connect>Connect Device/App**.
- **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**.

**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.*



EARN A REWARD

INCENTIVES FOR COMPLETION

Participants must average **8,000 steps per day** throughout the challenge to complete the challenge.

FIRST TIME LOGGING IN?

NEW USERS: REGISTER ON THE WELLNESS PORTAL

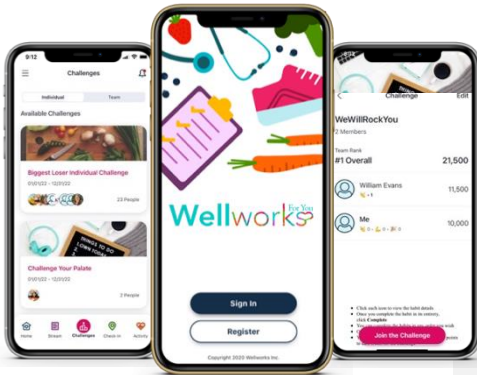
1. Go to www.wellworksforyoulogin.com
2. Click the **register** link and create an account.
3. Enter your Company ID: 13020
4. Complete the registration process.



800.425.4657
support@healthwellcorp.com



FAQs



PARTICIPATION MADE EASY

Easily sync your device, check the Challenge Leaderboard, track your step average, and even confirm your Wellness Program completion status with the Wellworks For You Mobile App!

Download through the Google Play or App Store to get started.



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 login using your account credentials. Go to the menu at the top left corner and select **Devices**. Follow the prompts to get connected.

Visit the **Wellness Locker** to access the **Device/App Connecting Instructions**.

I AM HAVING TROUBLE CONNECTING MY DEVICE TO THE WELLWORKS PORTAL.

[CLICK HERE](#) to access the Wellworks Device/App Troubleshooting Guide.

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. Please note, this option will be disabled if your challenge does not allow for manual step tracking.

HOW DO I CONVERT ACTIVITIES TO STEPS?

[CLICK HERE](#) to view an activity to steps conversion table.

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.

HAVE ADDITIONAL QUESTIONS?

Contact your dedicated Wellness Coordinator from the Contact Us page of your Wellness Portal or via phone at 888.935.4434.



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