

2018 Challenge FAQs

A. What is the Slimdown Challenge?

The Slimdown Challenge is an eight-week community challenge hosted by Fort HealthCare each spring that invites community groups and individuals eighteen years and older to make health improvements, and either lose or maintain weight for prizes and overall better health.

B. When does it take place?

Slimdown 2018 begins Tuesday, April 10th and runs through Tuesday, June 5th. The challenge begins on Tuesdays and ends on Monday nights at 11:59pm, when required weekly tasks are due.

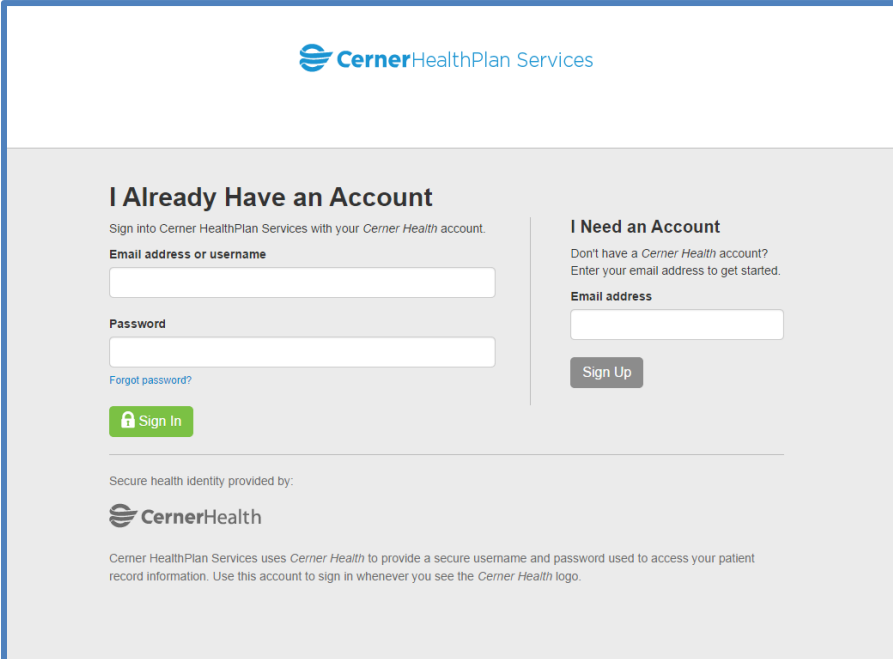
C. How much does it cost to participate?

There is no cost to participate as an individual or community coalition.

D. How do I sign up?

For brand NEW Fort HealthCare community challenge players ONLY:


1. Visit FortHealthCare.com/Slimdown to fill out the *pre-registration* form. This form will not be accessible after Friday April 13th. *The first week's tasks are due on Monday, April 16th at 11:59pm and with this deadline, sign-ups will officially close.*
2. You will receive an email within a day or so of filling out the pre-registration form that will direct you to create a Cerner account. Once created and logged in, you will see a "Sign Up!" button to finish the sign-up process. Sign-up on the Cerner dashboard opens Monday March 19th.



The screenshot shows the Cerner HealthPlan Services login and sign-up interface. At the top, the Cerner HealthPlan Services logo is displayed. Below the logo, there are two main sections: "I Already Have an Account" and "I Need an Account".

I Already Have an Account
Sign into Cerner HealthPlan Services with your Cerner Health account.
Email address or username:
Password:
[Forgot password?](#)

I Need an Account
Don't have a Cerner Health account?
Enter your email address to get started.
Email address:

Secure health identity provided by:

Cerner HealthPlan Services uses Cerner Health to provide a secure username and password used to access your patient record information. Use this account to sign in whenever you see the Cerner Health logo.



For RETURNING players, including Fort HealthCare wellness program employees:

Sign-up on the Cerner dashboard opens Monday March 19th. Visit FortHealthCare.MyCernerWellness.com to log in to your existing account. Once logged in, you will see the “Sign Up!” button in the middle of your dashboard.

E. By when do I need to be signed up?

Pre-registration is open at FortHealthCare.com/Slimdown for NEW players through Friday, April 13th. Sign-up on the Cerner dashboard for ALL players will open on Monday March 19th through Monday, April 16th. There is a one-week grace period applied in the case of late sign-ups. This is acceptable as long as pre-registration is complete by April 13th, a Cerner account is created, and the first week’s required tasks are completed by Monday, April 16th at 11:59pm.

2018 Challenge Timeline

1. March 19th-April 13th – Pre-registration is open at FortHealthCare.com/Slimdown for NEW players.
2. March 19th-April 16th – Sign-up is open on the Cerner dashboard for ALL players. A one-week grace period is applied to allow for late sign-up after the challenge begins.
3. March 26th-April 9th – Slimdown Weigh-ins available at Fort Hospital or Coalition locations
- 4. April 10th – Challenge begins!**
5. Eight weeks of challenge – Weekly tasks (below) due Mondays at 11:59pm – Weekly prizes awarded
6. June 4-5th – Slimdown Weigh-outs available at Fort Hospital or Coalition locations
- 7. June 5th – Challenge ends**
8. June 8th – Grand prizes awarded

F. I’m having issues creating an account. What should I do?

If you’re a new player and haven’t participated in past Fort HealthCare community challenges, please fill out the pre-registration form at FortHealthCare.com/Slimdown FIRST. Then you will receive an email with further instructions on how to create a Cerner account. If you already completed this step and are stuck in the account creation process, you may have provided incorrect information on the pre-registration form (incorrect date of birth and/or first and last name); it happens. Please call 920-568-5475 if you believe that is why you are not able to create your account.

G. Do I have to be a part of a team to participate?

Yes. You will just need to indicate the group with which you would like to participate on the pre-registration form, whether a local business, community coalition, or 'other'. All locations are open. Joining one location over the other does not affect your chances in the competition as you will be tracking your own steps and activity.

H. Why are there teams if the challenge is based on individual performance?

'Locations' are created for local coalitions and corporations to recruit members and to see which location produces the most exercise over the eight-week period. If you do not affiliate with either group, you may indicate 'other'.

I. If my corporation, coalition, or community group is not listed on the pre-registration form but wants to join, what do I have to do?

Call 920-568-5475 by Friday, April 13th.

J. What do I have to do throughout the eight weeks?

1. Log a weight, using any scale.
2. Read the weekly education.
3. Complete the quiz/survey.

*Important: Tasks will be highlighted if they still need to be completed. If you do not achieve these goals each week, you will not be eligible for the grand prize. If you miss one week but complete the goals for all following weeks, you will still be eligible for the following weeks' prizes. Your dashboard will be updated each week with new education and quizzes as well as announcements of top competitors from the previous week. The 'week' runs from Tuesday morning at 12am through Monday night at 11:59pm. Required tasks are due by 11:59pm on Monday night to be eligible for prizes.

K. What will the challenge look like?

Slimdown Challenge will take place online via the Cerner dashboard. If you have any further questions on how to participate via the dashboard, please call 920-568-5475.

Fort HealthCare Live Well

Health and Screening Results | Wellness | Nutrition | Exercise and Step Tracker | Events and Communication | Points Tracking and Summary | Reference

ADVISOR VISIT SCHEDULE | ARE YOU READY | TIPS FOR MORE SIPS

Challenges

Copy of Fort HealthCare Rock the Walk

Details | My Position | My Location | Comment Board

Goal: 580,000 Steps | Start: 8/20/14 | End: 10/15/14, 11:59:59 PM | Days Left: 56

My Total: **2,150** Steps

Log Now!

This is tough. Get back into it, you'll be glad you did!

1. **Read through the weekly education materials.**
Will be featured each week in the challenge toolbar (below).
2. **Complete the online quiz.**
Will be featured each week in the challenge toolbar (below).

Fort HealthCare Live Well

Health and Screening Results | Wellness | Nutrition | Exercise and Step Tracker | Events and Communication | Points Tracking and Summary | Reference

October is National Breast Cancer Awareness Month

SIGN UP TODAY!

Would you like to save 1,000 lives? What if you could save at least 1 breast screening could do just that.

Activity Conversion Chart

Running | Gardening | Grocery Shopping | Football | Weight Lifting

OCTOBER AWARENESS | LEARN ABOUT MYCOMPASS | TIPS FOR MORE SIPS | CONVERT YOUR ACTIVITY!

Challenges

Fort HealthCare Rock the Walk 2014 - Week 1 of 8

Overview | My Tasks

Goal: 35,000 Steps a Week (280,000 Total) | Start: 10/6/14 | End: 12/12/14, 11:59:59 PM | Days Left: 56 | Team: None

My Total: **0** Steps

Log Now!

3 Required tasks to complete by 10/12/2014 Complete now

This is tough. Get back into it - you'll be glad you did!

You will have access to all other features of the Cerner Wellness dashboard throughout the eight weeks of the Challenge. Let us know what you think!

The screenshot displays the Fort HealthCare Live Well website interface. At the top, there are navigation tabs for 'Health and Screening Results', 'Wellness', 'Nutrition', 'Exercise and Step Tracker', and 'Events and Communication'. A banner for 'October is National Breast Cancer Awareness Month' is visible. Below this, a 'Challenges' section features a 'Rock the Walk 2014 - Week 2 of 8' challenge with a goal of 35,000 steps a week. A 'Pace' section shows progress bars for 'My Total' and 'Steps'. The interface includes several tracking tools: 'Health Snapshot' (Wellness Score, Weight, Calories, Steps), 'Rewards Tracker' (Total Points Earned: 636), 'Fruit & Vegetable Tracker', 'Water Tracker' (Today: 5 Cups), and 'My Status'. A 'Mindful Eating' section provides a 'Daily Tip' and a 'Tiffany's Blog' with a list of posts. A 'Challenge toolbar' is located at the bottom right, featuring a 'View Challenge' button. Red arrows point from text boxes to these specific elements: 'Weekly announcements of top competitors by team and individual' points to the challenge banner; 'View Challenge leads to individual and location standings' points to the 'View Challenge' button; 'Challenge toolbar' points to the toolbar area; 'Sync your Fit Bit to track your exercise' points to the 'Get Started with Fitbit' button; 'Helpful tools and health information' points to the 'Mindful Eating' section; and 'Motivational blog' points to the 'Tiffany's Blog' section.

L. Is there a way to interact with other players?

Yes, the 'Comment Board' feature is a great place to add a comment about the challenge and your progress or to encourage others throughout the challenge. To access the 'Comment Board', click 'View Challenge' in the challenge toolbar.

M. On my challenge toolbar it says "Team: None", I thought I signed up as a part of a coalition/corporation?

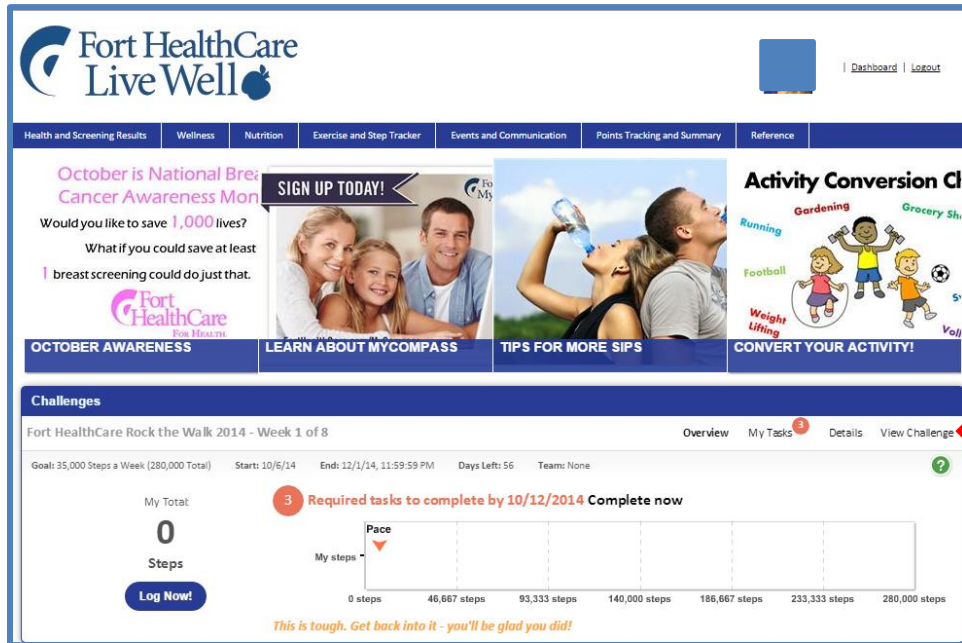
Disregard this message on your toolbar. Technically, you signed up as a part of a 'location' as this challenge is considered 'location-based' rather than 'team-based'. You are in fact a part of a 'location', but it is showing up that you are not a part of a 'team'; that's ok! Click 'View Challenge' on your toolbar and you can see standings based on your and your location's performance. Depending on how many minutes of exercise you have entered thus far, you should be listed under your location, and if you are not, then you may not be in the top 50 of your location yet, so get your minutes up!

N. If I miss the deadline on Monday nights to complete my tasks, will I be able to still take the quiz and be eligible for prizes if I email or call Fort HealthCare?

No, you will not be eligible for the grand prize. However, you will be eligible for all other weekly prizes if you complete all tasks for all following weeks as required.

O. Where can I see how other participants and teams are doing?

In the challenge toolbar, click 'View Challenge' and you will have access to the 'Standings' based on individual and location performance up to the top 50 participants.



P. How do I add a display name to show my name in the standings?

Click the avatar or person image on the top right of the screen. Then click 'Edit Profile' and fill in an appropriate name in the 'Display Name' box. Click 'Save' at the bottom of the screen. Your name will now appear next to your total number of steps in the challenge standings.



Q. Will I be able to receive a report based on how my location's participants are doing?

No, however, you may receive this if you are a sponsored business for the event. An alternative would be to click 'View Challenge' on the challenge toolbar, then click 'My Location', and 'Statistics' to see the top 50 participants and their exercise minutes based on your location. You may also request the email addresses of your participants to communicate with them and distribute your own prizes.

R. What are the prizes?

Prizes are or will be listed at FortHealthCare.com/Slimdown

S. Where can I find answers to questions that are not listed?

All details are visible at FortHealthCare.com/Slimdown. For more immediate inquiries, please call 920-568-5475.

Participants must log a weight, read the education, and take the quiz by Monday nights at 11:59pm EACH WEEK of the competition in order to be eligible for all weekly prizes and the grand prize.

If you have any questions to include, please call 920-568-5475.

Good luck!