

STEPtember

MOVE TO YOUR GROOVE
WALKING CHALLENGE



Challenge Rules & Guidelines

Thank you for joining WorkWell NYC in the **STEPtember Move To Your Groove Walking Challenge!** The following rules and guidelines will help to ensure the challenge is fun and fair.

If you have any questions about the STEPtember Challenge rules and guidelines, please email the WorkWell NYC Team at workwell@olr.nyc.gov.

Click below to learn more:

- **General**
- **Teams**
- **Step Tracking**
- **How To Win**
- **Chat Rooms**
- **Support**

General:

- a. **Eligibility:** The STEPtember Challenge is exclusively for City of New York Employees. A list of participating agencies can be found at nyc.gov/steptember. If you do not see your agency listed or you do not know which team to join, email workwell@olr.nyc.gov.
- b. **Registration:** City employees can enroll in the STEPtember Challenge until September 15th or when all slots have been filled.
- c. **How to Participate:** There are 2 ways to participate in the challenge:
 - On a team:** Represent your agency on a team with 10-15 of your co-workers
 - Individually:** Challenge yourself to hit 8,000, 10,000 or 12,000+ steps every day of the challenge

All participants will be automatically enrolled in the individual challenge and can opt into the team challenge if desired. See [Registration Instructions](#) for information on how to join your agency's team

Teams:

- a. **Agency Teams:** Teams have been allocated based on agency size and participation in previous WorkWell NYC walking challenges. View a list of participating agencies and teams at nyc.gov/steptember.
- b. **Team Size:** All teams are required to have 10-15 members to be eligible to participate in STEPtember. Note: Participants on teams with less than 10 members will be moved to another team within their agency before the challenge begins.
- c. **Team Members:** Employees are able to join a team from their agency. If all of your agency's teams have been filled and you are unable to join a team, email workwell@olr.nyc.gov.
- d. **Participating on a Team with Co-Workers:** To join the same team as your co-workers, let them know the name of the team you plan to join and try to join at the same time. If you would like to change your team's name, you can email workwell@olr.nyc.gov with the old and new team names once everyone on the team has approved the new name.
- e. **Switching Teams:** Participants are allowed to switch teams (within their agency) as often as desired before the challenge begins. Once STEPtember begins on September 20th, participants will no longer be able to change teams.

- f. **Inactive Team Members:** An “inactive member” is defined as a participant who has not synced their steps for at least 80% of the challenge. To keep the competition fair for all team members, inactive members will be removed three times during the challenge:
- After the first 10 days (September 30th):** Those who have not synced for at least 8 out of the first 10 challenge days will be removed from the challenge.
 - After 20 days (October 4th):** Those who have not synced for at least 16 out of the first 20 challenge days will be removed from the challenge.
 - After the challenge ends (October 25th):** Those who have not have synced steps for at least 80% (24 days) of the challenge will be removed and will not be counted towards their teams' final step average.
- g. **Team Step Count:** The top 20 teams with the highest average step count will win the challenge. Team average step counts are calculated using the following formula:

$$\frac{\text{total # of steps taken by all team members}}{\text{total number of team members}}$$

Step Tracking:

- Step Tracking Device:** The STEPtember Challenge is powered by MoveSpring – a digital platform that tracks steps across users. To participate in the challenge, users must connect a step tracking device to their MoveSpring account, such as a smart phone or wearable device (Fitbit, Apple Watch, Garmin, etc). Manual entry of steps will not be permitted.
- Syncing:** The MoveSpring app does not sync your steps unless the app is open on your phone. This is to prevent your battery from being drained. While the app is able to pull up to 5 days' worth of steps at once, participants are encouraged to open the app at least once daily to ensure all your steps are shown in real-time.
- Team Challenge:** Syncing is important to ensuring a team's steps are shown in real-time. Please sync your steps daily as a courtesy to your team members.
- Syncing Issues:** If you have trouble syncing your steps, please use MoveSpring's [how-to guides](#) to troubleshoot or contact the MoveSpring Support Team directly (See “Support” section below). Please refrain from posting about technical issues in the STEPtember group chat on MoveSpring.
- Other Forms of Physical Activity:** STEPtember is a step challenge. Unfortunately, other forms of physical activity such as biking will not be counted towards the challenge.

- f. Physical Limitations:** If you have any physical limitations and would like to participate in STEPtember, please email workwell@olr.nyc.gov to learn how to sign up.
- g. Step Cap:** To ensure healthy participation in the STEPtember Challenge, the number of steps that count towards the standings will be capped at 35,000 steps/day. If your daily step total exceeds this amount on any day, it will be adjusted to 35,000.

How to Win:

- a. Team Challenge:** The team with the highest average daily step count will be crowned the STEPtember team winners! The top 20 teams will receive a STEPtember 2021 trophy for each team member.
- b. Individual Challenge:** The individual with the highest average daily step count will be crowned the STEPtember individual winner! The top 20 individuals will receive a STEPtember 2021 trophy.
- c. Awards Ceremony:** An awards ceremony will be held to celebrate all the STEPtember winners. The STEPtember 2021 awards ceremony is an invite-only event for winners only.

Chat Rooms:

- a. Chat Rooms:** All STEPtember participants will have access to 3 chat rooms within the MoveSpring app:
- b. Group Chat:** Messages in the chat labeled “STEPtember 2021 Challenge” will be sent to all participants in the challenge.
- c. Team Chat:** Messages in the chat labeled with your team’s name will be sent to your team members only.
- d. Individual Chat:** One-on-one messages can be sent to anyone you have “friended” on MoveSpring.
- e. Etiquette:** The MoveSpring chat rooms are a place to communicate with other participants and offer inspiration and encouragement. Please be mindful of the content you are posting. The group chat room will be monitored by WorkWell NYC. Inappropriate content will be removed and participants who misuse the chat room run the risk of being removed from the challenge. Please email workwell@olr.nyc.gov if you have any concerns relating to a chat room.

- f. **Push Notifications:** Participants are encouraged to turn on their push notifications to receive alerts when challenge updates are posted and/or when a message is received. View these [instructions](#) on how to adjust your notifications at any time.
- g. **Photo Release:** WorkWell NYC reserves the right to use any messages and/or images shared in the group chat during the STEPtember Challenge.
- h. **Hours of Operations:** A WorkWell NYC representative will be available to answer questions in the group chat room Monday through Friday, 9am-5pm.

Support:

WorkWell NYC and the MoveSpring Support Team are here to help you during the challenge.

- a. **Technical Support:** If you have reviewed the FAQs on the [STEPtember webpage](#) and you are still having technical issues, the MoveSpring Support Team can help troubleshoot.

There are 3 ways to contact MoveSpring Support:

- **In the app:** Click on menu in the top left-hand corner of the screen, then scroll down to the bottom and select the green “Message Support” button. An in-app chat box will then appear for you to message support.
- **Online:** Sign in to your MoveSpring account via the web and click on the chat icon in the lower right-hand corner.
- **By email:** Send an email to MoveSpring Support at help@movespring.com.

- b. **General Support:** For general questions about the challenge, reach out to WorkWell NYC at workwell@olr.nyc.gov.