

# AtlantiCare Healthy Highway Challenge Frequently Asked Questions

**Question 1: How long do I have to get to each of the 3 destinations?**

**Answer:**

Leg 1: March 1<sup>st</sup> – March 31<sup>st</sup>

Leg 2: June 1<sup>st</sup> – June 30<sup>th</sup>

Leg 3: September 1<sup>st</sup> – September 30<sup>th</sup>

**By exercising at least 30 minutes 5 days/week you will complete the challenge in the designated time. Please note: any combination of a minimum of 150 minutes/week will get you to the destination on time.**

**For example:**

**Monday: 20 minutes of gardening**

**Tuesday: 40 minutes of biking**

**Wednesday: Rest**

**Thursday: 10 minutes of walking**

**Friday: 20 minutes of dancing**

**Saturday: Rest**

**Sunday: 75 minutes of aerobics (note: only 60 minutes can be tracked per day, so 60 minutes will count toward your challenge minutes see Question 2 for more information )**

**Total weekly activity: 150 minutes**

**Question 2: Why is there a maximum amount of exercise that can be tracked on the site?**

**Answer:** No more than 60 minutes of exercise can be tracked per day to manage the duration of the challenge. If you exercise more than 1 hour/day – Great! However for our tracking purposes, only 1 hour/day will count toward the challenge.

**Question 3: Is there a specific window of time to track my activities?**

**Answer:** You have a 10 day window to track your activities. For example, if you exercise on Monday, you have until next Thursday to record those minutes. To avoid forgetting to record your exercise minutes, we recommend that you record your activity on the day you do it.

**Question 4: What if I don't exercise at least 30 minutes 5 days/week?**

**Answer:** You will not reach the destinations in time and will not be provided with the \$100 wellness credit associated with the challenge. If you feel like you're falling behind, email us at [wellness@atlanticare.org](mailto:wellness@atlanticare.org) and we'll give you some tips!

**Question 5: Are there prizes for the Healthy Highway Challenge?**

**Answer:** This year employees and spouses/partners are able to complete the Healthy Highway Challenge to earn \$100 in Wellness Credits from the “Make It Personal” section of The Wellness Activity Checklist.

**Question 6: How do I join a team?**

**Answer:** Joining a team is optional – but we do suggest it as it will help you to stay motivated. You can join a team at any point in the challenge. Teams can have between 2-4 people. You can create a new team and invite others to join it, ask to join a team that was already created, or receive a request from another employee to join a team. If you choose to keep your progress hidden from other participants, your name will not show up to send messages, sabotage or join teams. You can update this option under your profile picture by selecting “update profile.”

**Question 7: How do the bonus events work?**

**Answer:** 5 bonus minutes are added to your total completion time for each community event you track your participation in. This is our way of thanking you for being involved in the community and participating in physical activity. There is a 5 event per month maximum. Please remember to track your physical activity time along with tracking the event.

**Question 8: What if someone sends me an inappropriate message on the Healthy Highway Site?**

**Answer:** Inappropriate communication will not be tolerated and could result in disqualification from the challenge. If you receive inappropriate messages, please report it by clicking on the report button next to the text in the system. This will trigger an email to be sent to the Health Engagement admin team to address any misuse of the site.

**Question 9: How do the bonus point for fruits and vegetables work?**

**Answer:** Each day while you are tracking your physical activity you will have a chance to earn bonus minutes for eating fruits and vegetables. You can only select your serving consumption once a day and up to 5 servings per day.

**Question 10: How do I get a waiver or reasonable alternative?**

**Answer:** Email us at [wellness@atlanticare.org](mailto:wellness@atlanticare.org) or call the Wellness Customer Service Line and we’ll address your question within 24 business hours: 609.677.7507.

**Question 11: What if I still have questions or concerns?**

**Answer:** Email us at [wellness@atlanticare.org](mailto:wellness@atlanticare.org) or call the Wellness Hotline and we'll address your question within 24 business hours: 609.677.7507.