Move better together

Healthy competition for better health

Team up! Join the Appalachian Trail Quest team steps challenge and get moving.

- Join at balladhealth.sharecare.com, beginning April 15.

- Create a new team and invite your coworkers or join a pre-created team.

- Track your steps April 15–Dec. 31. The team with the highest average steps will win prizes along the way.

How team challenges work

1. Select B-Well powered by Sharecare from the home screen in the **Ballad Teams app**.

2. Log in through the Sharecare app or register with Sharecare at **balladhealth.sharecare.com**.

3. Select **Achieve** and then **Challenges**.
   Look for **Appalachian Trail Quest** and select **Join**.

4. Choose to either create a new team or join an existing team.

   To create a new team, select **Create Team**:

   – Name your team, create a team description, and select a team image from Sharecare's image library.

   – You can invite employees to join your team by selecting Invite Team Members. Search the names of the people you'd like to invite, or enter their Ballad Health email address.

   – The employees you invite will receive an email that will prompt them to log in to their Sharecare account, accept the invite and join the challenge.

   If they are currently not registered for Sharecare, they can create an account through the team invitation.

   To join an existing team, select **Join Available Team** and then select the team you'd like to join.

5. Update your **Challenge Settings** if you want to allow your name to be searchable so others can invite you to join their team.

Any teams that are created by challenge participants are invite only.
For more information, visit balladhealth.sharecare.com or call 855.425.9705.

Check the interactive leaderboard as you engage with the challenge

Your individual goal is to get 200,000 steps or more!

Do your part and track as many steps as you can to drive up your team average.

You and your team can see your performance ranks within your own team and how your team stacks up against others.

Team rankings are based on the overall team average.

SCAN ME

BalladHealth™   sharecare   well   powered by Sharecare