



Join Boston College's **Fall Walk Across Campus!**

Join us for a team step challenge

The Fall edition of the "Walk Across Campus," (WAC) is right around the corner, and this semester, the WAC will continue to be housed on the IncentFit app! BC's WAC program has successfully promoted friendly competition while building solid camaraderie amongst peers throughout BC. Our beautiful campus offers many areas to enjoy taking steps. For instance, when leaving from the 129 Lake building, two loops around Chandler Pond equals two miles, as does completing one loop around the reservoir when you leave from the Margot Connell Recreation Center. We hope last semester's Team Leaders will return to lead their team and recruit even more participants!

Step Challenge Dates

October 1st through November 30th

Your Challenge Goal

Take steps every day toward your well-being! The objective is to take steps every day with the goal of moving towards a HEALTHIER YOU. We suggest aiming for 10,000 steps per day. If that is too high, try increasing from your current level, if able. If you exceed that already, terrific- aim higher! We hope to see you as we all Run, Roll, Cycle and Walk Across Campus!



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HEALTHY YOU
WORKING TOGETHER FOR YOUR WELLNESS

How do I get started in the walking challenge?

If you already have an IncentFit account please login with your email and password and skip down to "**How do I join the Challenge**".

1. If you do not have an IncentFit account download the IncentFit app from the App Store or Google Play or visit www.incentfit.com/login/.
2. At the IncentFit home screen, enter your Email and click/tap "**Next**."
3. You will then be prompted to enter in the following **Signup Code: BostonCollege (case sensitive) and click/tap "Check Code"**
4. You then will be asked to enter an email address again, and create a password. **Please remember this information as you will use those credentials to log in.** You will also be asked to enter your first and last name.

How do I join the challenge?

- Log into your IncentFit account, and click/tap the **Challenges menu**.
- Teams from the Spring challenge have been preloaded into IncentFit, for this semester.
- Choose your team and hit the "**Join Team**" button. Teams should have at least 5 participants, and are capped at 20 max.
- Refer to bc.edu/content/bc-web/offices/human-resources/sites/health-well-being/programs-and-events.html#tab-walk_across_campus for more details.

How can I sync a step/fitness tracker app/device?

1. Log in to your IncentFit account and select **My Account > All Apps & Devices** from the menu.
2. Locate your app/device on the list.
3. Click "**Start Auto Syncing**" and follow the on-screen instructions. Be sure to read all the information when connecting, as some devices have specific instructions. For most devices, you must share "Profile" and "Exercise/Activity" to sync properly.

Note: Google Fit/Samsung Health (Android) and Apple Health (iPhone) are free apps that turn your phone into a pedometer. To sync data from these services, be sure to open the IncentFit mobile app or log into the IncentFit website every few days. Most other tracker services such as Fitbit and Garmin will sync automatically every 24 hours once synced with your IncentFit account.

Frequently asked questions

Which apps and devices are supported?

IncentFit syncs with many popular fitness trackers and mobile apps, some of which are free (see below).

To view the most up-to-date list, please visit the "All Apps & Devices" section of your IncentFit account. Examples of apps that are included: Apple Health, Fitbit, Google Fit, Samsung Health, Garmin Connect, iHealth, Map My Fitness, Map My Walk, Nike+ Run Club, RunKeeper, and Withings.

What if I don't have a smartphone?

If you have a mobile tracking device such as a Fitbit but do not have a smartphone, you can still sync that device through the IncentFit website.

What can I see in the IncentFit platform?

- Challenge rules
- Leaderboard
- Individuals on each team
- Steps and daily average
- Chat function

Who do I contact with questions about this challenge?

If you need assistance, please contact Living Well Support at LivingWellSupport@point32health.org or by phone at **(877) 594-7183**, Monday - Friday, 9 a.m. - 5 p.m. EST.



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