

Registration and Tracking Instructions

Questions about how to use the Governor’s Stay Active Challenge – Explore the Shore web site? Call Sonic Boom Wellness at (877) 766-4208.



The Challenge is for ALL members of the State of Montana Benefit Plan (State Plan).

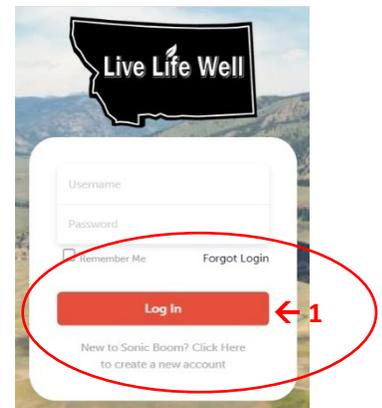
NEW THIS YEAR!

- We will be tracking minutes of activity, NOT steps.
- Teams must have at least 2 people on them.
 - Team size may be 2-15 people, including the team captain (team creator).
 - If you’re a single, no worries! We’ll get you on a team and you can choose how much to engage with said team.
 - If you have more than 15 people, choose a partner to create another team. You can even name your teams similarly. For example, “HCBD Dynamos 1” and “HCBD Dynamos 2.”
 - If a team is created and only has one person, it will be deleted once the Challenge begins. Not to worry! If that happens to you, you can always go back in and register for the challenge and join an already created team. Hint, hint – we are thinking of you, singles, and have created a team called “The Lone Wolves” – but if you can join whichever team you’d like.
- Team standings are based on average minutes of activity for the whole team – not every team member’s steps added together.

Keep in mind that the Challenge does not begin until June 26, 2023, so you won’t be able to see or use a lot of the features until then. If you want to invite friends, see section number eight, “Invite Your Friends.”

Registration Instructions

1. Visit som.app.sbwell.com and log in. If you are new to the site, you will need to create an account. Each person must have their own account.
 - If you need to create a Sonic Boom account, on the log in page, select "New to Sonic Boom? Click here to create a new account."
 - Enter your birth date. You will also need to know your six-digit employee/retiree ID number. *Your employee ID number can be found on your ID badge, paycheck, or in SABHRS.*
 - Covered spouses, domestic partners, and joint core partner members must make their own account using their birth date and the primary employee/retiree’s six-digit ID number followed by an “S.” For example: "000654S."
2. Once you have logged in to Sonic Boom, click “Contests” from the top menu bar. This is where you will click to enter steps and/or check your progress throughout the challenge as well.
3. **Join the Challenge.** Under “Explore the Shore, Governor’s Challenge” click “Join contest.” When the pop-up appears, review the contest information, then click the yellow, “Join contest” button again.



Explore the Shore, Governors Challenge

Ready to Explore the Shore? Rack up activity minutes (and miles!) to see how many of the world’s beaches you and your team can leave your footpri...

[Join contest →](#) ←3

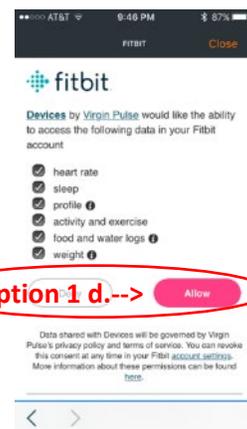
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4. **Choose how you want to track your activity.**

Please note: unlike in past challenges, you must choose one option or the other (below). The Sonic Boom site does not currently allow you to use both options to track your activity.

Option 1: Sync a device or app (cannot be combined with Option 2)

- a. Click on “My Health” from the upper right corner of the main Sonic Boom page.
- b. Click on “Connect a device.”
- c. Select one of the options for device tracking: Apple Watch, FitBit or Other Devices. *Other Devices supported by Sonic Boom include Strava, Misfit, Garmin, and Google Fit.*
- d. If you are syncing a Fitbit, once you click “Connect” you will be directed to sign into your Fitbit account (this may take a moment, be patient). When asked about accessing data, you must click ALL boxes and then click “Allow.” This is a Fitbit requirement for syncing with Sonic Boom.
- e. You may then need to sign back into the Sonic Boom site. Once you do, click on “My Health” again. Your steps should be synced.
- f. It does sometimes take a few days for devices to upload to Sonic Boom. If you want to hurry up the process, you can do that on the “Contests” tab.



Option 2: Enter activity minutes manually (cannot be combined with Option 1):

- a. Track your minutes without syncing a device to Sonic Boom.
 - o Many apps and devices track minutes, you can absolutely use them to track minutes even if you can't or don't want to sync them with Sonic Boom. Just manually enter into the Sonic Boom site.
 - o You can also just write down your minutes of activity and record them on the Sonic Boom site.
 - b. To manually enter your activity minutes, visit the Contest page (steps 1 and 2 in this document). In the “Explore the Shore section, enter your minutes of activity for the day and click the yellow “Log” button. You will see your stats update within a few moments.
 - c. **Please note!** If you are manually entering your steps, you can only go back 7 days. Make sure to enter your activity at least once per week!
6. **Select or create your team.** You may join an existing team or click the circle with the “+” and create your own team. If you create your own team, you will be that team’s captain.
- o **What is a team captain?**
 - o 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.
 - o 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.
 - o If you want to create a team and do nothing else – that is an option as well! It’s up to you.
7. **Choose your “identity” for the challenge.**
- a. On Sonic Boom, you can create a “secret identity.” It’s not totally secret, because Sonic Boom still knows who you are, but for purposes of engaging with other users on Sonic Boom, you can choose to be your “secret identity” or “yourself.”

- If you would like to use your “secret identity” to join the Stay Active Challenge and have not already set it up, just exit the Contest sign up.
- Click on your name from the top right of the main screen. Under “Personal Info,” scroll down to “Secret Identity.”
- Choose your photo, alias (name for your secret identity), and then choose to use as a default for contests and/or leaderboards. That’s it!

- **The Challenge does not begin until June 26, 2023, so you won’t be able to see or use a lot of the features until then.**
- If you want to invite friends, see section number eight, “Invite Your Friends.”
- If you want to see who is on your team, you’ll need to go to the Explore the Shore Contest page on Sonic Boom and look under “Contest Entrants;” then find a person on your team and click on the team name.

8. **Invite your friends!** You are strongly encouraged to invite others to join your team.
- a. If you’d like to invite others to join using the “Invite Friends” feature on Sonic Boom, you may only invite those who have already registered for the site.
 - b. On the main challenge page, select the orange “Invite Friends” button. Select members you’d like to invite to your team. An invitation is not required to join a team. If you have certain members you’d like on your team, you’ll need to work together to make sure they know your team name and get registered for the Challenge directly after you create your team.
 - c. Team members may change teams throughout the challenge if necessary.

Please note: If you click a button labeled “drop out of contest” it will **remove you from the challenge completely**, not just sign you out. Do NOT click this button if you want to participate in the Challenge. Contact Sonic Boom for assistance if you need it. If you click the “Drop out of contest” button, you may rejoin at a later time if you’d like to, but none of your activity previously entered in the contest will be saved.

Get Moving

Track your activity from June 26-August 6, 2023

- The “Stay Active Challenge – Explore the Shore” is the virtual trip that we will be taking for this challenge. Check out the Sonic Boom site to find out how your team is doing and the shores we are exploring.
- You will receive one email per week from Sonic Boom during the Challenge. This email will include weekly prize winners, recipes, and activity inspiration.
- Minutes of Activity can be any deliberate moving around that you do, from gardening to kayaking!
- **Make sure to sync and/or enter activity often; the site will only allow you to enter steps for the past 7 days.**

Earn prizes!

We love rewarding action takers! Everyone who actively participates will be entered for weekly AND grand prize drawings, but you must register and enter your steps throughout the challenge to win – do it now!

Questions about how to use the website Sonic Boom Wellness Portal: (877) 766-4208.