

# 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**

## Prize:

**Raffle Ticket Breakdown: Per average daily steps**

**5 -10k: 1 ticket**

**11-15k: 2 tickets**

**16-20k: 3 tickets**

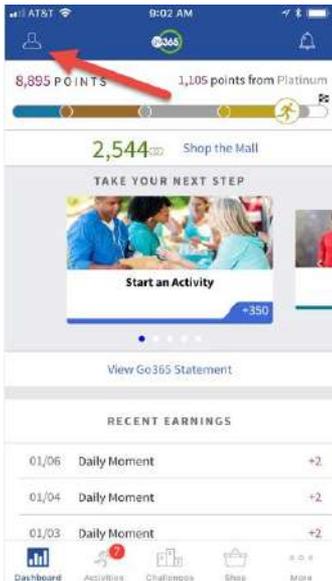
**21-30k: 4 tickets**

**3 members will walk away with \$50 gift cards**

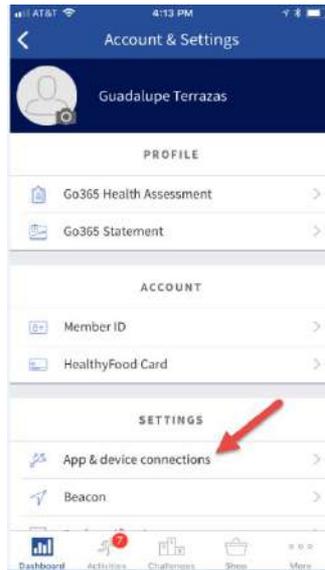
**Ready.Set.Go365**



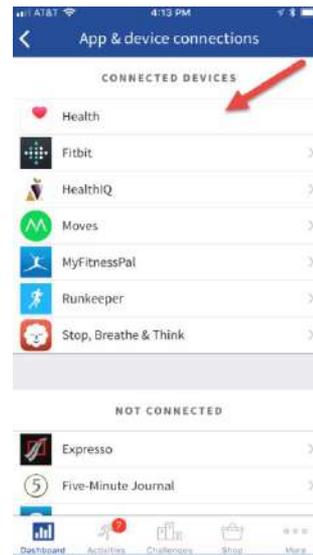
# How to Connect a Device on the Go365 App



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	✓					✓				
Polar		✓	✓							
Garmin	✓	✓	✓			✓				
Nokia Health	✓	✓						✓		
Misfit	✓									
iHealth	✓							✓		✓
Qardio					✓			✓		
Expresso		✓	✓							
Mobile apps	Steps	Calories	Heart rate	Food	Weight*	Sleep	Health quiz	Blood pressure*†	Mindfulness	Glucose*†
Apple Health	✓				✓	✓				
Samsung Health	✓			✓	✓	✓				
Runkeeper		✓								
Strava		✓								
Life Fitness		✓								
RunDouble C25K		✓								
MyFitnessPal				✓	✓					
Health IQ							✓			
Stop, Breathe & Think									✓	
Five Minute Journal									✓	

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

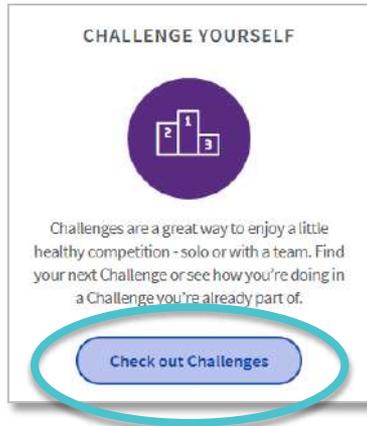
†This activity only displays if members have a recommended activity related to it within their Go365.com account.

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

Note: Apple Watch and Samsung 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!



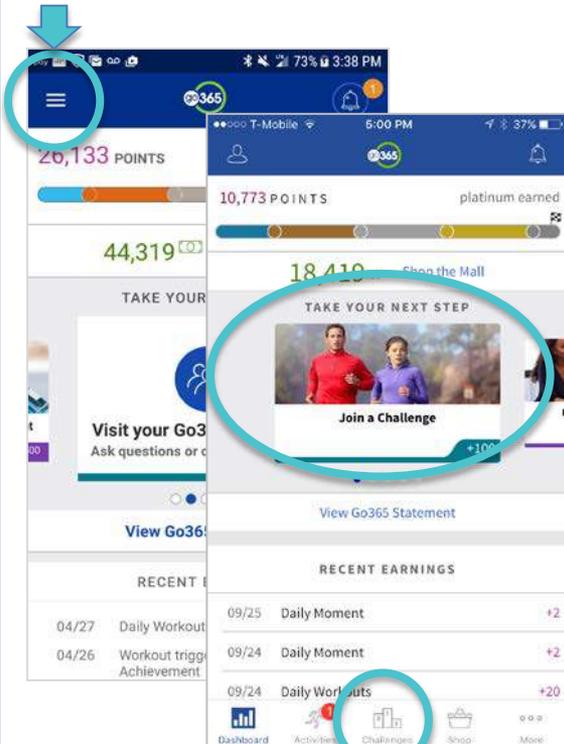
1. From the Dashboard, click “Check out Challenges”

2. Locate the sponsored Challenge name then select “View details”

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

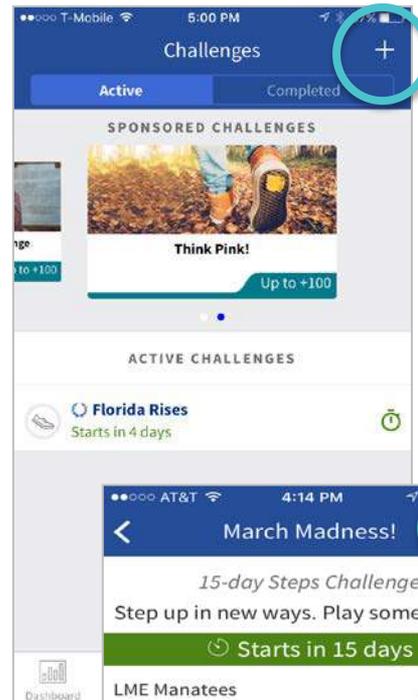
# Join a Challenge – in the Go365 App!

Android menu

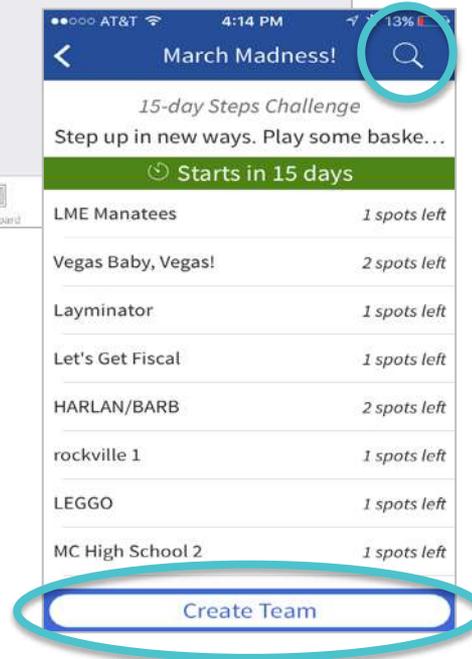


iOS menu

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!