



2023

ROCK THE WALK

FALL INTO WELLNESS

A FREE 6-WEEK CHALLENGE THAT ENCOURAGES HEALTHY LIFESTYLE CHANGES

SEPTEMBER 5—OCTOBER 17

VIRTUAL EVENT! PARTICIPATE ANYWHERE
WEEKLY EDUCATION & ACCOUNTABILITY • AWESOME PRIZES
FRIENDLY COMPETITION • EXTRAS THROUGHOUT CHALLENGE

2023 Rock the Walk Challenge

FAQs

A. What is Rock the Walk?

Rock the Walk is a 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 2023 begins Tuesday, September 5th and runs through Tuesday, October 17th. The challenge begins and ends on Tuesdays so that weekly required tasks are due on Monday nights at 11:59pm.

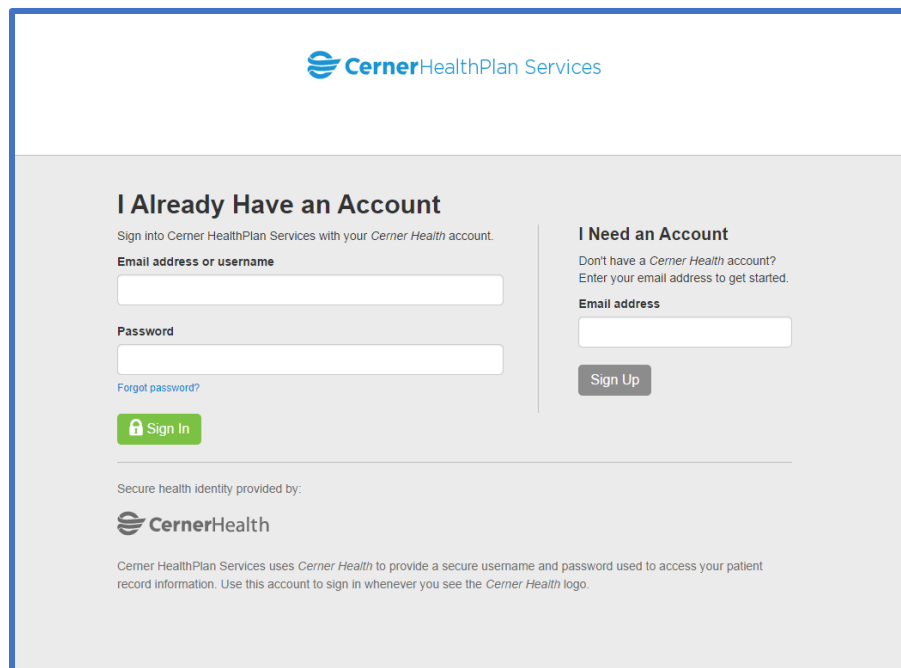
C. How much does it cost to participate?

There is no cost to participate as an individual or community coalition. Local corporations can 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 to fill out the *pre-registration* form by August 30th. *Note: The challenge begins on September 5th and allows a one-week grace period in case of late sign-ups. The first week's tasks are due on Monday, September 11th at 11:59 PM 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 August 15th.



Cerner HealthPlan Services

I Already Have an Account

Sign into Cerner HealthPlan Services with your Cerner Health account.

Email address or username

Password

[Forgot password?](#)

Sign In

I Need an Account

Don't have a Cerner Health account? Enter your email address to get started.

Email address

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.



Fort HealthCare Live Well

[Bridget](#) | [Dashboard](#) | [Logout](#)

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

There are active challenges available. Sign up now and get involved!

Copy of Fort HealthCare Rock the Walk

8/20/14 - 10/15/14 11:59:59 PM

Have questions? Call us at 920-568-5244

Goal: 560,000 Steps

Sign Up >>

For RETURNING players, including Fort HealthCare wellness program employees:

Sign-up on the Cerner dashboard opens Tuesday, August 15th. 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/rockthewalk for NEW players through Thursday, August 30th. There is a one-week grace period applied in the case of late sign-ups. This is acceptable if pre-registration is complete by August 30th, a Cerner account is created, and the first week's required tasks are completed by Monday, September 11th at 11:59 PM.

Challenge Timeline

1. August 15th-September 11th – 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 5th – Challenge begins!
3. Six weeks of challenge – Weekly tasks (below) due Mondays at 11:59pm – Weekly prizes awarded

4. October 17th – Challenge ends
5. October 20th – 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?

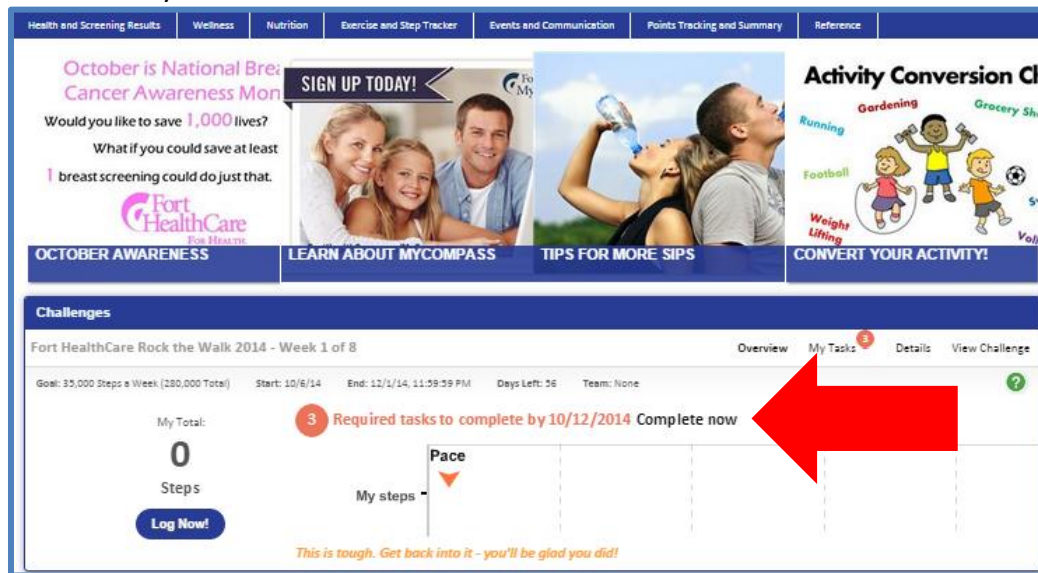
'Locations' are created for local coalitions and corporations to recruit members and to see which location produces the most exercise over the six-week period. If you do not affiliate with either group, you may indicate 'other'.

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 August 30th.

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.

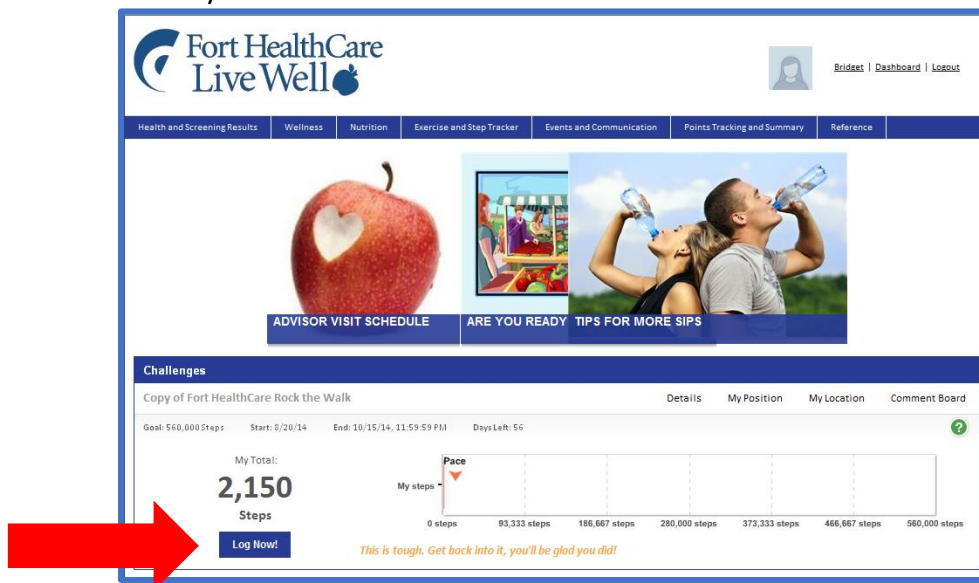


K. Where do I track my exercise in the dashboard?

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).



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!

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.

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
Running, Gardening, Grocery Shopping, Football, Weight Lifting, Vol.

Challenges
Fort HealthCare Rock the Walk 2014 - Week 1 of 8
Overview | My Tasks | 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!

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.

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!

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)

- \$15 Fort Chamber Bucks
 - Randomly Picked
 - Weeks 1-6 (1 prize weekly): Must complete weekly challenge and have emailed on time

Weekend Bonus Challenge Prizes-Walk Series (6)

- \$25 Fort Chamber Bucks
 - One random winner at each walk series will be chosen **live at the event**

Finished with 900-1260 Minutes (10)

- \$25 Gift card to Kwik Trip
 - Randomly selected
 - Must have completed ALL weekly education, quiz/surveys, and logged exercise on time

Finished with >1260 Minutes (5)

- \$50 Gift card to Festival Foods
 - 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!