



Let's get moving FAQs

The Appalachian Trail Quest Steps Challenge has begun!

To make health and wellness fun and easy, Ballad Health will launch wellness challenges where team members can get healthy while earning prizes.


We're excited to kick off our first one, the Appalachian Trail Quest Challenge, which will run April 15 through Dec. 31.

Through this challenge, we will cumulatively track our steps together as we virtually hike 4,400 round-trip miles from Mt. Katahdin, Maine, to Springer Mountain, Georgia. Your steps count whether you're hitting the trails with your hiking boots or walking the neighborhood or treadmill in your tennis shoes.

Who can participate?

The B-Well team steps challenge is available to all Ballad Health team members. While only Ballad Health team members are able to participate in the challenge, we encourage you to get the whole family involved.

How do I sign up?

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. Find **Challenges** under the **Achieve** icon. 
4. Look for the **Appalachian Trail Quest challenge** and select **Join**.
5. Create your own team, join an existing team or accept an invite to join a team.

What's the challenge goal?

To complete the challenge successfully, track your steps daily throughout the challenge period. Shoot for hitting the individual goal of 200,000 steps, or more! Do your part and track as many steps as you can to drive your team average. Keep an eye on your individual progress and your team's progress throughout the challenge period.

The Leaderboard rankings are based on overall team average. The team with the highest average steps wins bragging rights.

How do I create or join a team?

Once you've signed up for the challenge, you'll have the option to join an existing team or create a new one.

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

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

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.
- There is a limit of 10 people per team.

Can I change teams after I join one?

Yes, you can change teams during the challenge, but you cannot be on more than one team at the same time. All your recorded activity for the duration of the challenge will transfer to your new team.

You can change teams one of two ways.

1. Go to **Settings** within the challenge and tap **Change Team**. From there, you can create a new team or join from the list of pre-created teams (see above).
2. Accept an invitation from an employee.

Have more questions?
Visit balladhealth.sharecare.com
or call 855.425.9705.
