

***Give your steps and your health a BOOST in 2019!***

***Do you want to BOOST your wallet and earn an extra new reward for 2019?***

***When you boost your daily average step count to 10,000 steps for first and second half of 2019 you will earn a \$125 Visa Reward Card each time! This is a new potential reward of up to \$250 for the year!***

***-> Program change notice for 2019: The base reward program will move to 2,000 steps per day average for NCC Participants for 2019. This is a change from the 1,000 steps per day average for 2018.***

## **Frequently Asked Questions**

***Find answers to your questions about the North Carolina Conference United Methodist Church Amazing Pace program***

### **Who can join in 2019?**

In 2019 The Amazing Pace program is offered FREE to adults (21+) who are:

- All NC Conference clergy members - Active and Retired
- All NC Conference clergy spouses - Active and Retired
- All NC Conference and local church lay employees enrolled in the Conference Health Plan
- All NC Conference and local church lay employee spouses who are covered by the Conference Health Plan

*Additional enrollment is available, if paid by the church, for lay employees not in the NCC Health Plan. (Email [support@Lifebux.com](mailto:support@Lifebux.com) for details)*

### **How do I join?**

It's simple. Go to this link <https://members.walkingspree.com/register/amazingpacence> and select register and submit your registration information. After your eligibility is verified, you will receive an email with a link and redeem code to create your NCC dashboard. This link will also provide a free Fitbit Zip for your use in the NCC program.

### **How much does it cost to join?**

It is free to participants if you qualify (see above). The North Carolina Conference Wellness Committee understands physical activity will benefit you and the NC Conference in our ministries.

## 2019 Reward Card Program:

Earn an incentive reward of up to \$500 in Visa reward cards for 2019 by completing all the incentive requirements:

1. Be enrolled by the starting date of the qualifying journey
2. Wear your activity tracker and record an average of 2,000 steps per day, per journey
3. Earn \$25 Visa Reward Card for successfully participating in your first 12-week journey in 2019
4. Earn \$50 Visa Reward Card for successfully participating in your second 12-week journey in 2019
5. Earn \$75 Visa Reward Card for successfully participating in your third 12-week journey in 2019
6. Earn \$100 Visa Reward Card for successfully participating in your fourth 12-week journey in 2019
7. **Earn either an annual or a semi-annual reward based on your level of daily average steps:**
  - **Average 5,000 – 9,999 steps for each day during 2019 to earn a \$50 Step Up Visa Reward Card annual incentive paid at the end of the year....OR...**
  - **NEW FOR 2019: Average 10,000 steps per day for each day in the first half (January 1 – June 30) and the second half (July 1 – December 31) of 2019 to earn a \$125 Boost Up Visa Reward Card semi-annual incentive paid at the end of the second and fourth journeys.**

After enrolling you will receive the activity tracker, program software and online access, and many useful healthy lifestyle tips for the North Carolina Conference Amazing Pace participants.

## Can I use my own activity tracker and participate?

Yes. All Fitbit models, Garmin activity trackers, Apple Watch and many Google Health devices can be used with the NCC program. Email [support@Lifebux.com](mailto:support@Lifebux.com) to learn more.

## I'm really not fit, so I don't think I could qualify for the walking incentive, so is there an alternative?

If you are unable to wear an activity tracker, please contact your NCC Benefits Office or email [support@Lifebux.com](mailto:support@Lifebux.com) for an alternative.

## How do I log into the website after I have received my activity tracker and activated my account?

Login: <https://members.walkingspree.com/user/login>

## Can I upload my activity tracker at home?

Yes. You can wirelessly upload on any internet connected computer via blue tooth, or with Apple or Android smartphones with blue tooth connections.

## Will any of my personal information on Walkingspree be shared?

The Amazing Pace will not share any personal information with outside vendors and complies with all HIPAA Privacy regulations by not sharing protected health information with the North Carolina Conference and other employees. However, for instance, sharing your screen name and number of steps walked is not protected information and will be shared as part of the program. For more information please refer to our [Privacy Policy](#).

## How can I increase my step count?

This list is not meant to be all inclusive, but should help.

- Wear your activity tracker from the time you get up in the morning until you go to sleep at night. In your pants pocket, in your shirt pocket, around your neck, on the clip on your belt.
- Always place the activity tracker in a secure position.
- Upload your steps often, as this will keep you motivated.
- Take the stairs, not the elevator.
- Most activity trackers are water resistant but they are **not waterproof**.
- Use the restroom one floor down (or up) at work instead of heading for the one just down the hall.
- Drink plenty of water and use a smaller water or coffee container and then walk to the farthest water cooler or coffee station.
- Park far away. Steps can really add up and you often will be in and out of the store before those that are seeking a closer parking place have found a parking spot.
- Walk around the block while your child is taking dance class/playing soccer/choir rehearsal
- Walk over to your coworker's desk instead of e-mailing them.
- Make it a nightly habit to go for an after-dinner stroll with friends or family.
- Use the wireless printer that is the farthest from your workspace.
- Early for an appointment? Walk around the block instead of sitting in the waiting room.
- Take a daily afternoon brainstorming walk.
- Schedule your next meeting as a walking meeting.
- Plant a bigger garden.
- If you can't take a long walk each day, try for several mini walks. Set your phone timer for 10 minutes and go out for a walk. When the timer goes off turn around and go back. By doing this several times a day you will watch your step totals really add up.
- Wander the room while chatting on the phone.
- Set the alarm on your phone or computer to go off every hour or two, then take a quick tour around the floor (or even just a trip up and down the hall) when it does.
- Next time you have to run a couple of errands, park midway between your destinations and walk to them both.
- Wake up and wear your activity tracker just half an hour earlier than usual.

## I've lost my activity tracker. How do I get a new one?

If you lose your activity tracker email [support@Lifebux.com](mailto:support@Lifebux.com) You are responsible for the replacement cost. Your smartphone can also be used as an activity tracker.

## **My activity tracker doesn't appear to be working. What do I do?**

Email: [support@Lifebux.com](mailto:support@Lifebux.com) There are many possible reasons for your activity tracker to stop working as it was designed to do. We can work with you to reboot your device, update your software and in general trouble shoot your individual activity tracker issue.

## **Need more help?**

Please feel free to contact The Amazing Pace Email [support@Lifebux.com](mailto:support@Lifebux.com) We can schedule an individual online meeting with you and go over the program and software features if you need additional assistance.