

2024 Total Wellness Challenge Rules

July 15th – August 23rd | 6-Week Team Competition

WELLABLE ACCOUNT

- The challenge will be conducted using the Wellable platform & app. If you do not have a Wellable account, you will need to create one [here](#) first in order to register for the challenge and join a team.

PHOTO RELEASE

- All participants in the Total Wellness Challenge are encouraged to sign a photo release prior to the start of the challenge. Photo releases are due by Monday, July 8, 2024. Please submit releases for your entire team in one email to mhm@hr.sbcounty.gov.
- If any team member declines to sign a photo release, it is that member's responsibility, as well as that of the Team Captain, to make sure those person(s) are not in any of the photos submitted to Wellable.
- All photos submitted to Wellable during the Challenge may be posted on the Total Wellness Challenge website (subject to County Human Resource discretion).

TEAMS

- Employees will form their own teams (HR does *not* coordinate or assign individuals to teams)
- Minimum: 4 People | Maximum: 8 people
- Each team will designate one person to be their team captain.
- It is recommended that your team members work at your same location to better facilitate Team Challenges, however, it is not required.
- Any changes to your team structure may be requested within the first week of the challenge. After the close of the first week, any team members that drop out will remain on the team and their score will be weighted in the final average. Please submit requests for team changes to mhm@hr.sbcounty.gov by Friday, July 19, 2024.

TEAM CAPTAIN ROLE

- Team Captains must [register](#) for and attend the Team Captain training on Tuesday, June 25th @ 10:00 AM.
- At this training, Team Captains will be given instructions and a link for registering their teams.
- Team Captains must register their teams by Monday, July 8, 2024.
- Team Captains will be responsible for the following:
 - Registering their teammates for the challenge
 - Submitting photo releases for everyone on their team
 - Ensuring that no photos are submitted of teammates who declined to sign the photo release
 - Coordinating team challenges
 - Submitting photo verification of team challenges for point redemption

WAYS TO EARN

- **Physical Activity**
Track all physical activity in Wellable. This can be done by syncing your smartphone and wearable devices to the Wellable app or by entering activities manually inside Wellable, or a combination of both.
- **Nutrition**
Nutrition can be tracked inside Wellable through several free mobile apps.
 - If you already use a mobile app to track your nutrition, you can connect it to your user account by following the instructions on the [Connections](#) page.
 - If you are not currently using an app to track nutrition, you can select one from the available options by selecting "Nutrition" on the [Connections](#) page.
 - Wellable recommends downloading and using the **FatSecret app** for [iPhone](#) or [Android](#), which will directly connect to your user account.
- **Daily Challenges**
Use the "Daily Challenge" box on your [Wellable Dashboard](#) to log up to 5 activities daily.
- **Wellness Videos: 5,000 points per video**
Every week of the challenge, a new video featuring a different "Dimensions of Wellness" will be released on the [Wellable Bulletin Board](#) feature. *Each individual who watches on their own account will be awarded 5,000 points. (This is not a group activity).*
- **Wellness Articles & Special Activities: Points Vary**

Each week there will be wellness articles posted on the [Bulletin Board](#), inside the articles are special activities where you can earn points for completing them.

- **Team Challenges: 10,000 points per team member**
 - Team Challenges will be assigned throughout the challenge during weeks 1-5.
 - Team Challenges will be assigned via the [Bulletin Board](#) inside the Wellable platform.
 - Team Captains will email one photo submission to support@wellable.co to receive points.
 - Team Challenges will be assigned on Monday's, and photo submissions will be due by Sunday of the same week in which they are assigned. (*Points will be awarded the **following Tuesday***).

SCORING

- You can keep track of your team's progress on the [Wellable Leaderboard](#).
- Teams are ranked by the average number of Wellable Points for all members on the team. This means that teammates who earn less points will lower the overall average score for the entire team.
- Team challenges are worth 10,000 points per team member. When a team completes a team challenge, each member will receive 10,000 points by the following Tuesday.

PRIZE STRUCTURE

- **The first 1,000 registrants will receive a Wellness Works Here County branded jump rope as a "thank you" gift.**
 - Individuals must be registered on a team inside the Wellable platform (refer to Team Captain Training webinar above for information on how to register a team).
- **There will be weekly raffles during the challenge with various prizes.**
 - Every point you earn as an **individual** during The Total Wellness Challenge counts as one entry into the raffle. The more points you earn, the more entries you have in the raffle.
 - This incentivizes individuals who may not be on a team at the top of the leaderboard to continue to earn points throughout the challenge.
 - One prize per individual winner (these are not team prizes)
- **There will be various prizes raffled off during the Grand Finale end-of-challenge raffle to 10 individuals.**
 - Every point you earn as an **individual** during The Total Wellness Challenge counts as one entry into the raffle. The more points you earn, the more entries you have in the raffle.
 - This incentivizes individuals who may not be on a team at the top of the leaderboard to continue to earn points throughout the challenge.
 - One prize per individual winner (these are not team prizes)
- **There will be a grand prize given for the 1st place team.**
 - One prize will be awarded to each member of the 1st place team.

****Must be a County employee to be eligible for prizes and incentives. Prizes and incentives are subject to applicable federal and state IRC tax codes. All prizes and incentives are subject to change and inventory availability.***

****All activities in the Total Wellness Challenge must be completed on employees own time.***