# Frequently Asked Questions

**Want a quick overview of our latest wellness challenge? All the information you will need to be successful is included here.**

### Why is it important that I participate?

In the fast-paced world we live in, we often fail to take a little time to LOL. That's LIVE Out Loud, and LOL'ing means taking time to do the things that put you in a great state of mind. Activities like exercise, connecting with friends, working on a hobby, participating in a recreational activity, or playing with your children can go a long way in establishing an LOL lifestyle. LOL'ing improves mood, energizes the body and mind, and enhances overall health and well-being.

### What do I need to know about the LOL (Live Out Loud) challenge?

- Duration: Monday, May 4 – Friday, June 12 (6 Weeks)
- Registration for Challenge: April 15th – May 8th
- Registration will be offered during biometric screenings events, online registration available.
- This is a Team Challenge. Teams must have 5 or more people to be able to participate. If you are on a team with less than 5 people, you will not be eligible for a gift card. You will be notified by email that your team has less than 5 people.
- Teams have been pre-set mostly by agency or physical location with some grouped together due to size.
- All members of a team with an average of 3,000 points over the 6 weeks will each receive a $25 gift card.
- Use Company Code: **Franklin2015** when registering for LOL.

### What happens after I register?

- Once you are registered, you will receive a welcome email with details to confirm your registration. The welcome email will come from **noreply@healthycommunity.ca**.
- **If you do not receive a registration email please, contact** support@tavihealth.com
- You will need to open this email to select your team from the dropdown box & reset the temporary password.
- Your username is your email address.

### How do I earn points?

- You can earn a total of 100 points each day you perform both a minimum of 30 minutes of cardiovascular activity for 50 points and 50 points for performing a LOL activity for at least 30 minutes for a maximum of 700 points per week per person.
- Cardiovascular activity can be done in increments such as 3 – 10 minutes walking sessions.
- You may count the cardiovascular activity to meet your exercise points for Hello Happy.

### What is a LOL activity?

- A LOL activity is any activity that puts you in a positive set of mind, such as: Fishing, drawing, golfing, painting, talking with a friend, smelling the flowers, watching it rain, praying, playing with your dog, reading and many more. Remember, that your 30 minutes of cardio can't be counted towards your LOL activity.

### How do I track my activity?

- You will track your activity using **https://www.mywellsite.com/tavihealth/RiteForYou**.
- A mobile app **WilO Touch** is also available for all Apple, Windows, and Android devices.
- You can back log activity up to 10 days.

### When do I get my gift card?

- Gift Cards will be distributed 6 weeks after the challenge ends.
- Each team member will receive a $25 gift card if the team averages 3,000 points or more
- Completion of this challenge will earn 25 points in the Hello Happy Campaign.

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