Last Stretch Step Challenge

Last stretch till the end of the year! We're encouraging each member to finish strong by joining the last step challenge of 2019!

Registration Dates: December 2 – December 8 Challenge Dates:

December 9 – December 31

Challenge Rules:

Team Size: 3-10 30,000 average daily steps cap

Raffle Ticket Breakdown: Per average daily steps 5 - 10k: <u>1 ticket</u> 11-15k: <u>2 tickets</u> 16-20k: <u>3 tickets</u> 21-30k: <u>4 tickets</u>

3 members will walk away with \$50 gift cards



Ready.Set.Go365

How to Connect a Device on the Go365 App





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On your Go365 app dashboard, tap on the **Profile** icon

Tap on App & device connections

Select the **app** or device you want to connect and follow the prompts

Tips for transferring information from device to Go365:

1. When connecting a device, please make sure to allow all notifications to Go365 (if prompted).

2. If you're using a wearable device (such as a Fitbit or Garmin), make sure you are synching your steps each day through the device app. This allows the steps to feed to Go365.

3. If you're using a free app (such as Apple Health), make sure to log-in to the Go365 and Apple Health apps at least every other day. This speeds up the transfer of information from Apple Health to Go365.

EARN POINTS USING DEVICES FROM THESE MANUFACTURERS

| Points awarded for verified workouts available on Go365.com and Go365 App | | | | Points awarded for Go365 App-only activities | | | | | | |
|--|-------|----------|------------|---|---------|-------|----------------|---------------------|-------------|-----------|
| Activity tracker | Steps | Calories | Heart rate | Food | Weight* | Sleep | Health quiz | Blood pressure*† | Mindfulness | Glucose*† |
| Fitbit | 1 | | | | | 1 | | | | |
| Polar | | 1 | 1 | | | | | | | |
| Garmin | 1 | 1 | 1 | | | 1 | | | | |
| Nokia Health | 1 | 1 | | | | | | 1 | | |
| Misfit | 1 | | | | | | | | | |
| iHealth | 1 | | | | | | | 1 | | 1 |
| Qardio | | | | | 1 | | | 1 | | |
| Expresso | | 1 | 1 | | | | | | | |
| Mobile apps | Steps | Calories | Heart rate | Food | Weight* | Sleep | Health quiz | Blood pressure*† | Mindfulness | Glucose*† |
| Apple Health | 1 | | | | 1 | 1 | | | | |
| Samsung Health | 1 | | | 1 | 1 | 1 | | | | |
| Runkeeper | | 1 | | | | | | | | |
| Strava | | 1 | | | | | | | | |
| Life Fitness | | 1 | | | | | | | | |
| RunDouble C25K | | 1 | | | | | | | | |
| MyFitnessPal | | | | 1 | 1 | | | | | |
| Health IQ | | | | | | | 1 | | | |
| Stop, Breathe & Think | | | | | | | | | 1 | |
| Five Minute Journal | | | | | | | | | 1 | |

*Adult children are not eligible to earn Points or Bucks for these activities.

†This activity only displays if members have a recommended activity related to it within their Go365.com account.

See Compatible Fitness Devices section for specific devices that work within the Go365 experience.

Note: Apple Watch and Sumsung Gear devices are compatible with mobile apps. Third-party devices connected through Apple Health and Samsung Health will not sync to Go365. To ensure the proper data transfers from Apple Health, please be sure to sign in to the Go365 App after your daily activity.

Devices may be added or removed without warning. This grid is updated periodically to reflect changes. For the most up-to-date list, refer to Go365.com or the Go365 App.

Join a Challenge – online at Go365.com!





Challenges

Challenges encourage you to meet step goals in a specific time frame. There's nothing like a little healthy competition to get motivated! You can:

- · Create or join a team for each Challenge. Click on any Challenge below to browse available teams or create your own!
- Earn Points as you normally do for steps.
- Watch Challenge leaderboards to track individual and team progress.



My teams

We heart Go365 all r welcome stepping to the final four

3. Then find a team to join or create a team, agree to the terms and conditions, and you're all set!

Join a Challenge – in the Go365 App!

Android menu



iOS menu

1. Tap "Challenges" from the main menu or find "Join a Challenge" in the scrolling carousel on the dashboard



2. Scroll through sponsored challenges section or tap the + icon to search for a private challenge. Tap the challenge you wish to join.

> 3. Tap the magnifying glass icon to find a team to join or create your own, agree to the terms and conditions, and you're all set!