“Ready! Set! Move!” Team Activity Challenge

Plan Details/Registration/Rewards

• What is the “Ready! Set! Move!” Activity Challenge?
The Ready! Set! Move! Challenge is an 8-week activity challenge. The challenge begins on Monday, March 27th and ends on Friday, May 20, 2017. You and your teammates track the time you spend moving each day of the challenge. Each team competes against the other teams for the most time spent moving during the challenge.

• When is the registration period for the challenge?
Registration begins on Monday, March 20th and ends on Friday, March 31, 2017.

• How do I sign up for the challenge?
- Log onto www.ibxpress.com and click on the Rewards Program WebMD link, then Wellness Center (located on the top left-hand side).
- Click on Enroll in the Ready! Set! Move! Challenge under your action plan.
- Accept the terms and conditions.

• Can I pick which team to join?
Yes, there is an option to join an existing team in which other people have created or there is an option to create your own team. Each team has a minimum number of 2 participants and a maximum number of 12. The team with the highest average will rank first. You will be able to track your progress along with your team’s progress.

• How do I update and track my progress?
To update your progress, click on Ready! Set! Move! Enter your total time for each day and click submit. The information you have entered will display on the Home page.

• How can I track my team’s progress?
Log into the WebMD Home page then click the “rankings” number of your team. The team with the highest average will rank first.

• Is there a minimum requirement for participation in the Challenge?
In order for your time to be counted, you must record your steps for a minimum of 35 days of the 54 day challenge.

• What happens if I forget to record my time?
You can record your time until June 2, 2017. Scroll through the calendar using the arrow button to record any missed days.

Rewards – 60 points and prizes

• Will I receive reward points for participating in the “Ready! Set! Move! Challenge?”
You will receive 60 points in the rewards program if you record time for at least 35 days of the 54 day challenge. Time must be recorded in the WebMD program under challenges in order for you to earn the 60 points. All time must be recorded by June 2, 2017. (Reach 75 points and earn a $50 reward card)

• What are the rewards?
Each participant on the team with the most time at end of the challenge will receive a $50 reward card through Hallmark Business Connections. You will have the option to choose your card.