



Wellbeing tip

## Take care of your heart—the rest of your body will thank you

What works 24 hours a day, 356 days a year? Your heart! It beats tirelessly to take care of you, so make sure you return the favor.

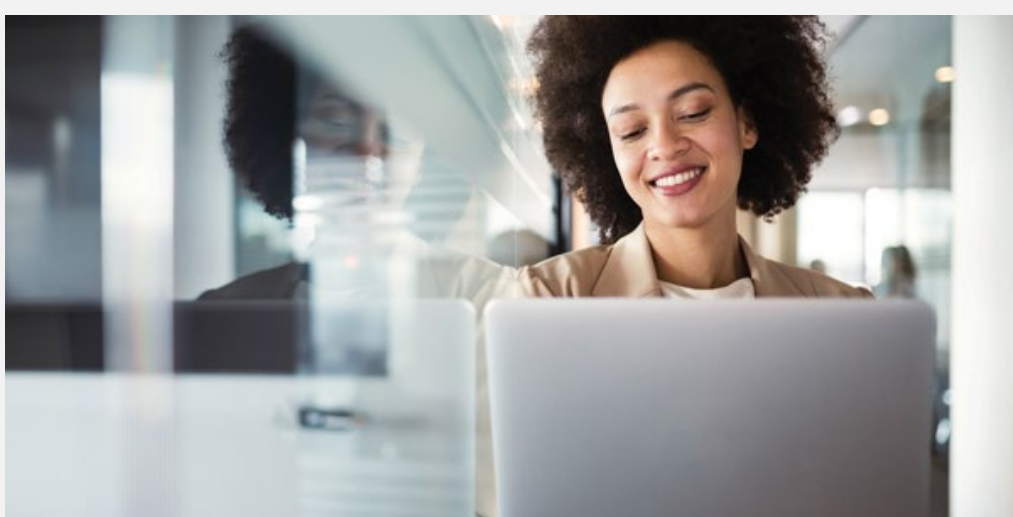
Wearable devices, from smartphone apps to heart-rate monitors, can help you monitor your heart's health. Why is this important? Metrics take the guesswork out of managing conditions like heart disease, hypertension, and kidney disease. And with heart disease ranking as the number one cause of death in Americans, keeping tabs on your heart's health has never been more important.

By reviewing your health data regularly, you can recognize changes in your health earlier and make necessary adjustments to avoid further complications.

Here are some ways you can monitor your heart's health:

- **Monitor your heart rate.** Are you exercising within your target heart-rate zone? Many heart-rate monitors can give you real-time feedback about whether you are exercising within your target heart rate. *Note: Always consult your physician before significantly changing your exercise routine.*
- **Check your cholesterol.** Are your lab values up to date? Make sure to monitor your health-related lab values regularly.
- **Track your exercise.** Are you including enough cardiovascular exercise? Experts recommend accumulating at least 150 minutes of physical activity every week. Apps like the Navigate Wellbeing app, a pedometer, or a fitness tracker are great ways to keep tabs on your exercise habits.
- **Take your blood pressure.** Is your blood pressure within the normal range for you? Check your blood pressure periodically to make sure there are no concerns. Ask your healthcare provider what your blood pressure target should be.
- **Check your blood sugar.** Are your blood sugar levels within normal ranges? Even if you do not have a diagnosis like diabetes, you should monitor your blood sugar values occasionally to check there are no changes. High blood sugar can make blood vessels sticky, which can cause fats to build up and limit blood flow.

Remember to consult your doctor to see how often you should monitor your heart-related metrics. Regular visits with a primary-care provider are essential for keeping tabs on your long-term health and wellbeing.



Portal tip

## Getting familiar with group challenges

Group challenges are a perfect opportunity to have fun while you work on your wellbeing! Your specific goals can vary depending on the challenge, but the steps below provide an overview of how to participate.

### Recording activity

There are three ways to record activity in the portal: the to-do bar, the record activity button, and your calendar.

1. On the **to-do bar**, located on the portal dashboard, select the **circle task icon** to enter information or check **I Did This** to complete your to-do. Once the to-do is complete, a checkmark will appear.
2. Using the **Record Activity** button, go to your calendar. To enter that day's activity, click **Record Today's Activity** and select **Record**.
3. On your Challenge Calendar page, you may enter activity for prior dates by selecting the past dates. You can only record previous days and the present day—no working ahead.
4. A green circle on a date means you successfully recorded for that day.
5. A green circle with a checkmark on a date means you have completed all requirements for the challenge.

### Viewing and editing past activity

- Select **Record Activity** on your dashboard, then **View Recorded Activity** on the Challenge Calendar page to review your previously recorded challenge activity.
- If you have a device synced, data from the device is displayed along with a summary of recorded activity and points awarded throughout the challenge.
- Manually entered data can be edited with the **pencil** icon or deleted with the **trashcan** icon, but data from devices cannot be edited or deleted.

### Scope out your competition on the leaderboard

View your team's position on the online challenge leaderboard on the **Challenge Calendar** or **My Teams page**. You can sort by users within the team, users by points, teams by points, activity, or weight.

### Add stakes to the group challenge

Use the **Stakes tab** at the bottom of the Challenge Calendar page to have some fun with your closest teammates! This feature allows you to create a challenge within a challenge:

- You and the teammate you invite will compete to see who can perform the best in the challenge.
- You create the stakes! The winner could get a free lunch, force the loser to work in a mascot costume all day or do anything else you can imagine. It's entirely up to you!

### Other items on the Challenge Calendar page

- **My Teams** tab displays the members of your team and their status.
- **My Stats** tab displays your personal challenge statistics.
- **Settings tab** lists the to-dos to complete during the challenge.