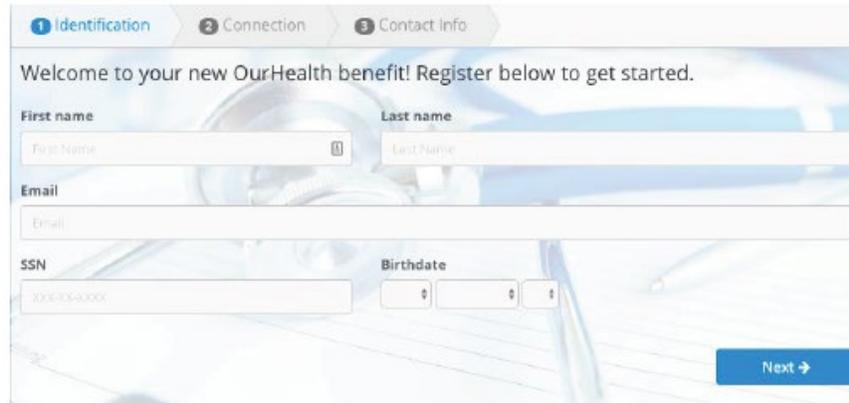


Wellness Challenges User Guide

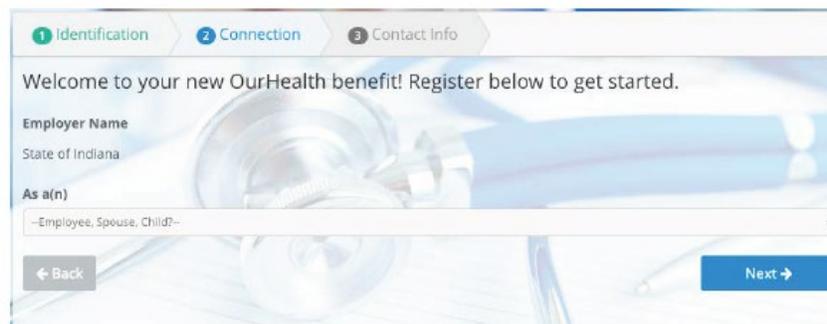
To get started today, visit member.ourhealth.org/sign_up/stateofin, or download the Limeade mobile app (code stateofin). Click “New?: Register Now” to create your account. If you already have an account, login with the username and password you created.

Enter your first name, last name, email, social security number (optional) and birthdate.



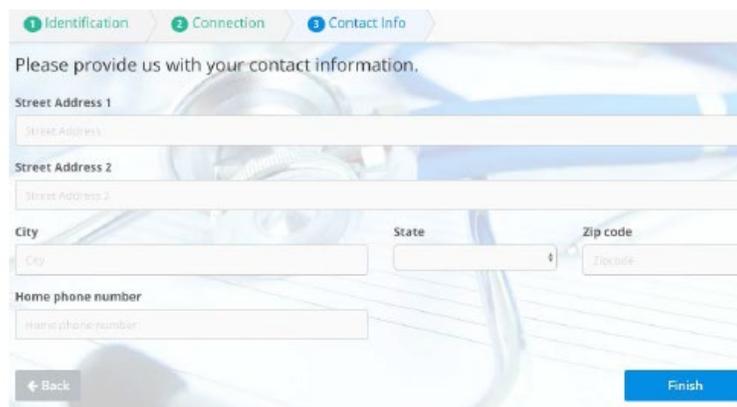
The screenshot shows the first step of the registration process, titled '1 Identification'. At the top, there are three tabs: '1 Identification' (active), '2 Connection', and '3 Contact Info'. Below the tabs is a welcome message: 'Welcome to your new OurHealth benefit! Register below to get started.' The form contains several input fields: 'First name' (with a placeholder 'First Name'), 'Last name' (with a placeholder 'Last Name'), 'Email' (with a placeholder 'Email'), 'SSN' (with a placeholder '2000-XX-XXXX'), and 'Birthdate' (with three separate input boxes for day, month, and year). A blue 'Next >' button is located at the bottom right.

Enter your member type (employee, spouse or dependent).



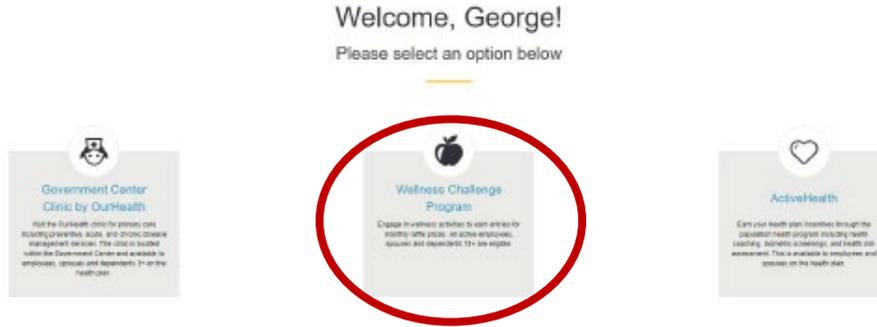
The screenshot shows the second step of the registration process, titled '2 Connection'. At the top, there are three tabs: '1 Identification', '2 Connection' (active), and '3 Contact Info'. Below the tabs is a welcome message: 'Welcome to your new OurHealth benefit! Register below to get started.' The form contains an 'Employer Name' field with the value 'State of Indiana' and an 'As a(n)' dropdown menu with the selected option '-Employee, Spouse, Child?-. A blue 'Next >' button is at the bottom right, and a grey 'Back <' button is at the bottom left.

Enter your contact information.

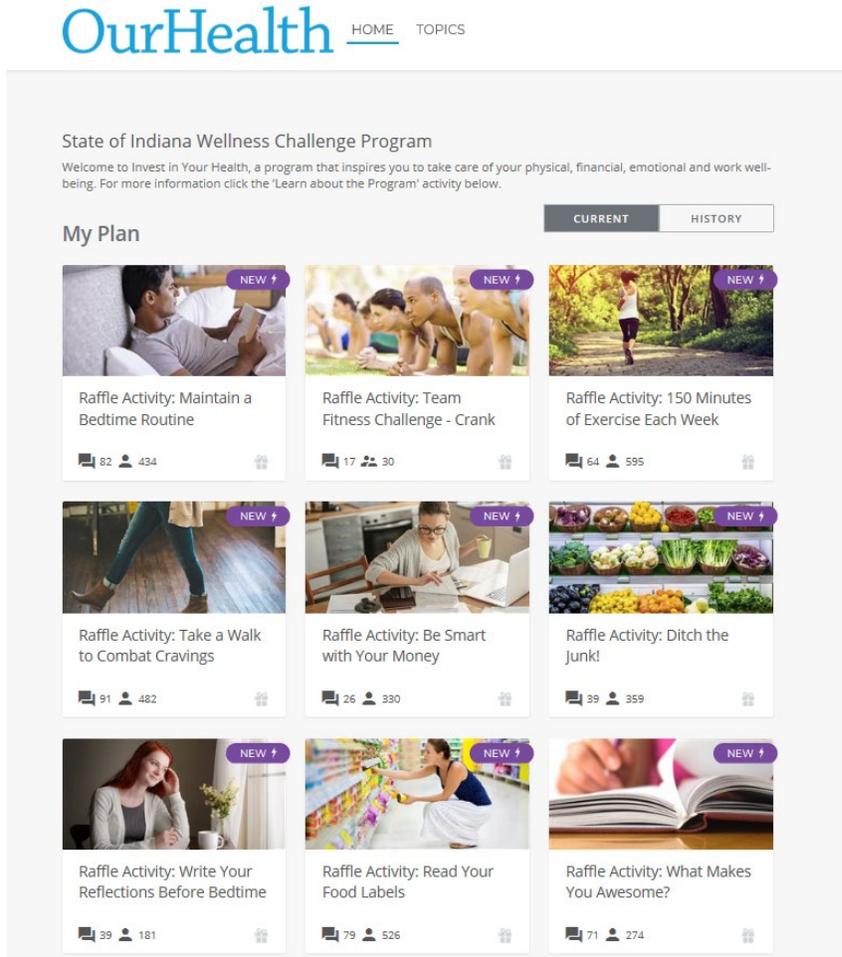


The screenshot shows the third and final step of the registration process, titled '3 Contact Info'. At the top, there are three tabs: '1 Identification', '2 Connection', and '3 Contact Info' (active). Below the tabs is a prompt: 'Please provide us with your contact information.' The form contains several input fields: 'Street Address 1' (with a placeholder 'Street Address'), 'Street Address 2' (with a placeholder 'Street Address 2'), 'City' (with a placeholder 'City'), 'State' (with a dropdown menu), 'Zip code' (with a placeholder 'Zipcode'), and 'Home phone number' (with a placeholder 'Home phone number'). A blue 'Finish' button is at the bottom right, and a grey 'Back <' button is at the bottom left.

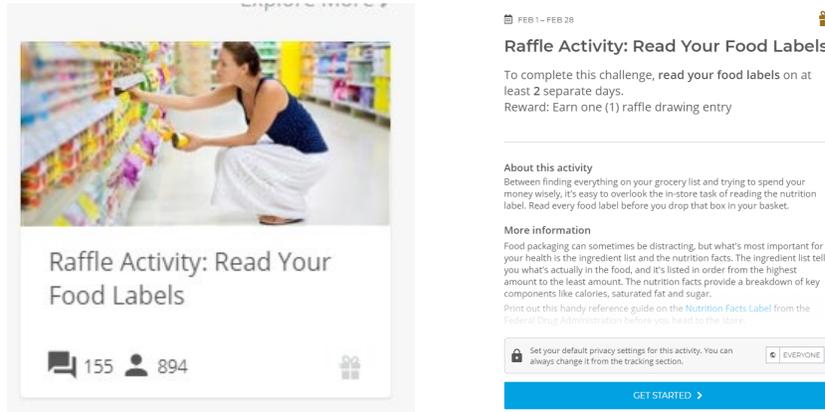
From the OurHealth landing page, click on the “Wellness Challenge Program” tile to access the challenge portal.



This takes you to the Wellness Challenge portal homepage. From here, you can select the monthly “Raffle Activities” you plan to complete for entries into the prize drawing.

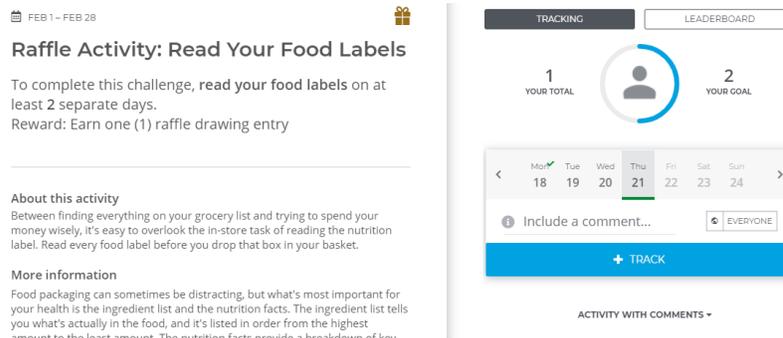


To learn more about each activity, click on the tile. To start a challenge, click the “Get Started” button.



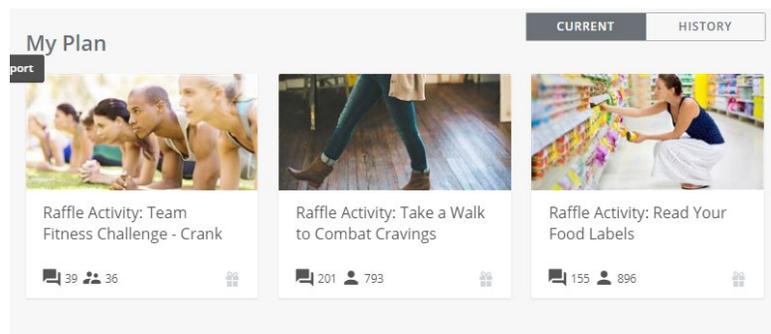
The image shows a challenge tile on the left and its detailed view on the right. The tile features a photo of a woman in a grocery store aisle, with the text "Raffle Activity: Read Your Food Labels" and "155" comments and "894" users. The detailed view includes the same title and description: "To complete this challenge, read your food labels on at least 2 separate days. Reward: Earn one (1) raffle drawing entry." It also has an "About this activity" section, "More information" about food packaging, and a "GET STARTED" button.

This allows you to start tracking your activity in the challenge.



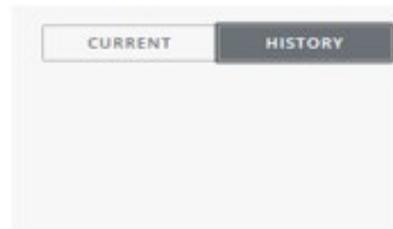
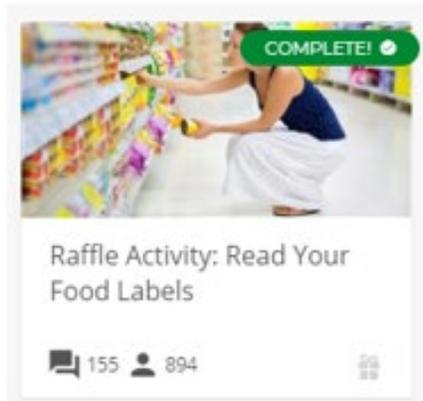
The image shows the tracking interface for the challenge. It includes a "TRACKING" tab, a progress indicator showing "1 YOUR TOTAL" out of "2 YOUR GOAL", and a calendar view for the week of Feb 18-24. There is a "TRACK" button and a "LEADERBOARD" tab. The "About this activity" and "More information" sections are also visible.

Now the tile will show up in your current “My Plan.”



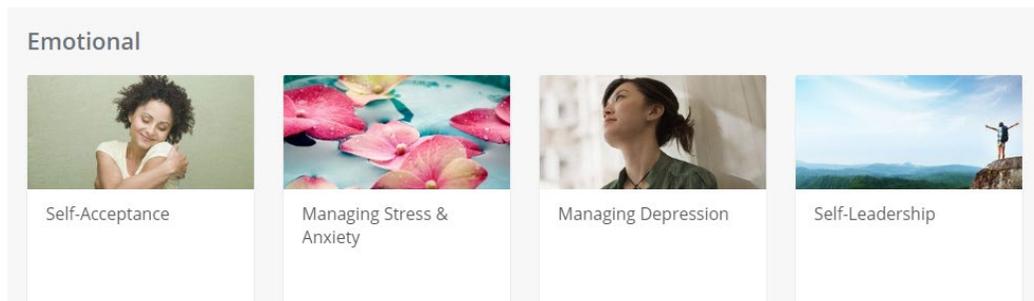
The image shows the "My Plan" section with a "CURRENT" tab. It displays three activity tiles: "Raffle Activity: Team Fitness Challenge - Crank", "Raffle Activity: Take a Walk to Combat Cravings", and "Raffle Activity: Read Your Food Labels". The "Raffle Activity: Read Your Food Labels" tile is highlighted, showing its details and progress.

Once you have completed all of the necessary tracking, the activity will show as “Complete!” and will move into your “History” when the challenge timeframe has ended. This also indicates that you’ve earned a prize drawing entry if it was a “Raffle Activity.”

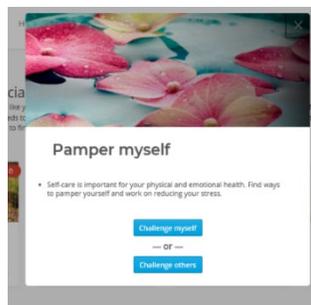


To create your own challenge, click on “Topics” at the top of the OurHealth Wellness Challenge homepage.

You must first select a category, and then an activity to create your own challenge.



Select “Challenge Others” to get started.



This allows you to set the dates and details for your challenge. This includes, how many times the activity needs completed, how to select the winner, and what the reward will be.

Challenge others

Title: **Pamper myself** [Create a custom challenge](#)

Details

Dates

Start: February 21, 2019
End: March 23, 2019 (30 days)

Dimensions (optional)
Select Dimensions

What kind of challenge?

Activity - Only the person with the highest total number wins

Tracking

By entering a number
The unit of measure:
"How many times" today?

With a yes/no answer, at most once a day
The activity:
"Did you" today?

Activity - Only the person with the lowest total number wins

Activity - Everyone who reaches a minimum number meets the challenge

Weight Loss / Maintenance

Privacy

Let anyone join this challenge. If checked, anyone who visits the challenge page will be able to see the challenge status and join the challenge.

Reward

Get some skin in the game! What's at stake? Be creative!

Next, enter the sign-in name or email address for the people you want to invite to participate in your challenge. Once you've entered all of the information, click "Send Challenge."

Invitations

Your full name and email address will be displayed to each person you invite.

Send the invitation to:

Enter the email address or sign-in name of anyone in State of Indiana
Wellness Challenge Program

[+ Invite others to the challenge](#)

Add a message to the invitation:

[Preview Challenge](#)

Challenge others

Challenge successfully created

Nice work. You successfully created the challenge **Pamper myself**

[Check out my challenge!](#)

The challenge will now display in the “My Plan” section of the homepage, along with the other activities you are participating in.

My Plan

CURRENT HISTORY



COMPLETE!

Raffle Activity: Read Your Food Labels

155 900



NEW

Pamper myself

0 1



Raffle Activity: Take a Walk to Combat Cravings

201 797