Step into Autumn Challenge Registration & Step Tracking Instructions

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

Registration Instructions

1. **Visit LiveLifeWellMT.medikeeper.com and log in**.
   - *MediKeeper replaced Sonic Boom as the Wellness Portal you will use for participating in Challenges, Live Life Well Incentive reporting, and more. If you are new to the site, you will need to create an account. You can find instructions to register for the MediKeeper Wellness Portal at benefits.mt.gov/Incentive, under "Register for MediKeeper."*
2. Once you have logged in, **click "Wellness Challenges," then "Upcoming," then "Select Challenge."**
3. **Click "Enroll in Challenge."** The button will change to "Leave Challenge" instead of "Enroll in Challenge." That's all you need to do.
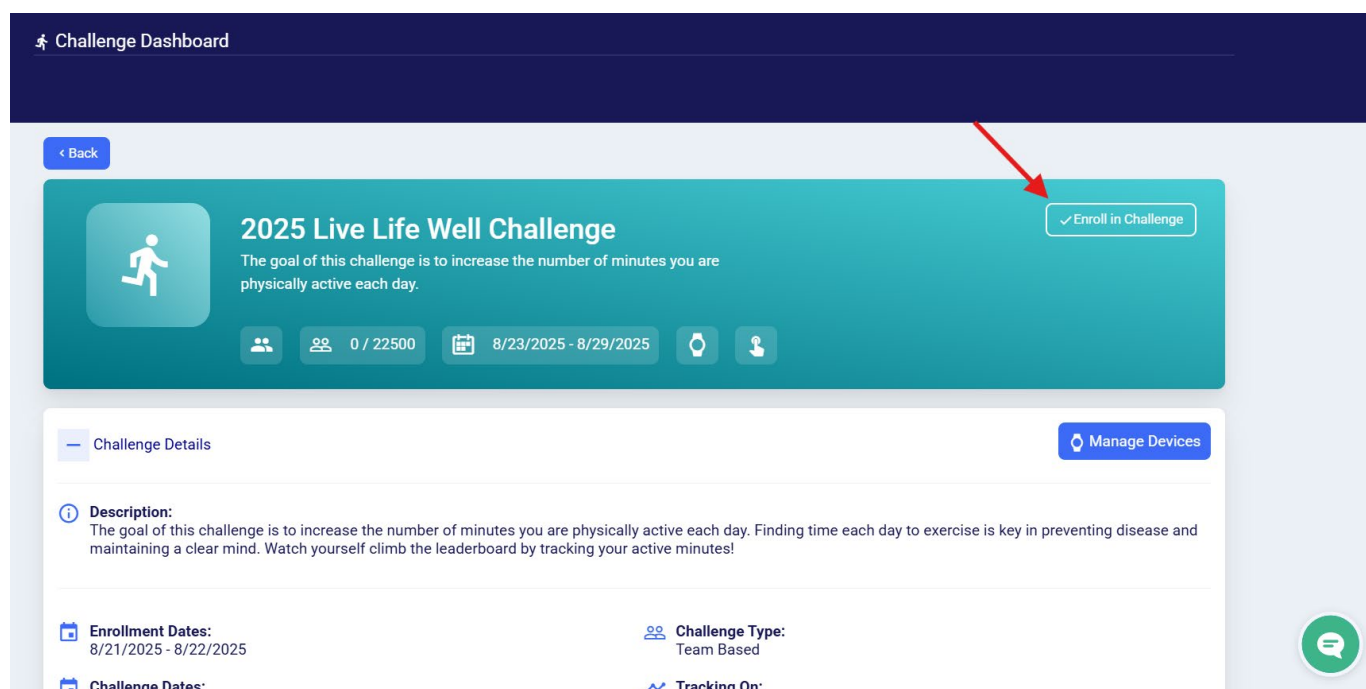
4. After registering for the Challenge, please make sure your email is correct on the MediKeeper Wellness Portal and that you are allowing MediKeeper to send you notifications. This is the primary way we will involve you in the Challenge. If you do not have an updated email, you will not receive emails during the Challenge with updates, motivation, ideas, and prize winners.
   - *To update your email preferences, log into MediKeeper then click on "My Account."*

Get Moving
Track your activity from September 15, 2024

> **The Challenge does not begin until September 15, 2025, so you won't be able to enter steps until then.**

Enter your steps daily or weekly. You can decide if you want to self-report your activity or sync a supported device – or both- with the MediKeeper Wellness Platform.

Depending on the goal you choose, you may need to manually add steps even if you sync a device. Examples of goals that are not well-counted by a step counter (and estimated step equivalent):

- Doing your physical therapy every day (+2,500 extra steps since many weight/PT exercises are not well counted by a step counter)
- A pack weight goal (+8,000 extra steps to reflect extra weight, 3 days per week)
- Attending a class of your choice (+8,000 extra steps if it's a class like weight-lifting that isn't well counted by a step counter)

For example: *I wear a FitBit each day, and my regular activity averages about 8,000 steps each day. For the Challenge, I decided I want to start attending at least 2 yoga classes per week in addition to my regular activity. I estimate that a yoga class is equivalent to 5,000 steps. Since my regular activity is 8,000 steps per day, my goal for two days of each week would be to get to 13,000 steps (8,000+5,000). Since I know yoga isn't well-tracked by a step tracker, I'll need to log into MediKeeper and add an additional 5,000 steps for each day I attend a yoga class.*

Convert an activity to steps: https://www.wellable.co/activity-converter.
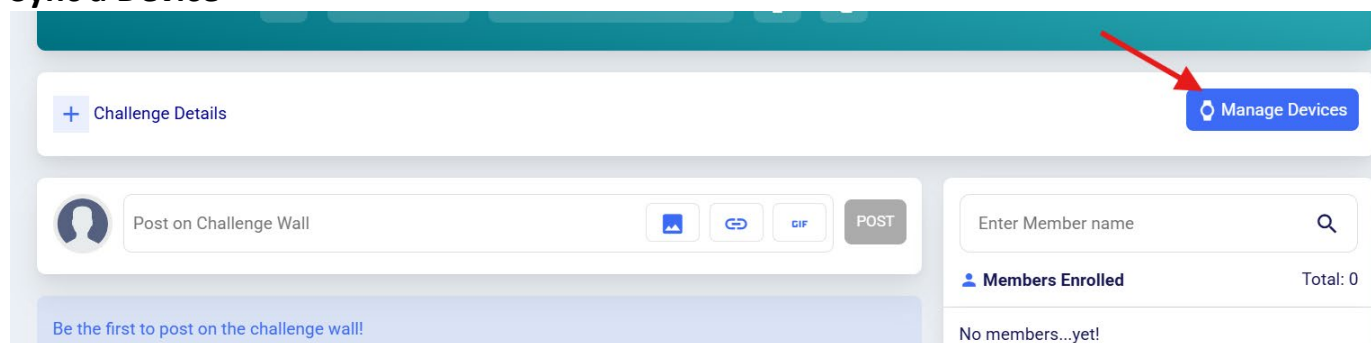
Sync a Device

Sync a Device with the Wellness Platform

1. Click on "Manage Devices" in the upper right corner of the Challenge page and follow the prompts.
2. **OR** Follow the directions in numbers 3-6 in this section.
3. Within the MediKeeper site, navigate to the TRACKER tile. A "tile" is a square button below the welcome banner.
   a. You can also navigate the site by clicking on the pull-down menu next to the home button in the top left of the screen.
4. Click the TRACKER tile and/or "View My Tracker."
5. Click on MANAGE DEVICES.
6. Follow the prompts provided.

Devices supported:
- Apple Health*
- MyFitnessPal
- Garmin
- MapMyFitness
- FitBit
- Strava
- Withings
- VitaDock
- Google Fit
- iHealth

*Apple Health
To connect an Apple device (like an iPhone), you must download and use the Alaveda app to access MediKeeper. Alaveda is the MediKeeper app. You cannot connect Apple Health to MediKeeper through a browser on your computer.

1. Use your regular computer browser to create an account on the MediKeeper Wellness Portal. You cannot create your user id and password on the Alaveda app.
2. Download and log into the Alaveda app on your Apple device. Navigate to the Tracker page and tap "Connect/Manage Devices" then "Connect/Manage Apple Health."
3. From the Apple Health authorization page, tap "Sync Health Data."
4. One the Apple "Health Access" page, toggle on the Apple Health data you would like to share with Alaveda, or just tap "Turn On All."
5. Tap "Allow" at the top right corner of the screen.
6. When you are returned to the Tracker page, your Apple Health data automatically begins syncing to Alaveda app under the "Tracker" page. The tracker syncs data from the last 90 days, so there will be some delay while that is in process. You may also tap "Synchronize" as needed to refresh your data.
7. Once you have completed the initial sync, your Apple Health data will only sync when you log into the Alaveda app and click "Syncronize." Alternatively, you can also enable "Background App Refresh" on your Apple device. To access on an iPhone, go into your "Settings," then "Alaveda," then toggle "Background App Refresh" to on. If you also have Two-Factor Authentication enabled, your phone will require a "Yes" answer when the dialog box asks, "Remember this device for 30 days?"

Devices not supported:
Samsung Health: At this time MediKeeper cannot sync devices for activity tracking with Samsung Health. There are workarounds that members may be able to use to get their data to sync with MediKeeper:

- Fitbit: Syncs activity data like steps, calories burned, and sleep from Fitbit to Samsung Health and vice versa.
- Strava: Enables sharing of GPS-based activities (like runs and bike rides) from Samsung Health to Strava and vice versa.
- Garmin Connect: Can be synced with Samsung Health to bring in activity data.

How to Connect:
1. Open Samsung Health: Go to the "More" or "Settings" section within the Samsung Health app.
2. Find "Connected Services" or "App Connections" The exact wording may vary slightly.
3. Select the app you want to connect: Choose the app you want to link with Samsung Health from the list.
4. Follow the on-screen instructions: You'll typically need to log in to the other app and grant permission for data sharing.

Manual Tracking
1. On the MediKeeper Web Portal or Alaveda app, visit the "Tracker" tile.
2. Click on "Activities," then "Steps," then "Add New Measurement."
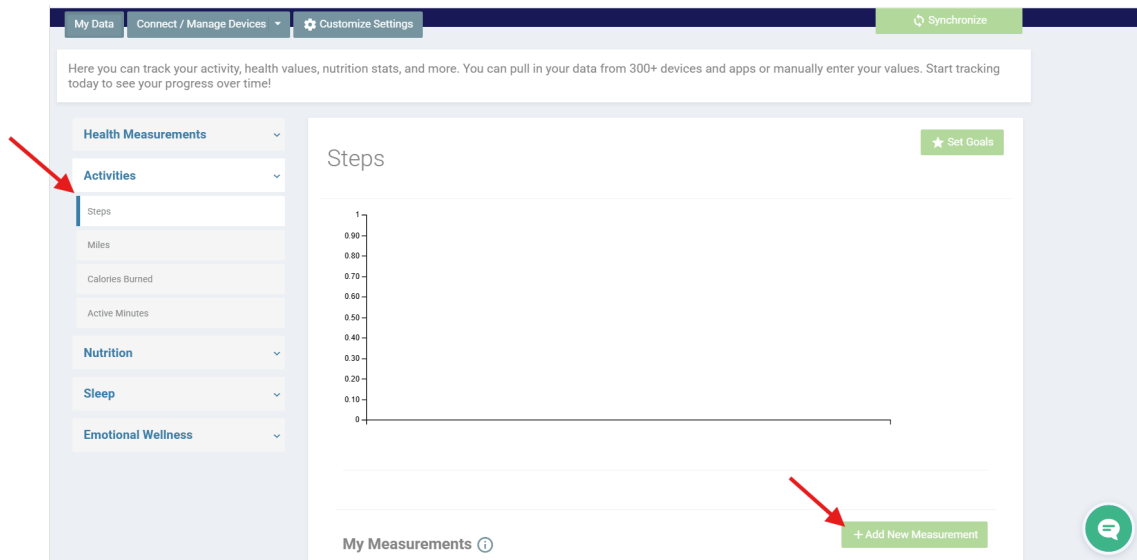
3. Enter the date, select the activity type, the number of steps, and click the green save button.
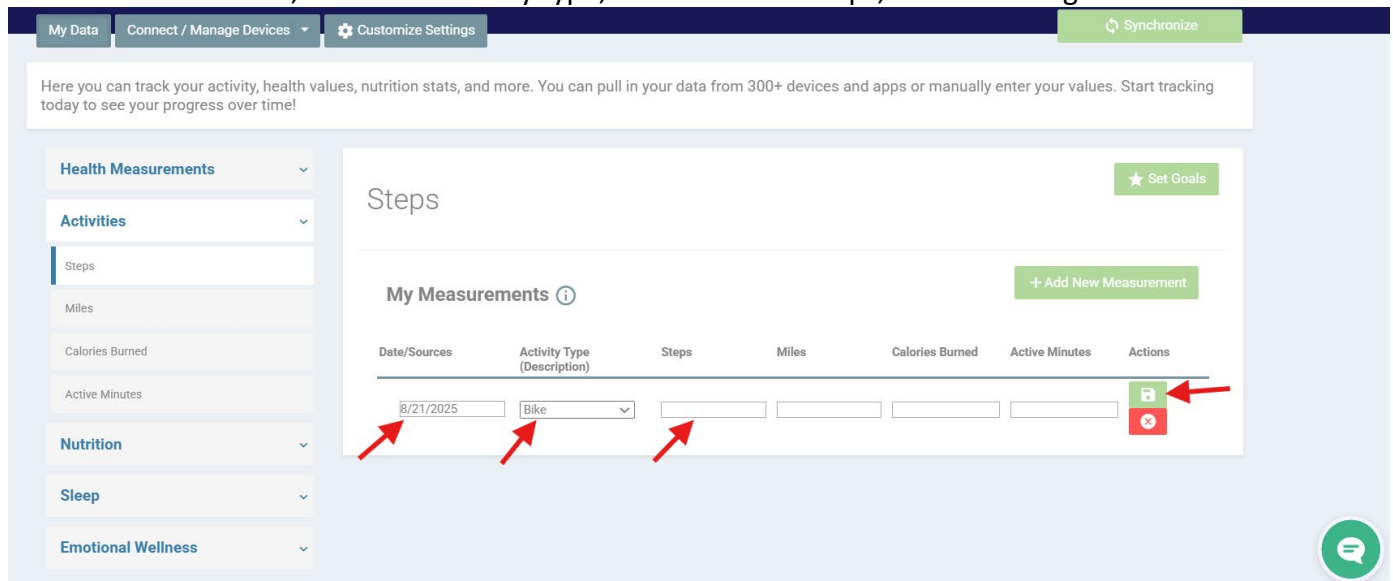
4. You'll need to do this for each date you want to manually enter steps.

Earn prizes!

We love rewarding action takers! When you enter steps each week, you'll be entered in the weekly and grand prize drawings. **Entering steps more frequently = a better chance to win prizes!**

Choose from prizes like a Kindle Fire, $50 credit towards membership at a gym of your choice, belt bags, Bluetooth speakers and more.

Questions
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