

> FAQ

How to take the challenge

- ▶ Make a team of six with your co-workers. Choose a team captain and name.
- ▶ Pick up a pedometer from your HR department. Use the Step Tracker spreadsheet to record your steps every day. During the five-week challenge, report your steps to your team captain.

What is a pedometer?

A pedometer is a small device you wear on your belt. It shows the number of steps you take, based on your movement.

Where should I wear my pedometer?

For the best reading, wear your pedometer on your waistline, close to the center of your body.

How many steps are in a mile?

There are 2,000 steps in a mile.

Earn extra steps

- ▶ Get 2,000 steps (1 mile) for completing a health assessment.
- ▶ Earn 4,000 extra steps (2 miles) for joining a charity run or walk. Find events in your area at runnersworld.com/cds/racefinder.
- ▶ Each week, earn 10,000 bonus steps (5 miles) by completing healthy activities. You'll get an email about these activities each week. You can do them anytime during the campaign.

Do I log all of my steps?

Yes! At the end of each day, write down how many steps are shown on your pedometer.

How many steps are recommended each day?

Experts say healthy adults should take 10,000 steps each day.

How do I sign up?

Join a team, pick up a pedometer and start logging steps!

When and how will I get my pedometer?

Once you've created a team, you can pick up your pedometer from HR.

How do I record my steps?

Use the Step Tracker spreadsheet. You'll find it in the first email you received.

Can I have more than six team members?

Sure! Encourage as many people as you can to join in.

What does the team captain do?

Team captains lead their teams, make sure everyone logs their steps, and encourage their teams to have fun and do well in the challenge.

What if my activities don't allow me to wear a pedometer, like swimming or biking?

Use the Step Converter document from the first email you received to find the number of steps from these activities.

Moda Health offers free, one-on-one health coaching to help you get active and make other healthy lifestyle choices. Call 877-277-7281 (TTY users, dial 711), or email careprograms@modahealth.com.

