



Q *What is the Twin Cities Healthy Rivalry Challenge?*

A It's a month-long challenge during which you'll compete with your fellow City of Minneapolis and City of Saint Paul employees by tracking your physical activity. This challenge will keep you energized as you get more active, and get motivated to focus on yourself and your wellbeing!

Q *Who can participate?*

A The challenge is open to all City of Minneapolis and City of Saint Paul employees. You can compete as an individual or with a team of your co-workers. Physical activity minutes are averaged, so all teams – and each city - have an equal chance to win regardless of size.

Q *When is the Twin Cities Healthy Rivalry Challenge?*

A Registration for the challenge starts September 18. The challenge runs from October 2 – 30, 2018.

Q *How do I register?*

A Starting September 18, go to **MyMedica.com** and click on the Health & Wellness tab on the top right of your screen. Then, click on **Join the Challenge**.

- To find and join an existing team, search for either the team name or a team member by typing their name and selecting it from the drop down menu. From the next screen, select **JOIN TEAM**.
- If you want to create a new team or participate as an individual, you'll need to create your own team.

Q *How do I compete?*

A When the challenge begins on October 2, track your physical activity minutes over the four-week challenge. You can use your synced personal fitness device or enter activity directly on the Track or Challenge pages of your My Health Rewards account.

- **NOTE:** if you're using a fitness device, your activity will sync as steps. 100 steps = 1 minute of exercise. If you do not have a device and are manually tracking steps, you'll need to manually convert your steps to minutes when logging your challenge activity.

Q *What will I learn for competing in the challenge?*

A The city with the highest average of minutes tracked will be declared the winner! The winning city will be presented with a challenge trophy (and bragging rights)! Plus, one participant from each city will win a Medica prize pack in a drawing at the end of the challenge.

Q **How can I view the challenge leaderboard?**

A Once you have created a team, access the challenge page by selecting Healthy Rivalry Challenge from the left menu of your homepage. Then click on the challenge name to view the full leaderboard. Want to see more teams? Click on the “SEE MORE TEAMS” button at the bottom of the screen.

Q **What if I want to leave or change teams?**

A You may change teams during the challenge and your physical activity minutes will carry over to your new team.

Q **Can my teammates or anyone else see which activities I complete?**

A Your teammates and other challenge participants will be able to see the total minutes tracked by teams and individual members within each team, but will not be able to see the specific activity (e.g., running, biking, dancing, etc.) that each participant completed to earn those tracked minutes. Your personal Track information always stays confidential.

Q **What types of devices can I sync?**

A Track your activity data (steps or minutes depending on the synced device), weight, and blood pressure with compatible devices (Fitbit, Garmin and Nokia Health) and apps (MapMyFitness, Moves and RunKeeper). Data syncs overnight and is aggregated into one entry per day in Track.

Q **What happens if I enter double minutes?**

A If you manually entered your steps on the site AND synced your wearable device, your physical activity minutes will be doubled. To correct, click on the Track page, hover over the steps you manually entered, and click the X to remove.

Q **I'm not doing any physical activity right now. Can I still join the challenge?**

A Yes. The challenge is designed to get everyone moving, regardless of his or her current level of fitness. Every person can find some activity that works for him or her.