



Welcome to the 2017 Salve Steps Challenge!

### Key Challenge Dates and Info

The five-week TEAM-based challenge begins on **October 17th** and ends on **November 20th**. Registration begins on **September 27th**. Deadline to register is **October 20th**.

Motivate and support your teammates and you will be eligible to win some great prizes throughout the challenge!

### How to Participate?

#### Step 1

Registering is easy. If you *previously registered* to one or both of Salve's past challenges at this platform, log into your existing Tufts DailyEndorphin (DE) account here. Then skip to Step 2 below.

<https://tuftshealthplan.dailyendorphin.com/de/login>

#### OR

If you did not register for the previous Salve THP DE challenges, simply copy and paste THIS *entire link* into your browser and follow ALL of the steps (see additional instructions at end of this document):

<https://tuftshealthplan.dailyendorphin.com/de/signup/join/group/3540/3392b8>

Once you are registered, follow instructions in Step 2.

#### Step 2

At least once a week, consistently make or sync all of your daily steps entries on the **Tufts DailyEndorphin** website.

- You may also track your daily steps with your fitness device such as a Fitbit®, Garmin, Apple HealthKit, Apple Watch, Google Fit (and others from the list below in the challenge overview section)- or, use DailyEndorphin's free smartphone app for manual logging (see full list of devices/apps that can be synced with daily steps below).

- AFTER registering (see [detailed instructions](#) below), continually log into your account here (you should bookmark this URL for future use):  
<https://tuftshealthplan.dailyendorphin.com/de/login>
- Details on [Synching Devices](#) and [Manual Step Entries](#) are also available below.

## Challenge Overview

- Registration begins on **September 27th**. Deadline to register is **October 20th**.
- The primary focus of this challenge is for you and your teammates to walk at least **7,500** daily steps each day and earn one of the following “badges” each week along the way and at the end:
  - **“Platinum” – 5 days/week**
  - **“Gold” – 4 days/week**
  - **“Silver” – 3 days/week**
- **IMPORTANT NOTE:** All individual names registered will be continually shown and reported on in your respective team pages on your user dashboards during the challenge. If you are uncomfortable with this, feel free to enter a nickname (any name) or only your initials as your full name upon registering for the challenge. ***The platform only needs a valid email address when you register! You may register with any name of your choosing.***
- Teams must be 2 – 4 participants in size. Your team captain may register the team and then you can go find that team and register for it in the team sign up page.
- Be honest! If manually logging your daily steps entries in the "My Log" area of your user dashboard, report only the entries you have truly done each day. If you enter false entries, you are only cheating yourself.
- Did you miss syncing and/or making daily steps entries for a period of time? You may use the "week log" feature, calendar feature, or back arrow button the "My Log" area to catch up.
- Sync up your device or mobile app and/or log all final entries on the dashboard by **1:59 p.m. EDT on Tuesday, November 21<sup>st</sup>**. Note that device/app syncing can have a 30-60 minute lag from when it shows in your THP DE user dashboard and leaderboard page, so we advise any final syncs to happen no later than 1 p.m. EDT that day!
  - Upon registering for the challenge, click the blue "link to device" button in your user dashboard to sync up ONE of the step trackers listed such as Fitbit, Garmin, Apple HealthKit, Apple Watch, Google Fit, Jawbone, Misfit, Withings, or sync up ONE of the free Smartphone apps, including Moves or Azumio (Argus). Is this the full list. We've received FitTracker devices from Tufts. Will these work? YES but for manual entries in their DE user dashboards only. NOT syncing.

- Have FUN and get creative! This is all about your physical well-being AND connecting with your colleagues and family! Grab a coworker and go for a brief walk. Have a walking meeting. Enjoy the journey of improving your physical and social health.
- 

### Additional Instructions

1. If you don't have one of the devices listed above or one of the two free apps for syncing, to manually log your daily steps, use the Steps tab or "week log" in the My Log area.
2. See how your colleagues are doing in the Challenge board tab (lower part of dashboard).
3. After registering for the challenge, you may also download our mobile app in the [Google Play store](#) or [Apple App store](#) under "DailyEndorphin". If you are manually entering your daily steps in our app, you may do so in the "stps" entry field located under "**wellness**" tab.
4. **Note:** We are only focusing on accumulating, syncing or entering daily steps for this challenge but if you choose to do so, you may enter and track exercise, nutrition and wellness items in your log area as well. Just note that those logged items will not have any bearing in this challenge!

### Questions?

This challenge is being run and supported by Daily Endorphin. For any questions, contact [support@dailyendorphin.com](mailto:support@dailyendorphin.com) or go to Daily Endorphin's [User FAQ](#).

### Detailed Registration Instructions

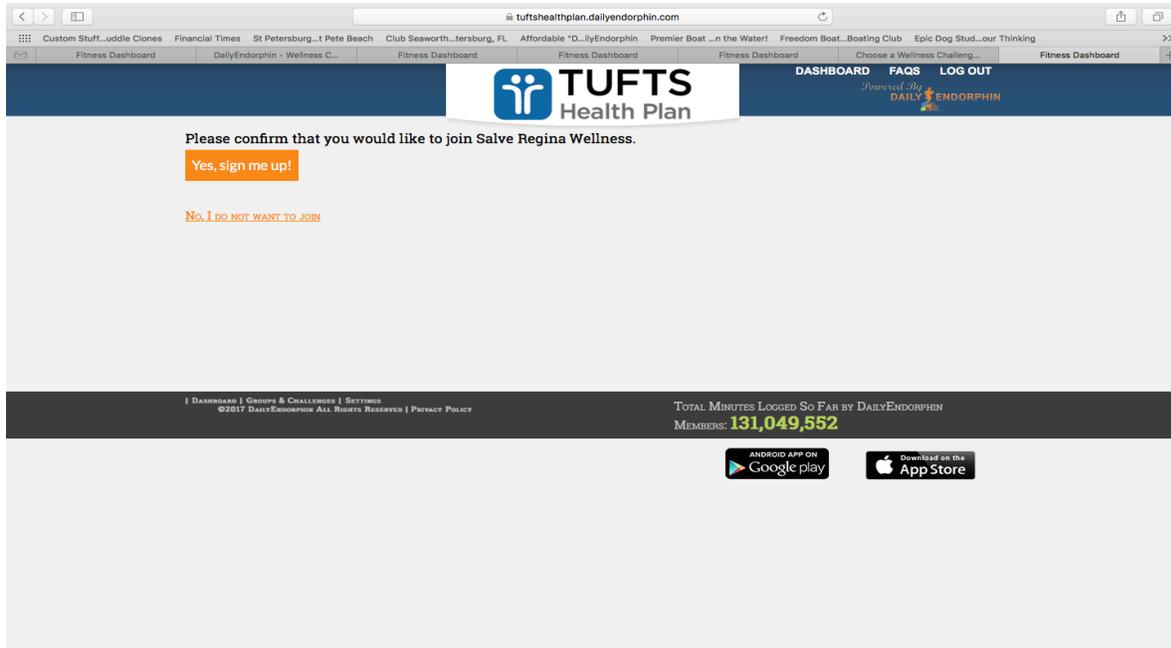
<https://tuftshealthplan.dailyendorphin.com/de/signup/join/group/3540/3392b8>

1. After copying/pasting the above link in your browser, click the "create an account" option.

2. Complete the required fields at the registration page and click "create account". ***You may enter any first and last name of your choosing, but please enter a valid email address here. Very important!***

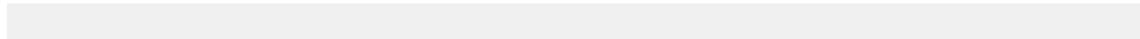
Run script "createAccount("https://tuftshealthplan.dailyendorphin.com/de/signup?m=")"

3. Click the "Yes, sign me up!" Button.

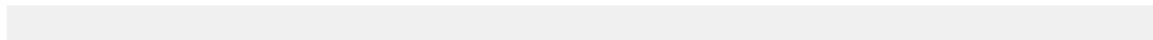


**\*Note:** If you do not complete all of the above steps to register, then you will land in a holding area called the "bench" and will NOT be an active participant in the challenge!

4. Select the existing team you wish to join from the list OR start one of your own as team captain. Click the "start team" button to confirm the team.

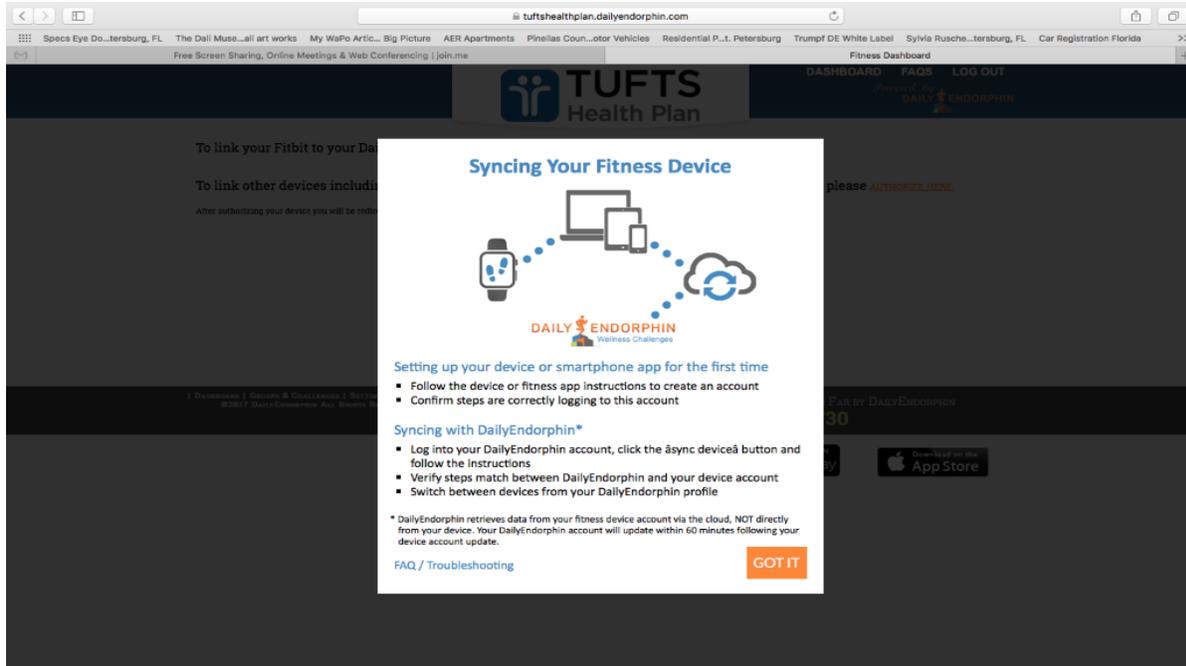


5. Click "Return to the Dashboard" option of ready to go to your user dashboard OR the "link your Device" button if you're ready to sync up to a popular fitness device or app:



## Synching Devices with DE

If syncing your Fitbit device with DE, log into your Fitbit account or set up a new Fitbit account that's linked to your device.



The screenshot shows a web browser window at [tuftshealthplan.dailyendorphin.com](http://tuftshealthplan.dailyendorphin.com). The page features the Tufts Health Plan logo and navigation links for Dashboard, FAQs, and Log Out. A central modal window titled "Syncing Your Fitness Device" is displayed. It includes a diagram of a Fitbit device connected to a smartphone and a cloud icon. The modal contains the following text:

**Syncing Your Fitness Device**

Setting up your device or smartphone app for the first time

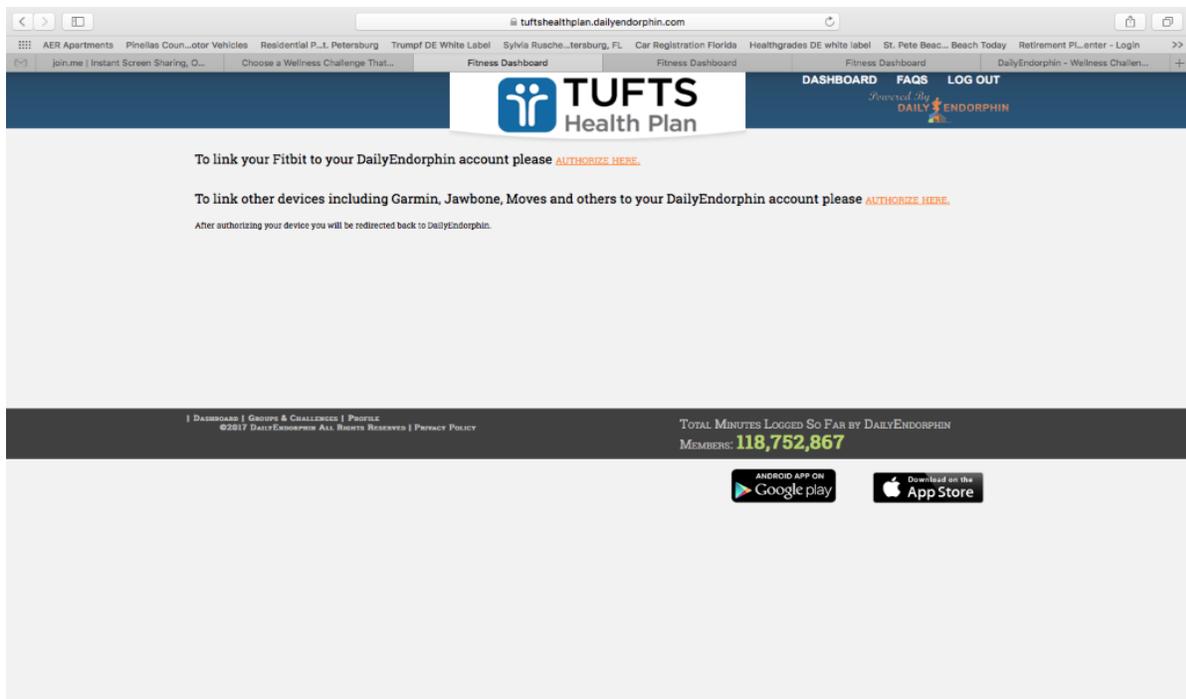
- Follow the device or fitness app instructions to create an account
- Confirm steps are correctly logging to this account

Syncing with DailyEndorphin\*

- Log into your DailyEndorphin account, click the **sync device** button and follow the instructions
- Verify steps match between DailyEndorphin and your device account
- Switch between devices from your DailyEndorphin profile

\* DailyEndorphin retrieves data from your fitness device account via the cloud, NOT directly from your device. Your DailyEndorphin account will update within 60 minutes following your device account update.

[FAQ / Troubleshooting](#) [GOT IT](#)



The screenshot shows the main dashboard of the Tufts Health Plan website. The header includes the Tufts Health Plan logo and navigation links for Dashboard, FAQs, and Log Out. The main content area contains the following text:

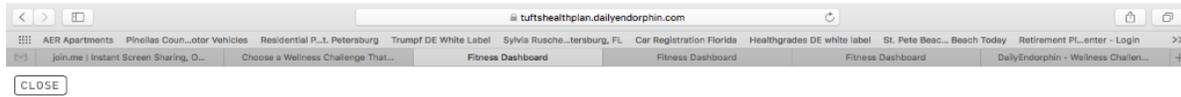
To link your Fitbit to your DailyEndorphin account please [AUTHORIZE HERE](#).

To link other devices including Garmin, Jawbone, Moves and others to your DailyEndorphin account please [AUTHORIZE HERE](#).

After authorizing your device you will be redirected back to DailyEndorphin.

At the bottom of the page, there is a footer with navigation links for Dashboard, Groups & Challenges, and Profile. It also displays the text "TOTAL MINUTES LOGGED SO FAR BY DAILYENDORPHIN MEMBERS: 118,752,867" and two buttons for downloading the app: "ANDROID APP ON Google play" and "Download on the App Store".

If syncing up another fitness device or app from the above list or one below, click the "choose source" button at this page.



Let's connect your health data!

Human API is the quickest, most secure way to import health data from anywhere:

CHOOSE SOURCE

by using Human API, you accept the [Terms of Service](#)

SECURE

POWERED BY HUMAN API

At this page, click the icon below and follow the steps at that log in page to sync up ONE of the other devices or apps in the list with DE.

If you're having problems syncing up your device or app, please refer to the troubleshooting guide located in your steps tab of the "My Log" area and/or the "Settings" tab of your user dashboard.

After initially syncing your device or app, if you have any difficulty syncing up your device/app to your DE account, be sure to refer to the "device troubleshooting" guide in the "Settings" tab of your DE user dashboard while logged in. See below:

tuftshhealthplan.dailyendorphin.com

AER Apartments Pinellas Coun...otor Vehicles Residential P...t. Petersburg Trumpf DE White Label Sylvia Rusche...terburg, FL Car Registration Florida Healthgrades DE white label St. Pete Beac... Beach Today Retirement PL...enter - Login

Join.me | Instant Screen... Fitness Dashboard Choose a Wellness Cha... Fitness Dashboard Fitness Dashboard Fitness Dashboard Fitness Dashboard Fitness Dashboard

My Log Exercise Nutrition Wellness Steps

Entry	Points	Hour:Min	Other
Biking	145	1:11	17.8 mi
HealthKit	0		1823
<b>TOTAL</b>	<b>145</b>	<b>1:11</b>	

View Calendar

Shields 02.2017 Challenge **Ended 3/6**  
GetFit 2017 Individual based **Ended 2/8**  
IT'S HUSTLE TIME!

You're almost finished with the Get Fit 30-Day Challenge! Remember, the Challenge ends tomorrow, but the last day to submit all final entries is Wednesday, Feb. 8 at 10:59 am. Leaderboard standings will be hidden until we announce the winners this Friday.  
Challenge No. 4: Be Prepared  
Are you ready for your last social challenge of Get Fit

Challenge Board My Progress Reminders Profile Group Admin DE Admin

DailyEndorphin Support  
jmann@dailyendorphin.com  
Joined: 06/25/09  
Edit Profile Change Password

Resting Heart Rate: 65 BPM  
Max Heart Rate: 173 BPM  
Target Heart Rate: 121-147 BPM  
Body Mass Index: 27.28  
Basal Metabolic Rate:  
2014 calories per day

My Devices  
Active device (steps): HealthKit  
View Devices Syncing Troubleshoot

Dashboard | Groups & Challenges | Profile  
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TOTAL MINUTES LOGGED SO FAR BY DAILYENDORPHIN  
MEMBERS: **119,102,032**

ANDROID APP ON Google play Download on the App Store

dailyendorphin.com

Specs Eye Do...tersburg, FL The Dall Muse...all art works My WaPo Artic... Big Picture AER Apartments Pinellas Coun...otor Vehicles Residential P...t. Petersburg Trumpf DE White Label Sylvia Rusche...terburg, FL Car Registration Florida

Free Screen Sharing, Online Meetings & Web Conferencing | join.me Fitness Dashboard Top Sites

DailyEndorphin S.  
jmann@dailyendorphin.com

< Wed, May 3, 2017

My Log Exercise Nutrition Wellne

Entry	Points	Hour:Min
Workout	84	1:10
HealthKit	4	
<b>TOTAL</b>	<b>88</b>	<b>1:10</b>

Challenge Board My Progress Rem DE Admin

DailyEndorphin Support  
jmann@dailyendorphin.com  
Joined: 06/25/09  
Edit Change Password

Biometrics  
Resting Heart Rate: 65 BPM  
Max Heart Rate: 173 BPM  
Target Heart Rate: 121-147 BPM  
Body Mass Index: 27.28  
Basal Metabolic Rate:  
2000 calories per day

My Devices  
Active device (steps): HealthKit

SELECT WHICH DEVICE YOU TO SYNC

fitbit

Apple Health

I DON'T SEE MY DEVICE

Body Mass Index: 27.28  
Basal Metabolic Rate: 2000 calories per day

News & Notes

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r Solstice Starts 5/17  
enge Step to  
r Solstice

dailyendorphin.com

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WELLNESS CHALLENGES Register My Organization

# DailyEndorphin S.

pmann@dailyendorphin.com

< Wed, May 3, 2017

My Log **Exercise** Nutrition Wellne

Entry	Points	Hour-Min
Workout	84	1:10
HealthKit	4	
<b>TOTAL</b>	<b>88</b>	<b>1:10</b>

Challenge Board My Progress Rem

DailyEndorphin Support  
pmann@dailyendorphin.com  
Joined: 06/28/09  
Edit Change Password

**Biometrics**  
Resting Heart Rate: 65 BPM  
Max Heart Rate: 173 BPM  
Target Heart Rate: 131-147 BPM  
Body Mass Index: 27.60  
Basal Metabolic Rate:  
2000 calories per day

My Devices  
Active device (steps): **HealthKit**

### HAVE YOU CONFIRMED DAILYENDORPHIN IS SYNCED TO THE CORRECT DEVICE AND IT'S ACTIVE?

Since more than one device can be synced, verify the active device by going to the Settings in your personal DailyEndorphin dashboard.

THE WRONG DEVICE IS SYNCED OR IS NOT ACTIVE

THE CORRECT DEVICE IS SYNCED AND SHOWS ACTIVE

## Making Manual Steps Entries

If making manual steps entries, you may do so in the "steps" tab, the "week log", or the calendar icon in your "My Log" area. Note that if you are using DE's mobile app to enter daily steps in the "wellness" tab:

The screenshot shows the DailyEndorphin web interface. At the top, there's a navigation bar with tabs for 'My Log', 'Exercise', 'Nutrition', 'Wellness', and 'Steps'. The 'Steps' tab is active, showing a text input field with '10000' and a 'Log It!' button. To the right, there's a 'News & Notes' section with links for 'Link your Device' and 'How To Sync Your Device', and a notification for 'Salve Steps Challenge Starts 10/17'. Below this, there's a 'Challenge Board' section with tabs for 'My Progress', 'Reminders', and 'Settings'. The 'Salve Steps Challenge' is highlighted, showing 'Remaining: Based on: average steps/teammate' and '10/17 through 11/20 | Show All Team's Progress'. A table titled 'Weekly Progress for John's Team' is visible, with columns for 'Week' (1-5) and rows for 'Average Weekly Steps/Teammate', 'Average Days of 7,500 Steps/Teammate', and 'Overall Progress'. A 'John's Team' badge with an 'expand' link is also present.

You and your teammates may continually view your team standing's tallies to the lower right of your user dashboard by clicking the "expand" link there. **NOTE:** The main leaderboard page tallies (and team badges earned) to the left of that will reflect your AVERAGE steps per teammate tallies, so it's critical to support and motivate your teammates throughout the challenge!

Challenge Board My Progress Reminders Settings

### Salve Steps Challenge

Remaining: | Based on: average steps/teammate

10/17 through 11/20 | Show All Team's Progress

Team totals are averaged over the number of team members.

Weekly Progress for John's Team

Week	1	2	3	4	5
Average Weekly Steps/Teammate					
Average Days of 7,500 Steps/Teammate					
Overall Progress					

#### John's Team

Team Captain: John Smith

10/17 through 11/20

Weekly Progress for John Smith

Week	1	2	3	4	5
Weekly Steps					
Days of 7,500 Steps					
Overall Progress					

