



2021 Challenge FAQs

➤ **What is the Slimdown Challenge?**

The Slimdown Challenge is a six-week community challenge hosted by Fort HealthCare 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.

➤ **When does it take place?**

Slimdown 2021 begins Tuesday, November 16th and runs through Tuesday, December 28th. The challenge begins on Tuesdays and each week ends on Monday nights at 11:59pm, when required weekly tasks are due.

➤ **How much does it cost to participate?**

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

➤ **How do I sign up?**

For brand NEW Fort HealthCare community challenge players ONLY:

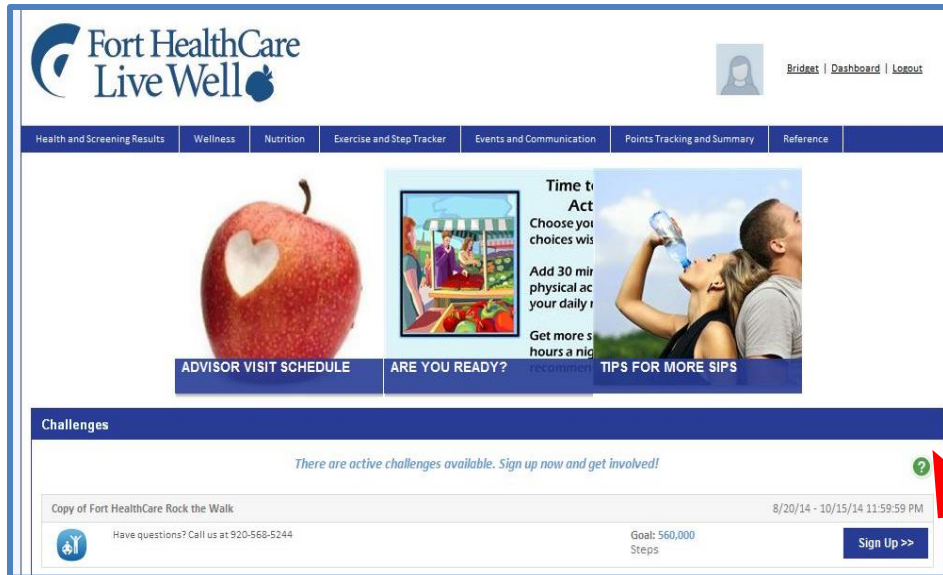
1. Visit FortHealthCare.com/Slimdown to fill out the *pre-registration* form. This form will not be accessible after Friday November 19th. *The first week's tasks are due on Monday, November 22nd at 11:59pm and with this deadline, sign-ups will officially close.*
2. You will receive an email within a 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 Tuesday October 26th.

The screenshot shows the Cerner HealthPlan Services login 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: [input field]
Password: [input field]
[Forgot password?](#)
[Sign In](#)

I Need an Account
Don't have a Cerner Health account?
Enter your email address to get started.
Email address: [input field]
[Sign Up](#)

Secure health identity provided by:
CernerHealth
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 Tuesday October 26th. 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.

➤ **By when do I need to be signed up?**

Pre-registration is open at FortHealthCare.com/Slimdown for NEW players through Friday, November 19th. Sign-up on the Cerner dashboard for ALL players will open on October 26th through Monday November 22nd. 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 November 19th, a Cerner account is created, and the first week’s required tasks are completed by Monday, November 22nd at 11:59pm.

➤ **Slimdown Challenge Timeline**

1. October 26-November 19 – Pre-registration is open at FortHealthCare.com/Slimdown for NEW players.
2. October 26-November 22 – 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. **November 16 – Challenge begins!**
4. Six weeks of challenge – Weekly tasks (below) due Mondays at 11:59pm – Weekly prizes awarded
5. **December 28 – Challenge ends**
6. By December 31st – Grand prizes awarded

➤ **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.

➤ **Do I have to be a part of a location 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 activity.

➤ **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'.

➤ **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?**

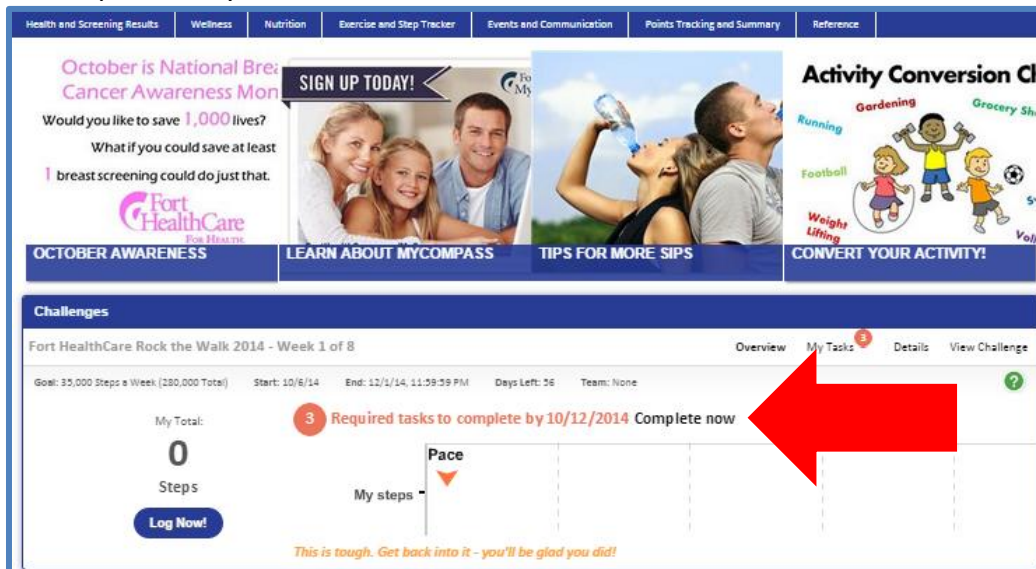
Call 920-568-5475 by Thursday November 18th

➤ **How do I input my official weight if I'm not doing a weigh-in or out like in year's past?**

When you first log into the Wellness Portal for the Slimdown Challenge, hover over the "Health and Screening Results" on the top of the screen (blue banner) and under "Health Logs", clicking on weight. From this screen, you can update and even backtrack dates.

➤ **What do I have to do throughout the six 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.

➤ **How do I track my weight during the challenge?**

Throughout the challenge, tracking your weight is easy in the [Wellness Portal](#). There are 2 options to do this, and they include:

- Clicking on the blue "Log Weight" in the "Challenges" area on the main screen and updating the information.
- Hovering over the "Health and Screening Results" on the top of the screen (blue banner) and under "Health Logs", clicking on weight. From this screen, you can update and even backtrack dates

➤ **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

Goal: 560,000 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!

Fort HealthCare Live Well

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

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

Challenges

Fort HealthCare Rock the Walk 2014 - Week 1 of 8

Goal: 35,000 Steps a Week (280,000 Total) | Start: 10/6/14 | End: 12/1/14, 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 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 includes a progress bar, a 'My Total' section, and a 'Pace' section. To the left, there are several trackers: 'Health Snapshot' (Wellness Score, Weight, Calories, Steps), 'Records Tracker' (Total Points Earned: 636), 'Fruit & Vegetable Tracker', and 'Water Tracker'. Below these are sections for 'My Status', 'Profile Image', 'Mindful Eating', 'Daily Tip', and 'Tiffany's Blog'. On the right side, there is a 'Challenge toolbar' with buttons for 'View Challenge', 'Standings', and 'Sync your Fit Bit to track your exercise'. Red arrows point from text boxes to these specific features.

Weekly announcements of top competitors by team and individual

'View Challenge' leads to individual and location standings

Challenge toolbar

Sync your Fit Bit to track your exercise

Helpful tools and health information

Motivational blog

➤ **Is there a way to interact with other players?**

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.

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

Please contact Community Health and Wellness at 920-568-5475 to be added to a team, or to have your location changed.

➤ **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.

➤ **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.

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
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
Gardening, Grocery Shopping, Running, 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 (3) | Details | View Challenge

Goal: 35,000 Steps a Week (280,000 Total) | Start: 10/6/14 | End: 12/1/14, 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

Pace
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!

➤ **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.

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: 560,000 Steps | Start: 8/20/14 | End: 10/15/14, 11:59:59 PM | Days Left: 56

My Total: 2,150 Steps
Log Now!

Pace
My steps: 0 steps, 93,333 steps, 186,667 steps, 280,000 steps, 373,333 steps, 466,667 steps, 560,000 steps

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

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

You can 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.

➤ **What are the prizes?**

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

➤ **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/survey 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!