

HOW TO: Create Account, Register for Walk Across Campus, Connect Your Device

Whether you take a stroll by yourself or with some friends to enjoy each other's company, walking is one of the easiest ways to get more activity into your day.

The Fall Walk Across Campus (WAC) walking challenge is a nine-week team program that starts on Monday, October 3, 2016. Each team member is encouraged to walk 10,000 steps each day through Monday, December 5, 2016. Connect a wearable device, such as a Fitbit, for automatic upload. If you forget to wear your Fitbit for a day, you can manually enter steps through the Steps Log.

Who is eligible to participate?

All benefits-eligible Boston College faculty and staff.

Harvard Pilgrim Health Care provides medical coverage for Boston College employees and administers the Boston College Wellness Incentive Program. You are not required to be a Harvard Pilgrim member to participate in the Wellness Incentive Program.

I participated in the Spring Walking Challenge:

If you participated in the Spring walking challenge, you still need to sign up for the Fall WAC Challenge by following the instructions below. If you have forgotten your username and password please email HPWellness@HarvardPilgrim.org or contact our wellness service line at 1-877-594-7183, Monday – Friday, between 9am-5pm (EST).

Sign Up for the Fall WAC Challenge:

You can sign up for the Fall WAC challenge now through **October 7**.

1. Log on to the BeyondHealth wellness portal at <https://harvardpilgrim.cernerwellness.com>.
2. From your Dashboard, locate the Challenges section (orange heading) and click the red "Sign Up" button.

To confirm your device is connected:

1. Once logged in, from your Dashboard click the orange **“Connect tracking devices and apps”** button.
2. Under the Connected section, you will see if a device is connected.

To view your Steps Logged:

Click the Exercise tab at the top of the page and select Steps Log for an overview of your steps once the challenge begins on October 3rd.

If you have not yet connected a device, please follow the simple instructions attached to do so.

I did not participate in the Spring Walking Challenge:

If you did not participate in the Spring challenge and would like to participate in the Fall WAC Challenge, you will need to:

1. Create an account
2. Register for the WAC Challenge
3. Connect your device.

To Create an Account on the wellness site:

1. Go to <https://harvardpilgrim.cernerwellness.com> and bookmark the page.
2. Click the **“Register New Account”** button.
3. Fill in all required fields to set up your username and password.
4. Review and accept Terms of Use and Privacy Policy* then click the **“Submit”** button.
5. Select **“Dashboard”** in the upper right corner of the screen to go to your homepage.

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2. From your Dashboard, locate the Challenges section (orange heading) and click the red **“Sign Up”** button

To Connect a mobile step tracking device:

Please follow the simple instructions attached to connect a mobile step tracking device.

For more information

To learn more, email HPWellness@harvardpilgrim.org. You may also call Harvard Pilgrim at (877) 594-7183 weekdays between 9 a.m. and 5 p.m.