

WellPATH 2025 Spring Passport Challenge

Registration Opens: Monday, March 10th

Start Date: Monday, March 25th

Challenge Ends: Sunday, May 4th

Registration Details:

See How to Register Guide for step by step instructions

Participants can register via:

- Paper (fax, email or mail) Required for Minors under 18
- Walker Tracker App/Website: Pinnacle.WalkerTracker.com

Please note: Ignore any language on Walker Tracker regarding POINTS. These challenges for FUSD do not run on a points system. We custom build these challenges and cannot turn off the points language on the Walker Tracker site. The leaderboard and amount of points you earn are irrelevant to the goals of this challenge. However, feel free to acknowledge them if you like to track it as a friendly competition.

Duration: 6 weeks

Focus: This challenge will be highlighting some general wellness tips that you can incorporate into your lifestyle as well as services WellPATH offers outside of our challenges that are available to those aged 18 and up. Below is a list of things participants can do during this challenge to earn extra “steps” toward their total step count at the end of the challenge. The main challenge goal is to accumulate at least 7,500 steps/day for a prize.

Passport Tasks for members age 18+

- Attend a WellPATH Know Your Numbers Wellness Screening
- Submit a testimonial of how the challenge is going for you and if it is providing any positive changes or struggles to wellPATH@delapro.com
- Provide a self-attestation of having a PCP visit in the last 12 months
- Recruit a colleague/family member who has never participated to join the challenge
- Identify the WellPATH Champion at your site and submit it. If there is no Champion for your site, just provide your site and select No Champion

Passport Tasks for members age 12-17

- Provide attestation of having a PCP visit in the last 12 months
- Submit a testimonial of how the challenge is going for you and if it is providing any positive changes or struggles to wellPATH@delapro.com
- Recruit a family member covered under the plan to join the challenge
- Provide attestation of participating in a school or select/intramural sport or club, or exercise class/club (running club, yoga class etc.)
- Fill out a Healthy Habits worksheet and return to Pinnacle Training Systems

All of the previously allowed activities are fair game toward your daily step goal!

WellPATH wants to help you think outside of the box to get moving with a little friendly competition, healthful tips and tricks, and of course the opportunity to win some great prizes!

Who can participate: Active employees, spouses, domestic partners, dependent children **age 12 and over**, early retirees (defined as a retired individual under age 65 and not eligible for Medicare), and retirees covered under the District’s health benefit plan are eligible to participate in the WellPATH Employee Wellness Program.

Rules for minors age 12-17 participation:

WellPATH has made a decision to open up the Wellness Challenges to dependents starting at age 12 instead of age 18! We are really excited to get families more involved in being active together.

1. Minor participation will require a liability and permission form to be signed by their parent/guardian.
2. The challenge administrator will perform an audit at the beginning of the challenge to ensure that all participants are at the age of 12 at the **start date** of the challenge.

In compliance with the American Disabilities Act 1990 (ADA), all Challenges are designed and open to all eligible FUSD members and will provide reasonable accommodations. Should you feel you need reasonable accommodations, make sure you check the box notifying us of this need on the registration form that reads “please check here if you feel you need reasonable accommodation as outlined in the ADA ___” and reach out to Pinnacle Training Systems at FUSD@pinnacletrainingsystems.com.

Challenge will utilize the Be Well (formerly Walker Tracker) App

- Individual Challenge (If you do best with an accountability buddy, you can still set up an accountability buddy to check in with daily.)

Registration Instructions: (Please see the How to Register Guide for more detailed step by step)

1. Each person is required to answer all registration questions every challenge. This ensures that WellPATH has the most up to date information from you to be able to notify you if you won and get you the information for receiving you prize.
 - a. There is a “How to Register on Walker Tracker” guide on the JHMB Health Connect Website if you need assistance with Registering. You can access it [here](#).
2. If you have any questions regarding registration, you can email fusd@pinnacletrainingsystems.com.

How to get steps to earn a prize:

You will participate in any combination of the approved activities listed below and record them on Walker Tracker to accumulate steps.

What activities earn daily steps?

The below approved activities get converted to “steps” based on the activity selected and how long you participated in the activity. If you are have an activity you participate in that is not on this list that you consider exercise, please reach out to us at WellPATH@delapro.com to see if we can add it or help you categorize it into one of the below.

Bowling	Billiards/Pool	Canoeing
Kayaking	Dancing	Frisbee
Horseshoes	Ice Skating	Skateboarding
Skiing (cross country or downhill)	Snowboarding	Softball
Tennis	Baseball	boxing

Firewood carrying/chopping	Golf (in and out of a cart)	Housework
Gardening	Yardwork	Kickball
Ping Pong	Sailing	Skating
Snowshoeing	Tae Kwon Do	Trampoline
Wrestling	Basketball	Climbing (rock or mountain)
Football	Horseback Riding	Miniature Golf
Pickleball	Racquetball	Scuba Diving
Soccer	Stair Climbing	Tai chi
Volleyball	Judo and Karate	Water Polo
Walking	Jogging	Running
Swimming	Water Aerobics	Yoga
Circuit Training	High Intensity Interval Training (HIIT)	Zumba
Bicycling	Hiking	Pilates
Spinning	Weightlifting	

Rules: WellPATH Challenges are developed with the goal to help engage and motivate as many members as possible to learn and improve upon their health. They are designed with the hope that participants will engage in a friendly competition, will find encouragement from colleagues, and will reciprocate that encouragement to others along the way. Most importantly, WellPATH Challenges are designed to help participants build healthy habits, which will hopefully become a foundation to build upon. Please keep in mind the prizes are an incentive and reward, but the ultimate reward is accomplishing a goal you set out to achieve.

1. Each week is Monday through Sunday at midnight.
2. You must be enrolled in Medical Coverage under FUSD.
3. You must be 12 years of age or older. (See specific rules for minors age 12-17 above)
 - a. If it is found that a participant in the challenge is not 12 years of age or older, the participant will be disqualified from winning prizes in the challenge.
4. Activities must be entered into Walker Tracker **within a week from the day the activity was performed**. If the activity is not entered within that time frame, your steps for that activity will not be counted. We recommend you register your activity each day.
5. Pinnacle Training Systems will delete negative comments toward other participants on message boards.
6. Activities outside of the above approved activities (unless approved by WellPATH) do not count toward your step totals for this challenge. If you cannot find your activity/exercise on the list, please reach out to WellPATH@delapro.com to check how you should enter it.
7. Have fun, encourage each other, engage in the challenge and learn as much as you can!

FUSD Challenge Prize Structure

You will participate in any of the above-listed activities to accumulate steps. This Challenge you will also have the opportunity to participate in any of the below activities to earn bonus steps toward your total step count at the end of the challenge. You could earn a total of 15,000 additional steps toward your total step count which is the equivalent of 2 days of the challenge at the 7500 steps/day goal. (Please see below table to see how many extra steps you can earn for each activity. You can only earn points from each activity once.) At the end of the challenge all your steps will be added up, and we will divide by the number of days in the challenge to get your average daily steps and this will determine your place in the prize structure. If you averaged 7,500 steps/day or more you will be eligible to select a prize from our Challenge Rewards site. You will receive an email with a link to the store and the prize will be sent directly to you.

Passport Tasks for members age 18+

Activity	Extra Steps added to your Total End Steps
Attend a WellPATH Know Your Numbers Wellness Screening	4500
Submit a testimonial of how the challenge is going for you and if it is providing any positive changes or struggles to wellPATH@delapro.com	2000
Provide a self-attestation of having a Primary Care Physician visit in the last 12 months	4500
Recruit a colleague/family member who has never participated to join the challenge	2000
Identify the WellPATH Champion at your site and submit it. If there is no Champion for your site, just provide your site and select No Champion	2000

Please note: all these tasks must be completed by Friday, April 25th in order to receive your extra steps.

Passport Tasks for members age 12-17

Activity	Extra Steps added to you Total End Steps
Provide attestation of having a Primary Care Physician visit in the last 12 months	4500
Submit a testimonial of how the challenge is going for you and if it is providing any positive changes or struggles to wellPATH@delapro.com	2000
Recruit a family member covered under the plan to join the challenge	2000
Provide attestation of participating in a school or select/intramural sport or club, or exercise class/club (running club, yoga class etc.)	2000
Fill out a Healthy Habits worksheet and return to Pinnacle Training Systems	4500

Please note: all these tasks must be completed by Friday, April 25th in order to receive your extra steps.

*Winners will be contacted via email.

Templates for the PCP Attestation, testimonial template, Recruitment attestation, Champion ID process, School or select sport/club attestation, and Healthy Habits worksheet are on the next page.

Primary Care Physician Visit Attestation

You can earn 4500 additional steps toward your total challenge steps by attesting that you have seen your Primary Care Physician for your annual preventive visit/check up in the last 12 months.

Completed attestations must be submitted to Pinnacle Training Systems by no later than Friday, April 25th.

NAME: _____ DATE OF BIRTH (MM/DD): ____ / ____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

HAVE BEEN TO YOUR PRIMARY CARE PHYSICIAN FOR YOUR ANNUAL HEALTH EXAM IN THE LAST 12 MONTHS?

NO

I HAVE NOT been to my PCP in the last 12 months

YES

I HAVE been to my PCP in the last 12 months*

By signing this form, I hereby certify that I have truthfully checked the Yes or No box above that accurately reflects if I have had an annual exam with my PCP in the last 12 months. **I understand that if I falsify this document that I will not receive the points for this portion.**

SIGNATURE: _____ **DATE:** _____

Once this form is completed, please email to fusd@pinnacletrainingsystems.com by no later than Friday, April 25th in order to receive your extra steps for this form.

WellPATH Challenge Testimonial Submission

Contact Information

First Name:

Last Name:

Email Address:

Phone Number:

FUSD Site you are employed at (if employee):

Explain how this WellPATH Challenge is affecting your health/happiness.

Do we have your permission to share this testimonial in WellPATH Communications?

YES

NO

If yes to the above, how would you like your information to be shown? (Select any and all that apply)

First Name

Last Name

If you are an employee or dependent

FUSD Site you are affiliated with (if employee)

Once completed, please email a copy of this completed testimonial to WellPATH@delapro.com by Friday, April 25th in order to receive your extra steps for this form.

If you recruited a colleague or family member eligible under the plan to participate in the challenge with you:

1. Email FUSD@pinnacletrainingsystems.com with the Email Subject “Spring Challenge Recruitment”.
2. In the email body provide
 - a. Your Name
 - b. The name of the person you recruited

That’s it. We will verify that person is in the challenge and actively participating. Once confirmed your points will be added to your total step count.

To earn your steps for identifying the WellPATH Champion at your site, go to <https://jhmbhealthconnect.com/wellpath/champions/>, and scroll to the bottom of the page and click on “See Champion List”. The list is in alphabetical order by FUSD Site. If you do not see your site on the list, this means your site does not have a WellPATH Champion.

1. Please email FUSD@pinnacletrainingsystems.com with the Email Subject “FUSD Site WellPATH Champion ID”
2. In the email body provide:
 - a. Name of your site and the Champion(s) if you found one, OR
 - b. “My site <<list your site>> does not have a champion

To earn your steps for attesting to your participation in a school sport/club or select sport/club: (12-17 year old participants)

1. Email fusd@pinnacletrainingsystems.com with the Email Subject “Spring Challenge Minor sport or club attestation”
2. In the email body provide:
 - a. Your name,
 - b. the name of the sport/club, and
 - c. what school or select club it is through.

Healthy Habits Worksheet for 4500 Extra Steps

INSTRUCTIONS: Complete this Worksheet and email a picture of your completed worksheet to fusd@pinnacletrainingsystems.com with an Email Subject of "Healthy Habits Worksheet". In the body of the email provide your full name.

1. I take part in 30 minutes of moderate physical activity most days of the week. (brisk walking, climbing stairs, dancing) Yes No
2. I do exercises for flexibility at least 3 days a week. (yoga, stretching) Yes No
3. I eat three regular meals a day. Yes No
4. I eat vegetables with every meal. Yes No
5. I limit my processed sugar intake. Yes No
6. I only eat fast food 1-2 times a month. Yes No
7. I take time out during the day to relax and recover from daily stress. Yes No
8. I do not smoke or use other tobacco products. Yes No
9. I wear my seatbelt when in the car. Yes No
10. I have a social circle of people I can lean on. Yes No
11. List 3 health goals you have for yourself:
 - a.
 - b.
 - c.