

Register NOW-July 23!

Since this is a NEW site, we've given detailed instructions below.
Questions about how to use the Challenge web site (Virgin Pulse),
Call MyActiveHealth (855) 206-1302.



Frequently Asked Questions

Q: What is the Challenge?

Scale the Summits is a 5-week physical activity challenge that can be completed with a team of 1-10. We will follow a virtual path that leads up some of Earth's highest peaks. Participants will track their steps for a chance at prizes! This is a great way to continue your active lifestyle and/or find fun new ways to keep yourself motivated to stay active in the summer heat!

Q: Who can join?

The Challenge is for ALL members of the State of Montana Health Plan, but registration and participation look a little different for retirees and their covered spouses/dependents.

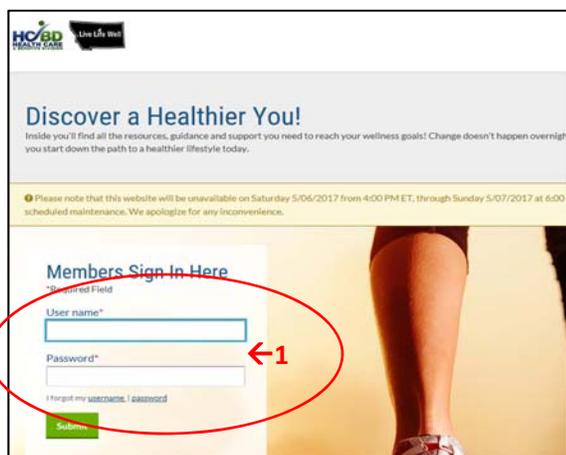
Registration Instructions for Retirees, Retiree Spouses, Retiree Dependents

Q: I'm a retiree. How do I join?

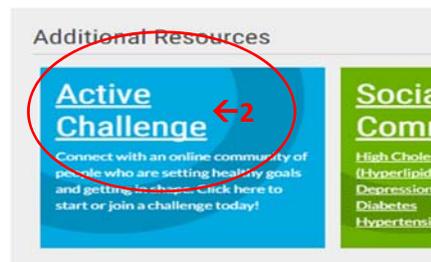
We are working to make registration easier for our retired members. Retirees will need to follow a different path to register. **Retirees should click on this link to join the Challenge:** <https://www.surveymonkey.com/r/sumchallenge>. For questions, please contact benefitsquestions@mt.gov or call (800) 287-8266. Retirees do NOT need to follow any of the other instructions on this document. Once they register, instructions will be sent directly to the email they specify at the survey monkey link above the first week of the Stay Active Challenge.

Registration Instructions

Active Employees, Spouses, Dependents Retirees, see instructions above.



1. Active employees and their covered spouses/dependents should visit www.myactivehealth.com/som and log in. If you are new to the site, you will need to create an account. Each person must have their own account.
2. Once you have logged in to MyActiveHealth, scroll down to "Active Challenge" under the "Additional Resources" section.



3. This will take you to a website outside of MyActiveHealth via single sign-on, powered by Virgin Pulse. Virgin Pulse is a partner organization with MyActiveHealth and the State of Montana. **The only way you should access this website and the challenge registration and tracking is through www.myactivehealth.com/som** (see #1 and #2). This will be how you access the site from now on.
4. IF YOU HAVE ALREADY CREATED AN ACCOUNT, skip to "Forming or Joining a Team."

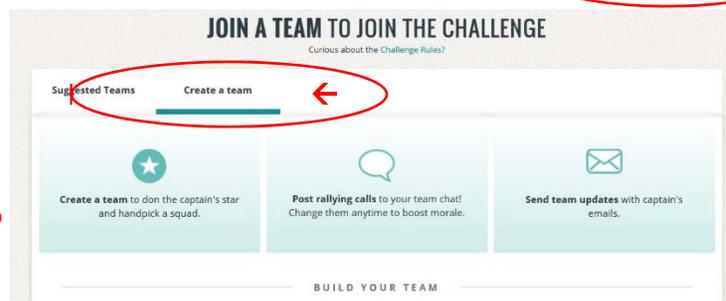
5. IF YOU HAVE NOT CREATED YOUR ACCOUNT, you will be asked to create an account. Once this is done you will not have to do it again on subsequent visits to the site. **If you don't want to share your date of birth, just put in a generic date in the same year as your birthday. The password you will be asked to create will only be used if you access the site through the Virgin Pulse app, otherwise, you should access the site as directed in #1-2, above.*

6. Review and accept the Membership Agreements, then click "Continue" and follow the prompts on your screen.

Forming or Joining a Team

1. Join the Challenge

Click "Join In!"



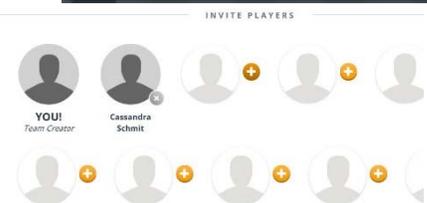
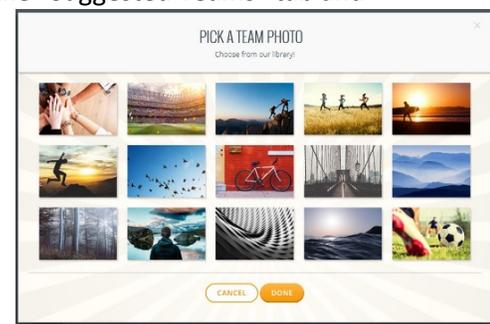
Then, you have two choices for participation. You can click on the "Create a team" tab, then click on "Create a Team." OR, if you don't want to create your own team, but would like to join an existing team, you can click on the "Suggested Teams" tab and select the team of your choice.

2. If you click "Create a team," then you can choose to invite others to join your team,* or you can leave your team for just you (a team of one). Fill out the information about your team. *Please note that you must pick a team photo, and there are stock photos available for you to use.*

3. *PLEASE NOTE: If you would like to invite others to join your team, you may only invite those who have already registered for the site. It works best if members wanting to join your team follow the registration directions above, then stop and wait for an invitation from you. Under "Invite Players," click the "+" button, then start typing a team member name in the text box below. If they are registered, then you'll be able to send them an invitation. **If they are not registered, you cannot invite them through the Virgin Pulse site. They will need to follow the registration instructions, above, before you can send them an invitation.**

4. You may switch teams between July 13-July 22. **You may not switch teams after the challenge begins on July 23.**

Team size may be 1-10 people, including the team captain. The team size is limited because the site is built to determine standings based on how many steps a team takes. If you have more than 10 people, choose a partner to create another team. You can



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even name your teams similarly. For example, “HCB D Dynamos 1” and “HCB D Dynamos 2.” Having more than one leader is a great way to share responsibility and encourage more participation at your location!

Q: What does a team captain do?

Team captains are an important part of the Challenge, but their participation can be as simple or complex as they would like. When you create a team, you become the team captain. Options for team captains include recruiting team members, naming their team, and helping team members who may have questions. During the challenge, team captains might help people report their activities, remind team members to log in to the platform and track, offer encouragement and motivation, and celebrate success. Team captains may also organize team activities, like lunch time walks.

Get Moving

Track your progress from July 23-August 26!

“Scale the Summits” is the virtual trip that we will be taking for this challenge. The more people on your team, the more summits you’ll get to see.

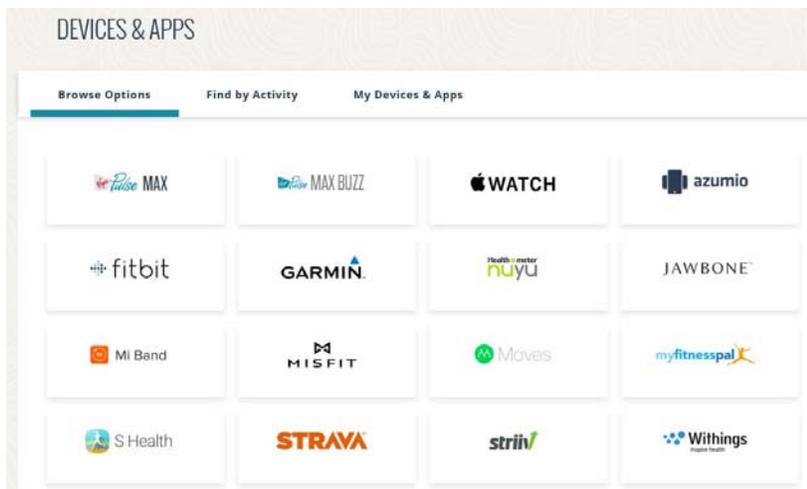
Q: How do I track my activity?

You will track your activity July 23-August 26. You have three options for tracking your steps. You can sync a device or app, enter steps manually using a pedometer, or enter various activity minutes that will convert to steps, or a combination of these three as applicable for your activity. Just remember not to double-count – if you wear a pedometer, take it off if you are going to use the activity calculator. Don’t use the activity counter for sitting, sleeping or other sedentary activities. **

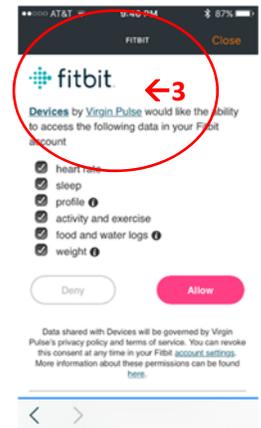
Active Employees, Spouses, Dependents Retirees, you will log on a tracking sheet, see page 3.

Option 1: Sync a device or app

1. Once you are logged in (sign in to www.myactivehealth.com/som, click on Active Challenge), you will be taken to the home page. Hover your mouse over the round icon with a shaded person in it, then click on “Devices and Apps.”
2. Look at the full selection of devices and apps that can be connected to your Virgin Pulse account. If you use Apple Watch, Azumio, FitBit, Garmin, NuYu, Jawbone, Mi Band, Misfit, MyFitnessPal, Strava, Withings, and more, hover your mouse over the desired app/device, then click “Connect” under that device.

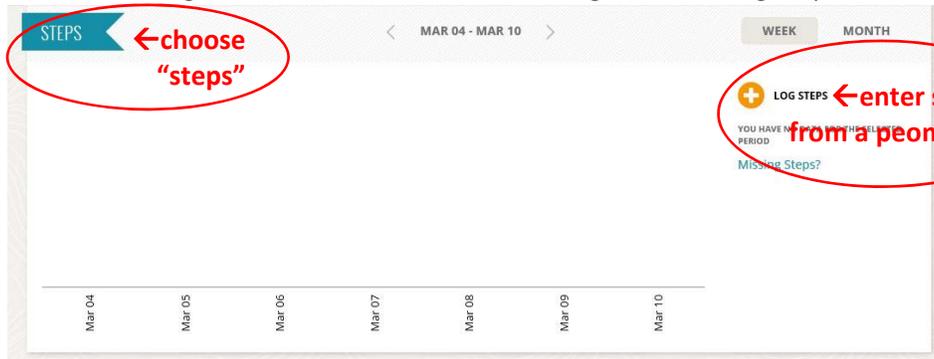


3. **If you are syncing a FitBit**, once you click “Connect” you will be directed to sign in to your FitBit account. When asked about accessing data, you must click ALL boxes and then click “Allow.” This is a FitBit requirement for syncing with Virgin Pulse.



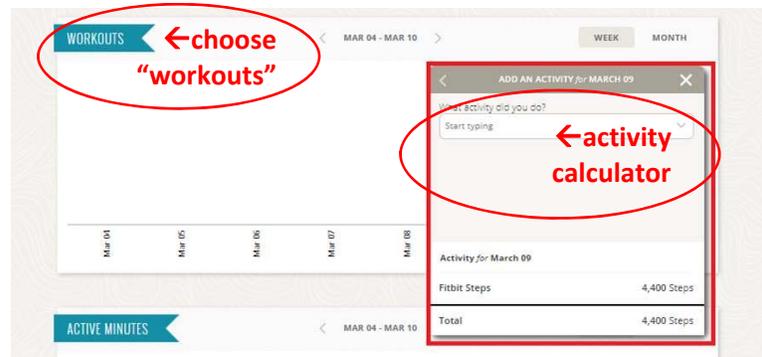
Option 2: Enter steps manually using a pedometer:

Enter your steps each day from your pedometer. Put your pedometer on when you get up in the morning, and take it off before bed each night. Manually enter steps or other activity under “Tracking” then “Stats.” Click on the “+” sign next to “Log Steps.”



Option 3: Enter steps manually using the activity calculator:

If you need to enter steps manually using the activity calculator (great for activities like biking, swimming, weight lifting), click on “Tracking,” then “Stats.” In the “Workouts” section (NOT the “Steps section), click “Log a Workout.” The site will automatically convert your selected activity into steps for minutes of activity completed. You can add various trackable activities that you can then enter minutes for and the site will automatically convert them to steps.



****Synced steps are added to EITHER manually entered steps or the activity calculator. If you are not syncing a device, you will need to choose to either manually enter steps or use the activity calculator for any given day, as the site will automatically only use the highest of the two. Please, do NOT use the activity calculator for sedentary activities (sleeping, sitting, etc.)**

Earn prizes and incentives!

We love rewarding action takers! Everyone who actively participates will be entered for grand prize drawings, but you have to register and then enter your steps throughout the challenge to win – do it now! Plus, completing the Scale the Summits Challenge is an eligible Next Step activity and can help you earn a Live Life Well Incentive (www.benefits.mt.gov/incentive for details)!

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