

The Big 1 Challenge FAQ

This challenge focuses on adding more physical activity into your daily routine. Your goal is to log at least 9,000 steps daily and eat at least one serving of fruit and/or vegetables each day.

The west coast of the United States features some of the most breathtaking views in the world. From Laguna Beach all the way up to San Francisco, you can experience nature at its very best. The more you move, the more Pacific Coast Highway you'll get to see! The Big 1 takes you on epic journey from southern California all the way to San Francisco's famed Golden Gate Bridge. Along the way you'll pick up "milestones" in famous coastal places.

Goal: Participating in The Big 1 makes you more aware of whether or not you are getting the recommended steps each day. You'll earn miles in two ways. First, record your daily steps. Aim for 9,000 steps each day to make sure you stay on track. Second, earn 1,000 bonus steps each day you log a fruit or vegetable as a snack. Walk 400,000 steps to successfully complete The Big 1 challenge and to be eligible for incentives.

What do I need to know about The Big 1 challenge?

- Registration dates: Monday, June 27 through Sunday, July 24
- Challenge Dates: Monday, July 18 – Sunday, August 28 (6 Weeks)
- **Goal: You must achieve a minimum of 400,000 steps during the 6 week challenge.**

Who is eligible to participate?

- All benefits eligible employees and spouses or domestic partners can participate in the challenge.
- Employees and spouses/domestic partners who successfully complete the challenge will earn 10 HelloHappy points.
- Only employees are eligible for drawings.

How do I register for The Big 1 Challenge?

- Visit www.mywellsite.com/tavihealth/FranklinCounty
- Select the "Click Here to Register" link.
- Your company password is **Wellness2458**.
- Use your email as your user name.

What happens after I register?

- You will receive a welcome email from support@tavihealth.com with details to confirm your registration.
- **If you do not receive a welcome email please contact 614-310-2629.**
- Your username is your email address.

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How do I track my activity to receive credit?

- Begin tracking your activity July 18 using www.mywellsite.com/tavihealth/FranklinCounty.
- **Stay on track by walking at least 9,000 steps per day.**
- Earn 1,000 bonus steps by logging that you ate at least one serving of fruit and/or vegetables per day.
- Participants are able to backlog activity for the prior 10 days.

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Earn **10 HelloHappy** points for walking 400,000 steps and completing the challenge.

If you meet the milestone, you are entered into a weekly drawing.

- **Drawing 1:** Walk to **Malibu** by the end of **week 1** and get your name entered into a drawing for a **FitBit Charge!**
- **Drawing 2:** Walk to **Pismo Beach** by the end of **week 2** and get your name entered into a drawing for a **FitBit Charge!**
- **Drawing 3:** Walk to **Cambria** by the end of **week 3** and get your name entered into a drawing for a **FitBit Charge!**
- **Drawing 4:** Walk to **Carmel** by the end of **week 4** and get your name entered into a drawing for a **FitBit Charge!**
- **Drawing 5:** Walk to **Half Moon Bay** by the end of **week 5** and get your name entered into a drawing for a **FitBit Charge!**
- **Drawing 6:** Everyone who completes the challenge by walking **400,000 or more steps** will be entered into a drawing. Four names will be drawn to win **one of three Apple Watches**, or an **iPhone 6s**.

**All drawing values are considered taxable income that will be added to the winners' paychecks.*