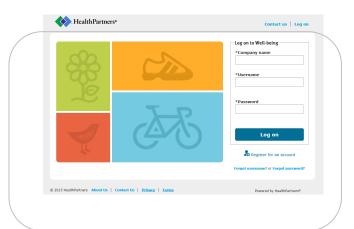


Get Started! Sign up for the Make a Move Challenge

Registration opens March 27 and closes April 8



1 Go to

healthpartners.com/wellbeing

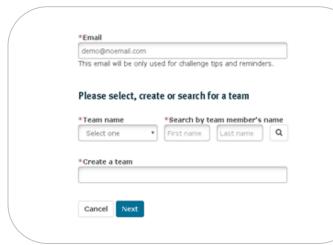
Returning users can log on by entering their username and password. First time users can click "Register for an account". After log on complete the health assessment to gain access to activities.

▼ Wellness Challenges

Enjoy a little friendly competition while achieving your goals. Make lifestyle changes with trackers that help you reach your goals. Track at least once a week for the length of the challenge.

Register for your wellness challenge

2 Click on the Wellness Challenge to register.



3 Verify your email address, then search or create your team. Click "Next" to save.

Teams must have a minimum of 2 people or you will be placed in the "Make a Movers" team.



Make a Move Frequently Asked Questions

Q: What if I don't have the minimum number of 2 needed for a team?

This is a team based challenge and a minimum of two people are needed per team. If you are not able to find a team member before the registration period closes, you will be added to the "Make a Movers" team. You will still be able to track your activity and use the challenge tools.

Q: I've signed-up for the wrong team, how do I switch?

If you signed-up for the wrong team, you can change your team any time before the registration period closes. You can also contact HealthPartners Health and Well-being Customer Service at **952-883-7800** to be placed on the correct team within the first week of the challenge.

Q: My co-worker would like to participate. Can they join? How can they join my team?

Anyone that is currently eligible to participate in the online well-being program and would like to join the challenge can do so by following the same steps above. When they sign-up for the challenge, have them search for your team name.

Q: What if I would like to participate in the challenge but would not like to join a team?

If you would like to participate as an individual, select the "Make a Movers" team in the drop down (step 3 from above) when you sign up for the challenge. This will avoid being added to a competing challenge team. You will still be able to track your activity, use the challenge tools, and complete the challenge for your well-being activity.