

Slimdown Challenge 2023-FAQs

➤ What is the Slimdown Challenge?

The Slimdown Challenge is a six-week community challenge hosted by Fort HealthCare that invites community groups and individuals eighteen years and older to make health improvements, and either lose or maintain weight for prizes and overall better health.

➤ When does it take place?

Slimdown 2023 begins Tuesday, October 24th and runs through Tuesday, December 5th. The challenge begins on Tuesdays and each week ends on Monday nights at 11:59pm, when required weekly tasks are due.

➤ How much does it cost to participate?

There is no cost to participate as an individual or community coalition.

➤ How do I sign up?

For brand NEW Fort HealthCare community challenge players ONLY:

1. Visit FortHealthCare.com/Slimdown to fill out the *pre-registration* form. This form will not be accessible after Friday October 27th. *The first week's tasks are due on Monday, October 30th at 11:59pm and with this deadline, sign-ups will officially close.*
2. You will receive an email within a day or so of filling out the pre-registration form that will direct you to create a Cerner account. Once created and logged in, you will see a "Sign Up!" button to finish the sign-up process. Sign-up on the Cerner dashboard opens Friday, September 29th.



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➤ **For RETURNING players, including Fort HealthCare wellness program employees:** Sign-up on the Cerner dashboard opens Friday September 29th. Visit FortHealthCare.MyCernerWellness.com to log in to your existing account. Once logged in, you will see the “Sign Up!” button in the middle of your dashboard.

➤ **By when do I need to be signed up?** Pre-registration is open at FortHealthCare.com/Slimdown for NEW players through Friday, October 27th. Sign-up on the Cerner dashboard for ALL players will open on September 29th through Monday, October 24th. There is a one-week grace period applied in the case of late sign-ups. This is acceptable as long as pre-registration is complete by November 18th, a Cerner account is created, and the first week’s required tasks are completed by Monday, October 30th at 11:59pm.

➤ **Slimdown Challenge Timeline**

1. September 29th-October 24th – Pre-registration is open at FortHealthCare.com/Slimdown for NEW players.
2. September 29th-October 24th – Sign-up is open on the Cerner dashboard for ALL players. A one-week grace period is applied to allow for late sign-up after the challenge begins.
3. **October 24th – Challenge begins!**
4. Six weeks of challenge – Weekly tasks (below) due Mondays at 11:59pm – Weekly prizes awarded.



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5. **December 5th – Challenge ends**
6. **By December 12th – Grand prizes awarded.**

➤ **I'm having issues creating an account. What should I do?**

If you're a new player and haven't participated in past Fort HealthCare community challenges, please fill out the pre-registration form at [FortHealthCare.com/Slimdown](https://www.FortHealthCare.com/Slimdown) FIRST. Then you will receive an email with further instructions on how to create a Cerner account. If you already completed this step and are stuck in the account creation process, you may have provided incorrect information on the pre-registration form (incorrect date of birth and/or first and last name); it happens. Please call 920-568-5475 if you believe that is why you are not able to create your account.

➤ **Do I have to be a part of a location to participate?**

Yes. You will just need to indicate the group with which you would like to participate on the pre-registration form, whether a local business, community group, or 'other'. All locations are open. Joining one location over the other does not affect your chances in the competition as you will be tracking your own activity.

➤ **Why are there teams if the challenge is based on individual performance?**

'Locations' are created for local groups and corporations to recruit members and to see which location produces the most exercise over the eight-week period. If you do not affiliate with either group, you may indicate 'other'.

➤ **How do I input my official weight if I'm not doing a weigh-in or out like in year's past?**

When you first log into the Wellness Portal for the Slimdown Challenge, hover over the "Health and Screening Results" on the top of the screen (blue banner) and under "Health Logs", clicking on weight. From this screen, you can update and even backtrack dates.

➤ **What do I have to do throughout the six weeks?**

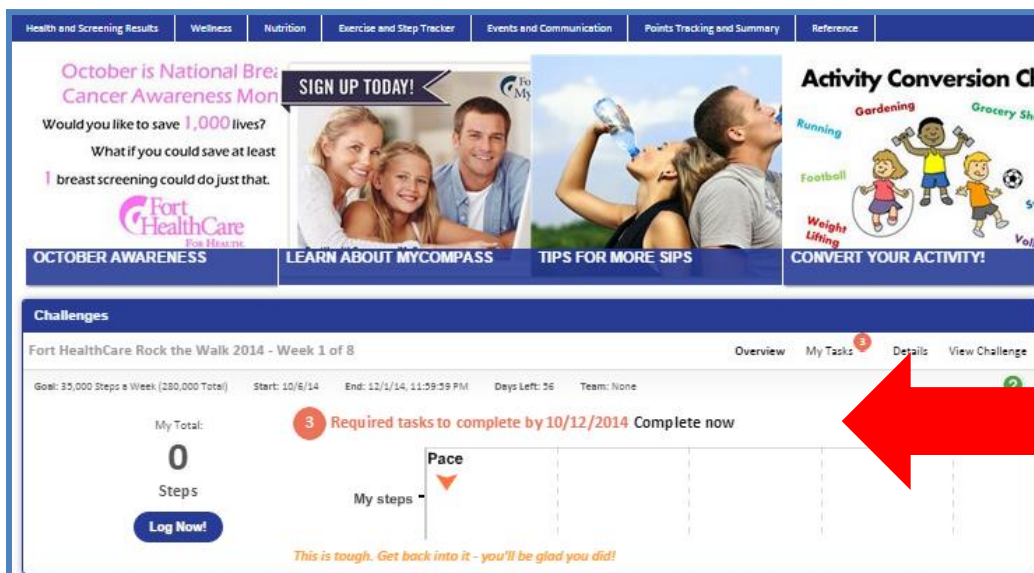
1. Log a weight, using any scale.
2. Read the weekly education.
3. Complete the quiz/survey.



SLIMDOWN CHALLENGE



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*Important: Tasks will be highlighted if they still need to be completed. If you do not achieve these goals each week, you will not be eligible for the grand prize. If you miss one week but complete the goals for all following weeks, you will still be eligible for the following weeks' prizes. Your dashboard will be updated each week with new education and quizzes as well as announcements of top competitors from the previous week. The 'week' runs from Tuesday morning at 12am through Monday night at 11:59pm. Required tasks are due by 11:59pm on Monday night to be eligible for prizes.

➤ **How do I track my weight during the challenge?**

Throughout the challenge, tracking your weight is easy in the [Wellness Portal](#). There are 2 options to do this, and they include:

- Clicking on the blue "Log Weight" in the "Challenges" area on the main screen and updating the information.
- Hovering over the "Health and Screening Results" on the top of the screen (blue banner) and under "Health Logs", clicking on weight. From this screen, you can update and even backtrack dates

➤ **What will the challenge look like?**



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Slimdown Challenge will take place online via the Cerner dashboard. If you have any further questions on how to participate via the dashboard, please call 920-568-5475.

Fort HealthCare Live Well

Health and Screening Results | Wellness | Nutrition | Exercise and Step Tracker | Events and Communication | Points Tracking and Summary | Reference

ADVISOR VISIT SCHEDULE | ARE YOU READY | TIPS FOR MORE SIPS

Challenges

Copy of Fort HealthCare Rock the Walk | Details | My Position | My Location | Comment Board

Goal: 560,000 Steps | Start: 9/20/14 | End: 10/15/14, 11:59:59 PM | Days Left: 56

My Total: **2,150** Steps

Log Now!

This is tough. Get back into it, you'll be glad you did!

Health Snapshot | Rewards Tracker | Fruit & Vegetable Tracker



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Health and Screening Results | Wellness | Nutrition | Exercise and Step Tracker | Events and Communication | Points Tracking and Summary | Reference

OCTOBER AWARENESS | LEARN ABOUT MYCOMPASS | TIPS FOR MORE SIPS | CONVERT YOUR ACTIVITY!

Challenges

Fort HealthCare Rock the Walk 2014 - Week 1 of 8 | Overview | My Tasks 3 | Details | View Challenge

Goal: 35,000 Steps a Week (280,000 Total) | Start: 10/6/14 | End: 12/1/14, 11:59:59 PM | Days Left: 56 | Team: None

My Total: **0** Steps

Log Now!

3 Required tasks to complete by 10/12/2014 Complete now

This is tough. Get back into it - you'll be glad you did!





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You will have access to all other features of the Cerner Wellness dashboard throughout the six weeks of the Challenge. Let us know what you think!

➤ **Is there a way to interact with other players?**

The 'Comment Board' feature is a great place to add a comment about the challenge and your progress or to encourage others throughout the challenge. To access the 'Comment Board', click 'View Challenge' in the challenge toolbar.

➤ **On my challenge toolbar it says "Team: None", I thought I signed up as a part of a coalition/corporation?**

Please contact Community Health and Wellness at 920-568-5475 to be added to a team, or to have your location changed.

➤ **If I miss the deadline on Monday nights to complete my tasks, will I be able to still take the quiz and be eligible for prizes if I email or call Fort HealthCare?**

No, you will not be eligible for the grand prize. However, you will be eligible for all other weekly prizes if you complete all tasks for all following weeks as required.

➤ **Where can I see how other participants and teams are doing?**

In the challenge toolbar, click 'View Challenge' and you will have access to the 'Standings' based on individual and location performance up to the top 50 participants.

➤ **How do I add a display name to show my name in the standings?**

Click the avatar or person image on the top right of the screen. Then click 'Edit Profile' and fill in an appropriate name in the 'Display Name' box. Click 'Save' at the bottom of the screen. Your name will now appear next to your total number of steps in the challenge standings.

➤ **Will I be able to receive a report based on how my location's participants are doing?**

You can click 'View Challenge' on the challenge toolbar, then click 'My Location', and 'Statistics' to see the top 50 participants and their exercise minutes based on your location. You may also request the email addresses of your participants to communicate with them and distribute your own prizes.

➤ **What are the prizes?**



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Prizes are or will be listed at [FortHealthCare.com/Slimdown](https://www.FortHealthCare.com/Slimdown)

➤ **Where can I find answers to questions that are not listed?**

All details are visible at [FortHealthCare.com/Slimdown](https://www.FortHealthCare.com/Slimdown). For more immediate inquiries, please call 920-568-5475.

Participants must log a weight, read the education, and take the quiz/survey by Monday nights at 11:59pm EACH WEEK of the competition in order to be eligible for all weekly prizes and the grand prize.

If you have any questions to include, please call 920-568-5475.

Good luck!