

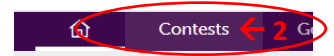
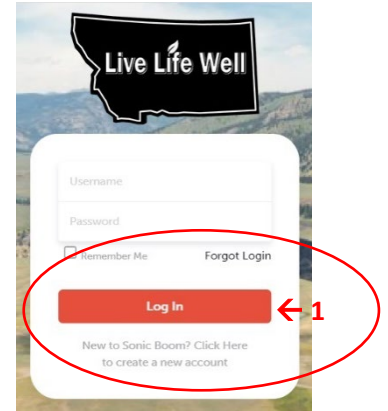
# Registration and Tracking Instructions

Questions about how to use the Holiday Challenge – Holiday Gift For You web site? Call Sonic Boom Wellness at (877) 766-4208 or [info@sbwell.com](mailto:info@sbwell.com).

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

## Registration Instructions

1. Visit [som.app.sbwell.com](http://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 "Holiday Gift For You" click "Join contest." When the pop-up appears, review the contest information, then click the yellow, "Join contest" button again.



**The Challenge does not begin until November 18, 2024, so you won't be able to track activities until then.** See the "Get Started," section for instructions to track daily healthy habits during the contest.

4. **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 Holiday Gift For You Contest 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!
7. **Invite your friends!** You are strongly encouraged to invite others to join the Challenge.
  - 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.

**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 Started

## Track your activity from November 18-December 13, 2024

- The theme for this challenge is “Holiday Gift For You.” We are working individually to complete and track at least one healthy self-care habit each day. There is a different theme for each week.
- When you are ready to track, just log in to the Holiday Gift For You Contest on Sonic Boom and click the “thumbs up” button for each day you’ve completed a healthy self-care habit. That’s all there is to it!
- You will receive one email per week from Sonic Boom during the Challenge. This email will include healthy self-care inspiration.
- **Make sure to enter activity often; the site will only allow you to report you’ve completed a healthy activity for the past 7 days.**

### Here are the weekly Self-Care Themes:

#### • Social Connections (Week 1)

**Connect with a friend, family member, or loved one in some meaningful manner once each day this week. Ideas for how to do this are below.**

- Use a virtual hangout platform! Check out Zoom, Google Hangouts, or FaceTime to catch up with friends/family
- Activity with a Boomin’ Buddy — walks/bike rides/general fresh air activities
- Teach each other a new skill (cooking, crafting, gardening, etc.)
- Start a virtual book club
- Make time for play — give yourself permission to have some much-deserved FUN (house jam session, board games, group cooking, dance party)

#### • Gratitude (Week 2)

**Find ways to be grateful for the blessings in your life. Ideas for how to do this are below.**

- Appreciate yourself – use that journal tucked away, write a daily compliment to yourself on a post-it, learn to play that dusty guitar in the corner, practice meditation. You might want to check out Calm, Headspace, Breathe2Relax, or Happify for free guided meditation or other relaxation techniques.
- Get thankful with your community — find someone on your social media feed to give a heartfelt thanks to, write a thank you note or sign to, thank an essential employee in the community, or slip a note into a loved one’s bag.
- Before bed, write down 10 things you’re grateful for.
- Have a local business you appreciate? The next time you visit, mention how grateful you are for them and what they do.
- Inspire others to be thankful — donate to a local volunteer group, farm, or food bank

#### • Sleep (Week 3)

**Focus on improving your sleep this week. Ideas for how to do this are below.**

- Be consistent! 7-9 hours of sleep are recommended, and going to sleep/waking up around the same time allows your body to know what to expect
- Create a relaxing sleep routine — take a bath, read a book, meditate (no electronics!) to help your mind and body wind down
- Keep it cool, dark, and quiet — your bedroom should be cave-like for the best sleep (no TV, music, light)
- Expose yourself to sunlight before 11 am (or if you are an alternate schedule, within the first 4 hours of waking) for 15 minutes or so.
- Consider your mattress and/or pillow. Is it time to replace them?
- Avoid caffeine, energy drinks, tobacco and alcohol within 4 hours of your bedtime.

#### • Physical Activity (Week 4)

**This week, find ways to add a little activity to each day. Ideas for how to do this are below.**

- Go on walks with your dog or kids after dinner or during your lunch break with a colleague
- Start a new fitness routine
- Follow online exercise classes and work out from home.
- Grab a friend and head to the gym.
- Walk up the stairs
- Park further away in the parking lot.  
Dance while you make dinner

## **Earn prizes!**

We love rewarding action takers! Everyone who actively participates will be entered for grand prize drawings, but you must register and report if you've completed a self-care strategy throughout the challenge to win – do it now!

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