



Get Started! Sign up for the Make a Move Challenge

Registration opens March 27 and closes April 8

This is a screenshot of the 'Log on to Well-being' page on the HealthPartners website. The page has a white background with a blue header containing the HealthPartners logo and 'Contact us | Log on' links. Below the header is a grid of four colored squares: green with a flower, orange with a shoe, red with a bird, and blue with a bicycle. To the right of the grid is a login form with fields for 'Company name', 'Username', and 'Password', each with an asterisk indicating it is required. Below these fields is a blue 'Log on' button. Underneath the button is a link that says 'Register for an account' with a small person icon, and another link below that says 'Forgot username? or Forgot password?'. At the bottom of the page, there is a footer with copyright information and links for 'About Us', 'Contact Us', 'Privacy', and 'Terms'. The text 'Powered by HealthPartners®' is also visible.

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.

This is a screenshot of a 'Wellness Challenges' registration window. The window has a light blue header with a dropdown arrow and the text 'Wellness Challenges', and a close button (X) on the right. Below the header is a paragraph of text: '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.' Below the paragraph is a blue link that says 'Register for your wellness challenge'.

2 Click on the Wellness Challenge to register.

This is a screenshot of a form for selecting or creating a team. At the top is an email field with the text '*Email' and the value 'demo@noemail.com'. Below the email field is a note: 'This email will be only used for challenge tips and reminders.' Below that is the heading 'Please select, create or search for a team'. Under this heading are two options: '*Team name' with a dropdown menu showing 'Select one', and '*Search by team member's name' with input fields for 'First name' and 'Last name' and a search icon. Below these is the option '*Create a team' with an empty text input field. At the bottom are two buttons: 'Cancel' and 'Next'.

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.