Please join us for Boston College’s Walk Across Campus (WAC). The WAC is one of many HEALTHY YOU sponsored activities and the Fall WAC is scheduled to run from:

**Monday, October 2nd through the end of the day Monday, December 4th, 2017.**

Our WAC has successfully promoted friendly competition while building solid camaraderie amongst peers throughout BC. If you do not already have a team, you can join any available team (instructions regarding how to join a team are listed in the following pages).

**Fitbits**

BC is subsidizing a new Flex 2 Fitbit for all benefits eligible employees who sign up AND participate on a Fall team. Back by popular demand, employees who wish to upgrade to a fancier unit than the Flex 2 can do so and only pay the difference for the discounted units!

**Kickoff Event**

Please join us for the WAC kickoff on Monday, October 2nd, details TBD due to construction on campus.

### To Get Started

**Step 1: Create a Harvard Pilgrim Wellness Account**

EVERYONE, regardless of your insurance, can access the challenge through your wellness account. If you have created an account in the past, please visit [www.harvardpilgrim.org/wellnessaccount](http://www.harvardpilgrim.org/wellnessaccount), log in and proceed to the challenge section to Sign Up. If you have not created an account, please visit the site above to create your account.

**Step 2: Connect your step tracking device to your Harvard Pilgrim Wellness account**

Please be sure to connect your step tracking device to your wellness account. To connect a device, or confirm you have connected a device from a previous challenge, simply log into your wellness account, from your Dashboard click **Mobile**, then select **Connect a Wearable Device**.

**Step 3: Sign Up for the Challenge**

Once you sign into your wellness account you will see your Dashboard. Please scroll to the challenge section and click the red Sign Up button.

**Lace up and Get Your Steps In**

Did you know that our campus offers many areas to enjoy taking steps? For instance, when leaving from the 129 Lake building, 2 loops around Chandler Pond equals 2 miles, as does completing 1 loop around the reservoir when you leave from the front of the Rec Plex.

**Need help?** Harvard Pilgrim’s Wellness Services is available Monday – Friday, 9am – 5pm. You can contact Wellness Services at (877) 594 - 7183 or by email at [HPWellness@harvardpilgrim.org](mailto:HPWellness@harvardpilgrim.org).