

STEP 1: Go to wellpower.smu.edu

STEP 2: Click the **JOIN TODAY** button to enter the word **WELLPOWER** as your **Group ID**.

On this page, you can use the pull down menus at the top to access information about our program, resources etc...

If you received an email inviting you to be a team member, follow the instructions in the email and click "Log In" and enter your email address and temporary password. You may change your password later.

Additional information may be found on the HR website: smu.edu/hr

Click:
> Health & Wellness
>Wellness
>Wellpower Program

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HEALTHY SMU WELLPOWER

Experience the adventure... **AMAZING CHALLENGE** 2013-2014

WELCOME TO WELLPOWER'S AMAZING CHALLENGE FOR 2013-14!

It's not about the destination, it's about how *WELL* you get there! So join us on our journey and help us create a strong, vibrant culture of wellness at SMU.

Because of our University's commitment to health and wellness, the 2013-14 Wellpower program includes:

- The Amazing Challenge - designed to help you maintain healthy habits
- Confidential access to an on-campus health coach
- On-campus and online wellness seminars
- On-campus health screenings
- Two reward cycles per year
- Opportunity to earn one of two levels: Gold or Silver
- Naturally Slim program – Spring 2014
- Free Wellpower group exercise classes provided by Dedman Center
- New SMU Wellpower Facebook page to help you stay connected and up-to-date on challenge activities

Wellpower focuses on increasing wellness in the areas of exercise and fitness, nutrition, stress reduction, as well as attaining and maintaining a healthy weight. "Who We Are" will provide details on how you can plan, achieve, and maintain your wellness goals.

STEP 3: IMPORTANT! If you registered for any challenge last year, click the **RETURNING USER** button. Follow the prompts to update your information and add your team members (or just yourself if you are participating as an individual).

If you are **NEW** to the system, then enter your SMU email address as your username and create your own Password.

STEP 4: You will be asked to update your profile, which will include information such as name, preferred address, email, and health goals.

If you are a returning user, just check your information to be sure it is still accurate and update the questions that are blank.

Note: You may be the captain for *more than one team*, but only be a member of one team at a time.

If you want to create a “team of 1” be sure to mark yourself as a member.

The screenshot shows the 'SMU WELLPOWER REGISTRATION PAGE'. In the top right corner, it indicates 'Registration Step: 1 2 3 4', with '1' highlighted. A red arrow points from the text 'RETURNING USER' in the instructions to a yellow box on the page titled 'RETURNING USER'. Inside this box is a blue button labeled 'CLICK HERE TO LOGIN' and a note: 'Please login if you are a returning user (example: you are the captain of another team or participated in a previous program)'. Below this is the 'Team Captain Information' form. A red circle highlights the 'Will you be a member of this team?' question, with a red arrow pointing from the text 'be sure to mark yourself as a member' to the 'Yes' radio button. The form includes fields for First Name, Last Name, Address 1, Address 2, City, State/Province, County, Country (set to United States of America), Postal Zip Code, and Phone. It also has radio buttons for 'Residential' and 'Business' addresses, and a text field for 'Email Address' which will serve as the username. A 'Password' and 'Confirm Password' field are also present.

STEP 5: Team Captains may add team members by entering their teammates email address. This will prompt an email to be sent to the participant notifying them of their team and allow them to update their profile.

Participants who wish to complete the challenge on their own may create a “team of 1” and not add other team members after completing the top section. Click the blue “Continue Registration” button.

Team Information

Team Name *: SMU Minutes 2 Win It Test

Team Goal *: Get more active

Other:

Choose Your Team's Level of Physical Activity *: Intermediate

Team Members

Enter names and email addresses of your team members. Teams consist of at least 1 participants.

	First Name	Last Name	Email Address
1.	<input type="text" value="Jimmy"/>	<input type="text" value="Smarts"/>	<input type="text" value="jimmys@smu.org"/>
2.	<input type="text" value="Jenny"/>	<input type="text" value="Smarts"/>	<input type="text" value="jenny@smu.org"/> Confirm Email Address: <input type="text" value="jenny@smu.org"/>
3.	<input type="text"/>	<input type="text"/>	<input type="text"/>
4.	<input type="text"/>	<input type="text"/>	<input type="text"/>
5.	<input type="text"/>	<input type="text"/>	<input type="text"/>
6.	<input type="text"/>	<input type="text"/>	<input type="text"/>
7.	<input type="text"/>	<input type="text"/>	<input type="text"/>
8.	<input type="text"/>	<input type="text"/>	<input type="text"/>
9.	<input type="text"/>	<input type="text"/>	<input type="text"/>
10.	<input type="text"/>	<input type="text"/>	<input type="text"/>

[CONTINUE REGISTRATION >>](#)
(please click only once)

Step 6: Confirm the information and click the Confirm Registration button.

PAGE 2 CONFIRM TEAM AND PAYMENT

Team Name: SMU Minutes 2 Win It Test

Please confirm your team information below. If all of your information is correct, click on the "Confirm" button at the bottom.
If you need to edit any team information please click the "edit" button to the right and do not hit the "back" button on your browser.

Team Information [EDIT](#)

Team Name:	SMU Minutes 2 Win It Test
Team Captain:	Jimmy Smarts
Team Captain's Address:	Address City, TX, USA 123456 [Residential Address]
Email Address:	jimmys@smu.org
Team Goal:	Get more active
Team Level of Physical Activity:	Intermediate

Team Members:

Jimmy Smarts	jimmys@smu.org
Jenny Smarts	jenny@smu.org

Payment Information

ITEM	COST	TOTAL
2 Participants	\$0.00	\$0.00
TOTAL		\$0.00

Payment Method: -- no payment required --

[CONFIRM REGISTRATION >>](#)
(please click only once)

There is no charge for our challenge programs, so your total will be "\$0.00."

Step 7: Edit Profile Page: Change password and update information if needed

Registration is now complete.

Scroll down or keep reading for instructions on logging your activity points, viewing your earned badges, and tracking your points.

HEALTHY
SMU WELLPOWER

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SEARCH

WELCOME, JIMMY SMARTS
• DASHBOARD | LOGOUT

EDIT PROFILE

[CHANGE YOUR PASSWORD](#)

First Name *: Jimmy

Last Name *: Smarts

Address 1 *: Address

Address 2:

City *: City

State/Province *: Texas

County *: County

Zip/Postal Code *: 5555
(entering your zip will set your city/state)

Phone *: 555-555-5555

Email Address *: jimmy@smu.org
This will serve as your Username

Profession *: Cowboy

Gender *: Male Female

Education Level *: Bachelor's degree

Marital Status *: Married

Height *: 6' 2"

Upload your photo

You may upload a photo for your dashboard

[Why we](#)

LOGGING ACTIVITY POINTS

Once the challenge has begun, “my Progress” is the page where you record your activity.

This is an example of what you’ll see during a month of the Amazing Challenge.

You’ll see an activity assigned for each of the first 3 weeks of the challenge. You’ll also see a bonus points section below the activities. (Circled)

All you have to do is check mark the box when you complete an activity or bonus point activity.

You will have until the 25th of each month to log all your activity and bonus points for the month.

AFTER THE 25th DAY OF EACH MONTH, YOU CAN NO LONGER LOG ACTIVITY OR BONUS POINTS AND WE CANNOT ADD THE POINTS FOR YOU.

For information about the Bonus Point Activities, click the Resources tab at the top of the page and use the pull-down menu to find the appropriate page. Or you can visit:

<http://www.smu.edu/BusinessFinance/HR/HealthAndWellness/Wellness/WellpowerProgram/AmazingChallengeBonusPoints>

The screenshot displays a progress tracking interface for the Amazing Challenge, organized into four main sections: EXERCISE, NUTRITION, STRESS, and BONUS & ACTIVITIES. Each section contains a table with columns for Program Day (numbered 1-7, 8-14, 15-21) and a Points column. The EXERCISE section (days 1-7) has the activity 'Play a game with a ball every day this week - football, basketball, volleyball, baseball, etc.' with a point value of 0. The NUTRITION section (days 8-14) has the activity 'Pizza, hot dogs, popcorn - Update your meal with a healthier version every day' with a point value of 0. The STRESS section (days 15-21) has the activity 'Find a "Cubby" hole for everything - Organize an area every day' with a point value of 0. The BONUS & ACTIVITIES section, which is circled in red, lists several activities with checkboxes and an 'UPLOAD FILE' button. The activities include: 'Wellness Event - Complete any organized recreational or community wellness event - including the Corporate Challenge or a Thrive Outdoor Adventure activity - and you will earn 1 Bonus Point. Save your bib number / receipt as you may be asked to upl', 'Work on a Hobby you love - Do this for at least 15 minutes each day for 1 week and you will earn 1 Bonus Point.', 'Eat Fish - Do this at least 3 times in one week and you will earn 1 Bonus Point.', and 'Try a new fruit & post it on Facebook - Eat at least 1 new fruit this month that you don't normally eat and post about it on the Thrive Facebook group!'. Red arrows point from the text on the left to the activity rows in the Exercise, Nutrition, and Stress sections, and a red circle highlights the Bonus & Activities section.

EXERCISE	1	2	3	4	5	6	7	Points
Program Day	Thu Aug 1	Fri Aug 2	Sat Aug 3	Sun Aug 4	Mon Aug 5	Tue Aug 6	Wed Aug 7	
Play a game with a ball every day this week - football, basketball, volleyball, baseball, etc.	<input type="checkbox"/>	0						

NUTRITION	8	9	10	11	12	13	14	Points
Program Day	Thu Aug 8	Fri Aug 9	Sat Aug 10	Sun Aug 11	Mon Aug 12	Tue Aug 13	Wed Aug 14	
Pizza, hot dogs, popcorn - Update your meal with a healthier version every day	<input type="checkbox"/>	0						

STRESS	15	16	17	18	19	20	21	Points
Program Day	Thu Aug 15	Fri Aug 16	Sat Aug 17	Sun Aug 18	Mon Aug 19	Tue Aug 20	Wed Aug 21	
Find a "Cubby" hole for everything - Organize an area every day	<input type="checkbox"/>	0						

BONUS & ACTIVITIES	
<input type="checkbox"/>	Wellness Event - Complete any organized recreational or community wellness event - including the Corporate Challenge or a Thrive Outdoor Adventure activity - and you will earn 1 Bonus Point. Save your bib number / receipt as you may be asked to upl
<input type="checkbox"/>	Work on a Hobby you love - Do this for at least 15 minutes each day for 1 week and you will earn 1 Bonus Point.
<input type="checkbox"/>	Eat Fish - Do this at least 3 times in one week and you will earn 1 Bonus Point.
<input type="checkbox"/>	Try a new fruit & post it on Facebook - Eat at least 1 new fruit this month that you don't normally eat and post about it on the Thrive Facebook group!

VIEWING BADGES

To view which badges you have earned, click the “View Your Participation Summary” at the top right of the page when you login or when you are on myDashboard.



As we progress through the challenge, you'll see which badges you've earned on the Participation Summary.

Badges that are “greyed out” are yet to be earned.

This sample shows all possible badges have been earned.

Badges for earning 25, 55, and 90 points will be added to your Participation Summary sometime the first week of each month. Unfortunately the points badges do not “auto-populate” once you reach 25, 55, or 90 points. They are manually uploaded, so please be patient with this process.



Note: Naturally Slim is only available in the spring reward period.

EARNING REWARDS

Earn your health screening badge and 2 additional badges to earn the SILVER level during the reward period.

Earn your health screening badge and 2 additional badges to earn the GOLD level during the reward period.

TRACKING YOUR POINTS

View your total challenge points, what our destination is for the month, and what your points are for the current month.

Points will accumulate over the months, and this is what we will base your points badges on.

The dashboard features a navigation bar with the following tabs: myDashboard, myProgress, myGoals, myNutrition, myFitness, myRecipes, and myTeam. The main content area is titled 'Welcome Suzie Q!' and includes a profile picture of a woman. Below the profile picture is a blue button labeled 'WELLNESS E-BOOK'. To the right of the profile picture are links for 'edit profile' and 'message center'. The dashboard is divided into two main sections: 'CUMULATIVE STATISTICS' and 'CURRENT CHALLENGE STATISTICS'. The cumulative statistics show 'MY CHALLENGE POINTS: 69'. The current challenge statistics are for the 'AUGUST CHALLENGE' and show 'MY TEAM: TEST TRISTA', 'MY CHALLENGE POINTS: 0', and 'TEAM CHALLENGE POINTS: 0'. On the right side, there is a section titled 'UPCOMING ACTIVITY' for the 'August Challenge' (August 1 - 21, 2013), featuring a graphic that says 'Welcome to our August destination ... CHICAGO' and a prompt to 'Submit your SUCCESS STORY here!'.