



Winter Warm Up Challenge

FREQUENTLY ASKED QUESTIONS

Q WHAT IS THE WINTER WARM UP CHALLENGE?

A It's a 40-day challenge during which you'll compete with your co-workers and/or spouses to get the most minutes of movement each day.

Q WHEN IS THE WINTER WARM UP CHALLENGE?

A Registration for the challenge starts January 22. The challenge runs from January 29 to March 9. If you don't join before January 29, that's ok! You can still join, and have a chance to win, until February 18.

Q WHO CAN PARTICIPATE IN THE WINTER WARM UP CHALLENGE?

A Employees and spouses can participate as a team of one to 15 people. Total minutes of activity are averaged, so teams of all sizes have an equal chance of topping the leaderboard.

Q HOW DO I JOIN THE WINTER WARM UP CHALLENGE?

A Register as an individual, or join or create a team at UMN.RedBrickHealth.com. Instructions are provided online during the registration process. When the challenge begins on January 29, use the Track feature in your account to record your daily minutes of activity until the challenge ends on March 9. You can also sync activity tracking devices!

Q WHAT IF I DID NOT JOIN THE WINTER WARM UP CHALLENGE BEFORE IT STARTED?

A You have until February 18 to join the challenge. If you track 30 minutes or more of activity per day for the remainder of the challenge (at least 18 total days) you will earn 75 wellbeing points for participating.

Q HOW DO I JOIN A TEAM?

A Register for the challenge and create a team at UMN.RedBrickHealth.com under the *Winter Warm Up Challenge* widget. Create a team name, choose a unique icon and add yourself. Then, select whether you would like it to be a public or private team. If you make your team public, up to 15 teammates can join you by searching available teams. If you would like to make your team private, only individuals who receive the unique URL from you can join the team.

Q WHAT IF I WANT TO LEAVE OR CHANGE TEAMS?

A You can join, create and leave teams until February 18.

Q HOW DO I MAKE THE LEADERBOARD?

A You earn points by tracking 30 minutes of movement, three days per week, for at least 18 days. If you are a part of a team, the total activity points are averaged each day. The team/individual with the highest average total points will top the leaderboard. The leaderboard displays the top five teams with the most points and those who are close behind. An added motivator? Participants who complete the challenge are eligible for a prize drawing, with 30 participants qualifying for a prize (\$20 value).



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Q WILL I EARN ANYTHING FOR PARTICIPATING IN THE CHALLENGE?

A Earn 75 wellbeing points when you track 30 minutes or more of activity per day for an average of three days per week during the challenge (18 days total). Participants who complete the challenge are eligible for a prize drawing, with 30 participants qualifying for a prize (\$20 value).

Q HOW DO I TRACK MY ACTIVITY?

A You can track your activity using **Track** or **Add to Track** on the navigation menus, via your team page on the leaderboard, via the RedBrick mobile app, or by syncing an activity tracking device or app to your account. An added motivator? Your tracked activity counts toward the *Winter Warm Up Challenge* and your Wellbeing Program points!

Q WHAT IF I FORGET TO TRACK MY ACTIVITY?

A You can track your activity for each day you missed until the challenge ends on March 9. In addition, you will receive weekly email reminders encouraging you to tally any time you may have missed.

Q CAN MY TEAMMATES OR ANYONE ELSE SEE MY ACTIVITY?

A Your personal information always stays confidential. All challenge participants, including your own teammates, will only see your team's total activity minutes.

Q IF I SYNC AN ACTIVITY DEVICE OR APP TO MY ACCOUNT, DOES THIS ACTIVITY GET RECORDED IN THE CHALLENGE?

A Yes, if you sync an activity tracking device or app to RedBrick Health and you've registered for the challenge, you will automatically start to receive credit for applicable activities in the challenge. (Go to the **Sync Options** tab in your account to learn more about currently available options or to begin syncing.)

Q IS THERE A MOBILE APP?

A Yes, the RedBrick Health mobile app can be used to register for the *Winter Warm Up Challenge* and to track daily activity. Search for the RedBrick Health app in the App Store or Google Play and download the app. Then log in using your University of Minnesota Wellbeing Program username and password.

Q CAN I CONNECT MY APPLE WATCH TO THE MOBILE APP?

A Yes. You will first need to connect the RedBrick app to Apple Health. Log in to the app, open **Track** and select **Use my data from the Health app**. Then go to Apple Health, select **Sources** and choose what data to share.

Q I'M NOT DOING A LOT OF ACTIVITY RIGHT NOW. IS THE WINTER WARM UP CHALLENGE FOR ME?

A The challenge is designed to get everyone moving, regardless of their current level of activity. Every person can find some form of movement that counts toward the challenge. Any movement for 30 minutes counts toward your activity points.