

INSTRUCTIONS FOR THE WELLNESS CHALLENGE PORTAL

From your BioIQ Health Dashboard, proceed to Step 8 to reach the link for your wellness challenge at the Mediterranean Wellness website.

LOGGING IN

Log in to Mediterranean Wellness with the username and password that has been assigned to you.

After you log in for the first time, you'll have the opportunity to change this.

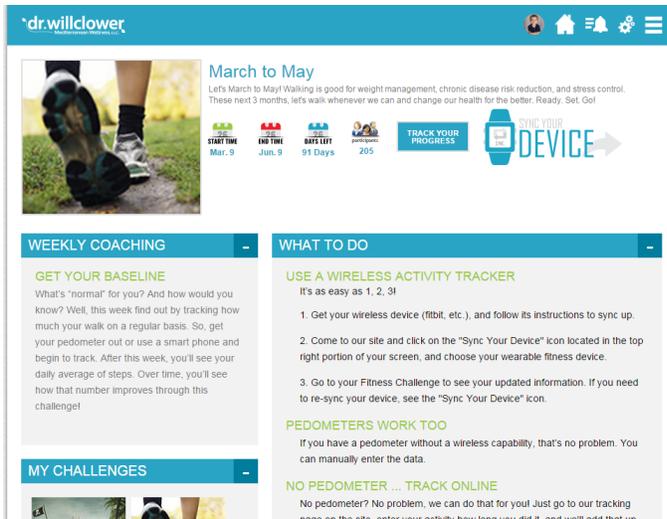
CHOOSING THE CHALLENGE

You can earn your incentive by participating in the March to May Challenge and meeting the goal 8 out of 10 weeks.

Simply, click on "more info," and then "Join."

START YOUR CHALLENGE

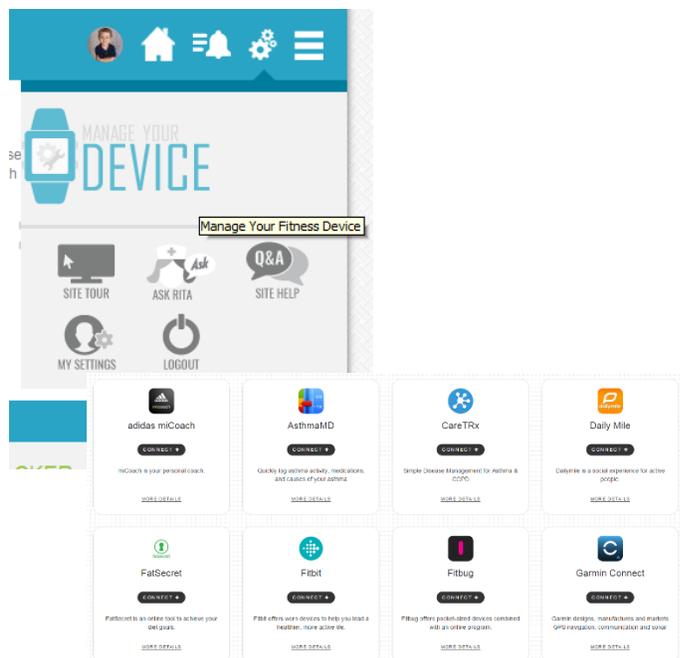
Click on the "Start" button to join the challenge. You will then be redirected to the challenge page.



THE CHALLENGE

Once you are redirected to the challenge page, you'll see the following:

- What To Do
- Weekly Coaching
- Track Your Progress
- Sync Your Device
- Charting
- Team Creation
- Data Entry section to view your data
- Goal Tracking section
- Company Goal



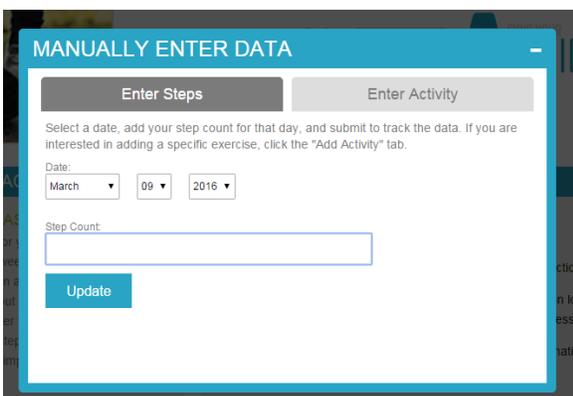
TRACKING STEPS THROUGH A DEVICE

In order to track your device through a wearable activity tracker, you'll need to connect your device to our system.

To do this, go to the "gears" icon, and click the "Manage Your Device" icon.

Choose your device and click "Connect."

Your steps will automatically sync to your account when you return to your challenge.



TRACKING STEPS THROUGH A Pedometer

If you wear a pedometer, you can track your steps manually.

Click on the "Track Your Progress" button, choose the date you'd like to enter your steps for, and add your Step Count. Click "Update."

TRACKING STEPS FOR ACTIVITIES

If you do not wear a pedometer and do not have a wearable device, track your activity.

Click on the “Track Your Progress” button, click on the tab “Enter Activity,” and choose the type of activity and the minutes you participated in that activity. Click “Update.”

Our system will automatically convert your activity to steps.

YOUR GOALS

In order to successfully complete this challenge, you'll need to reach 8 out of the 10 goals created. Please find a list of the necessary goals below.

March Weekly Goals

- Mar 21 – 42,000 Weekly Steps
- Mar 28 – 42,000 weekly steps

April Weekly Goals:

- Apr 4 - 52,500 weekly steps
- Apr 11 – 52,000 weekly steps
- Apr 18 – 52,000 weekly steps
- Apr 25 – 52,000 weekly steps

May Weekly Goals:

- May 2 – 63,000 weekly steps
- May 9 – 63,000 weekly steps
- May 16 – 63,000 weekly steps
- May 23 – 63,000 weekly steps

SUPPORT

If at any time you need assistance with the use of our site, please contact us at: admin@willclower.com or 800-977-6337 – Monday thru Friday, 9 am to 5 pm EST, except national holidays.

A representative from our team will reach out to you within 24 business hours.