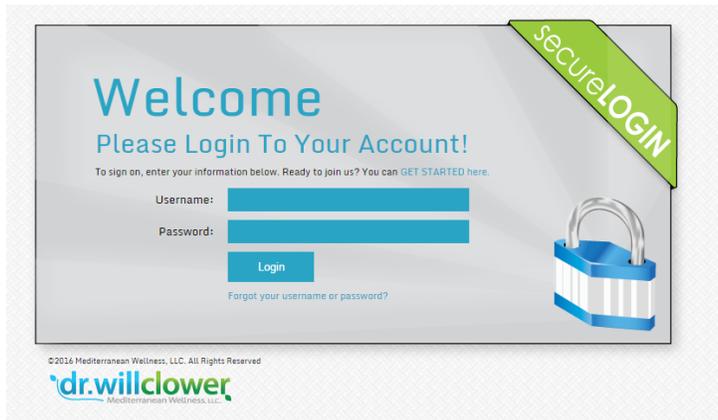


# INSTRUCTIONS FOR THE WELLNESS CHALLENGE PORTAL

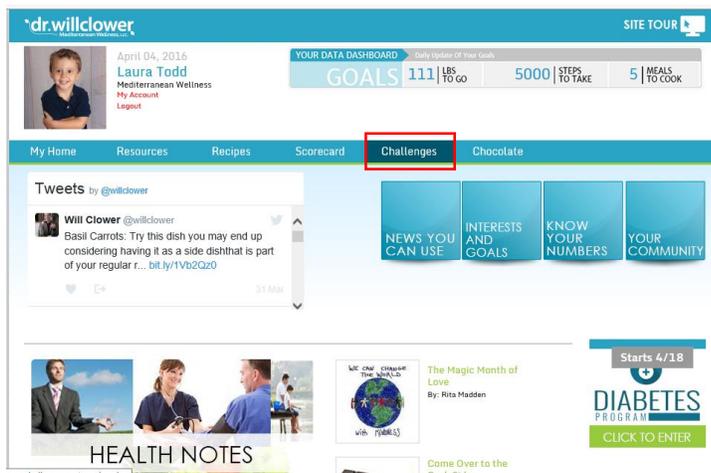
If you do not have a Medwell account, please register at <http://www.bitly.com/AFLACReg>



## LOGGING IN

Log in to Mediterranean Wellness with your username and password.

[www.willclower.com/login.php](http://www.willclower.com/login.php)



## CHOOSE CHALLENGES

Click on the link for Challenges to be redirected to our challenge portal.

## CHOOSING THE CHALLENGE

Choose the challenge you'd like to join. Simply, click on "more info," and then "Join."

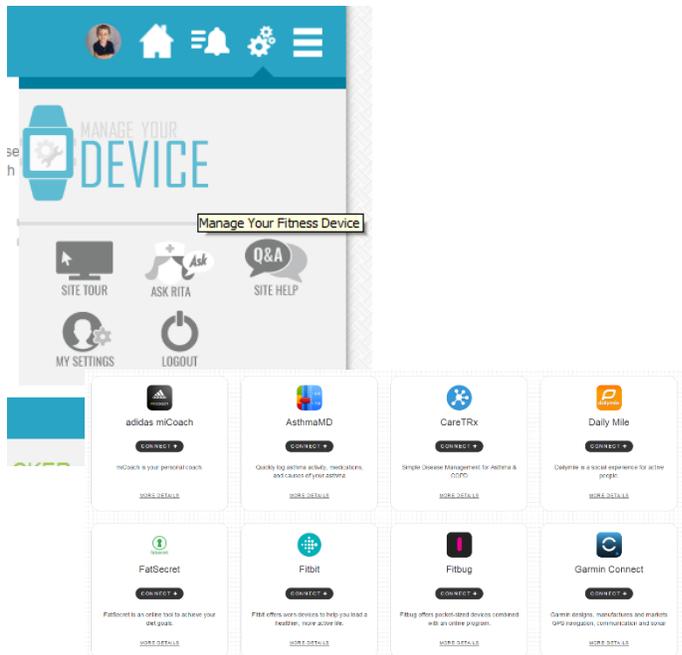
## START YOUR CHALLENGE

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.