



# 2021 Rock the Walk Challenge

## FAQs

### A. What is Rock the Walk?

Rock the Walk is an six-week community challenge hosted by Fort HealthCare each fall that invites community groups and individuals eighteen years and older to track physical activity for prizes and overall better health.

### B. When does it take place?

Rock the Walk 2021 begins Tuesday, September 28th and runs through Tuesday, November 9th. The challenge begins and ends on Tuesdays so that weekly required tasks are due on Monday nights at 11:59pm.

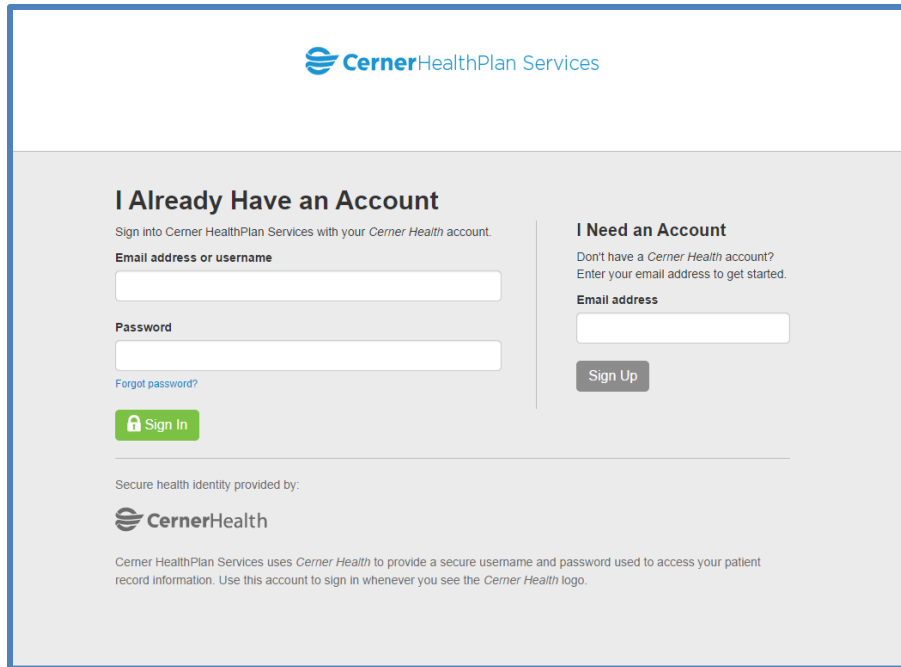
### C. How much does it cost to participate?

There is no cost to participate as an individual or community coalition. Local corporations have the opportunity to join as a team, which does not have a cost associated with participating.

### D. How do I sign up?

#### ***For brand NEW players ONLY/New participants:***

1. Visit [forthehealthcare.com/rockthewalk](https://forthehealthcare.com/rockthewalk) to fill out the *pre-registration* form by October 1st. *Note: The challenge begins on September 28<sup>th</sup> and allows a one-week grace period in case of late sign-ups. The first week's tasks are due on Monday, October 4th at 11:59pm and with this deadline, sign-ups will officially close as well.*
2. You will receive an email after 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 Tuesday September 7th.



**For RETURNING players, including Fort HealthCare wellness program employees:**

Sign-up on the Cerner dashboard opens Tuesday September 8th. Visit [FortHealthCare.MyCernerWellness.com](http://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/rockthewalk](http://Forthealthcare.com/rockthewalk) for NEW players through Friday, October 1st. Sign-up on the Cerner dashboard for ALL players will open on Tuesday September 7th through Monday, October 4th. 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 October 1st, a Cerner account is created, and the first week’s required tasks are completed by Monday, October 4th at 11:59pm.

**Challenge Timeline**

1. September 7th-October 1st – 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.
2. September 28th – Challenge begins!

3. Six weeks of challenge – Weekly tasks (below) due Mondays at 11:59pm – Weekly prizes awarded
4. November 9th – Challenge ends
5. November 12th – Prizes awarded

**F. 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.

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

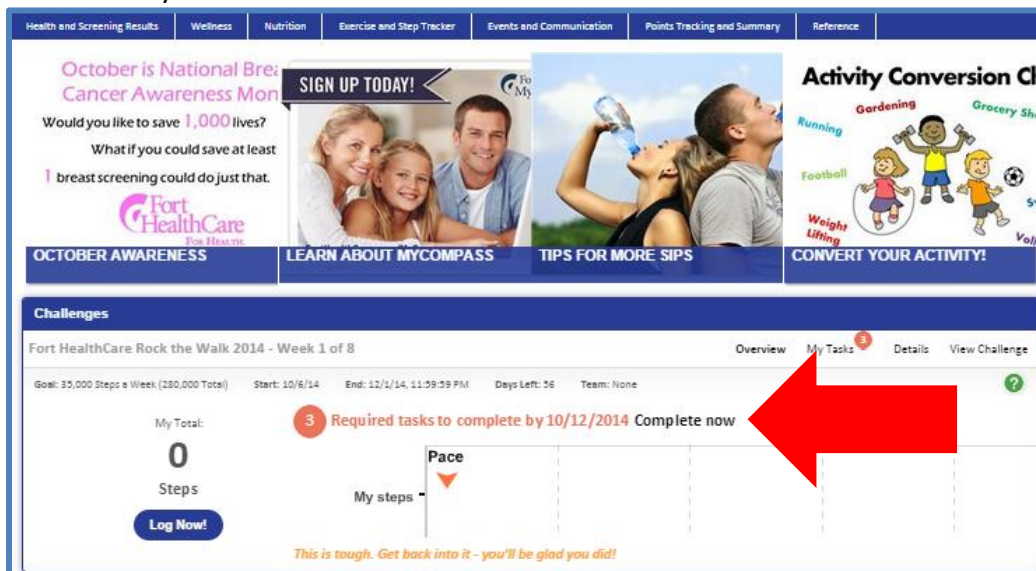
‘Locations’ are created for local coalitions and corporations to recruit members and to see which location produces the most exercise over the six-week period. If you do not affiliate with either group, you may indicate ‘other’.

**H. 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 September 24th.

**I. What do I have to do throughout the six weeks?**

1. Achieve at least 150 minutes of exercise per week and log the activity.
2. Read the weekly education.
3. Complete the 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.

**J. What will the challenge look like?**

Rock the Walk 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.



**K. Where do I track my exercise in the dashboard?**

You will click on “Log Now!” to choose from the drop-down menu of exercises. Make sure you have selected the correct date first before recording exercise. You do not need to track exercise daily; you may track on your own and log it at the end of the week if you prefer, then a date does not need to be indicated. Tasks are due Monday nights at 11:59pm. Tasks are outlined again below.

**1. Achieve at least 150 minutes of exercise per week.**

‘Log Now!’ to record your exercise.



**2. Read through the weekly education materials.**

Will be featured each week in the challenge toolbar (below).

**3. Complete the online survey.**

Will be featured each week in the challenge toolbar (below).

Fort HealthCare Live Well

Dashboard | Logout

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

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

**SIGN UP TODAY!**

**Activity Conversion Chart**

Running, Gardening, Grocery Shopping, Football, Weight Lifting, Volleyball

**Challenges**

Fort HealthCare Rock the Walk 2014 - Week 1 of 8

Overview | My Tasks **3**

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

My Total: **0** Steps

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

Log Now!

My steps

0 steps | 46,667 steps | 93,333 steps | 140,000 steps | 186,667 steps | 233,333 steps | 280,000 steps

*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 six 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'. Below this, there are promotional banners for 'October is National Breast Cancer Awareness Month' and 'Activity Conversion Challenge'. The main section is titled 'Challenges' and features a 'Fort HealthCare Rock the Walk 2014 - Week 2 of 8' challenge. It shows a progress bar for 'My Total' (0 steps) and a 'Pace' section with a goal of 35,000 steps a week. To the right, there is a 'View Challenge' button. Below the challenge details are several trackers: 'Health Snapshot' (Wellness Score, Weight, Calories, Steps), 'Rewards Tracker' (Total Points Earned: 635), 'Fruit & Vegetable Tracker', 'Water Tracker' (Today: 5 Cups), and 'My Status'. There is also a 'Mindful Eating' section with a 'Daily Tip' and a 'Tiffany's Blog' section with several entries. Red arrows point from text boxes to specific features: '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. Can other activities count besides walking?**

Yes! A drop-down menu will be accessible to choose the activity you completed

**P. 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.



**Q. 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.



**R. What are the prizes?**

Prizes are as follows:

## Prizes

### **Weekly Prizes (12—2 each week)**

- \$20 Fort Chamber Bucks
  - Randomly Picked
  - Must complete weekly education, quiz/survey, and logged 150 minutes of exercise on time

### **Bonus Challenge Prizes (6)**

- \$10 Fort Chamber Bucks
  - Randomly Picked
    - Weeks 1-3 (3 prizes): Must complete weekly challenge and have emailed on time
    - Weeks 4-6 (3 prizes): Must complete 3 week challenge and have emailed by end of challenge.

### **Weekend Bonus Challenge Prizes (5)**

- \$10 Fort Chamber Bucks
  - Five participants randomly picked at the end of the challenge
  - Must complete weekend challenge and have emailed by end of challenge

### **Finished with 900-1260 Minutes (10)**

- \$25 Gift card to either Festival Foods, Pick 'N Save, Piggly Wiggly or Kwik Trip
  - Randomly selected
  - Must have completed ALL weekly education, quiz/surveys, and logged exercise on time

### **Finished with >1260 Minutes (10)**

- \$25 Gift card to either Festival Foods, Pick 'N Save, Piggly Wiggly or Kwik Trip
  - Randomly selected
  - Must have completed ALL weekly education, quiz/surveys, and logged exercise on time

***Participants must log at least 150 minutes of exercise per week, 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!**