

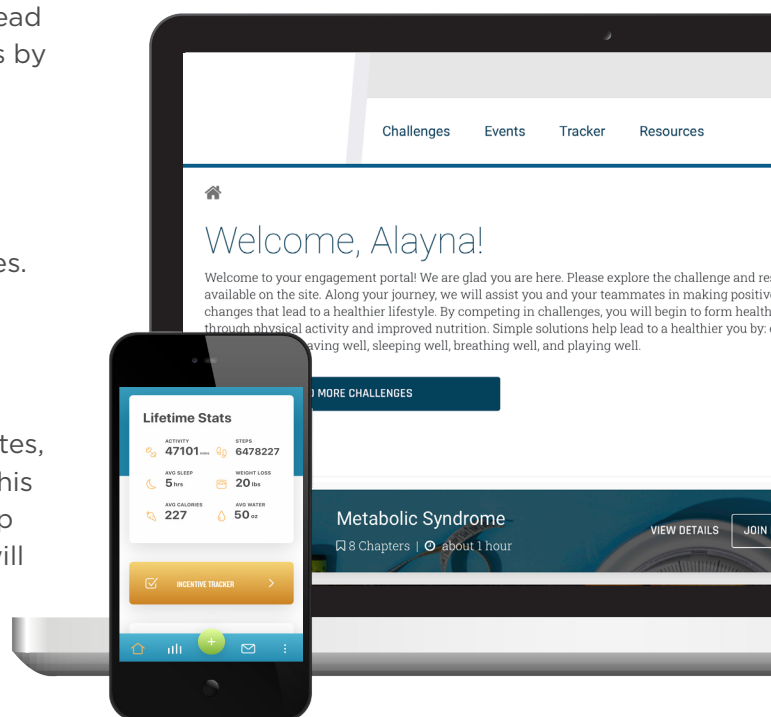
2020

# SMU Wellpower Program Guide

This guide contains step-by-step instructions for joining and completing this year's online wellbeing program. Please read these materials carefully and complete all necessary steps by July 31, 2021.

## On the portal, you can:

- Complete program activities and earn rewards.
- Participate in group and personal wellpower challenges.
- Browse a database of recipes and workout videos.
- Fill out a meal planner and search for local grocery store discounts.
- Track health-related activity: step count, activity minutes, nutrition, hydration, sleep and weight. You can enter this information manually, with the Navigate Wellbeing app or by syncing your favorite devices and apps, which will update on the portal each day.



# The 2020 SMU Wellpower Portal

Program Dates: September 1, 2020 – July 31, 2021

All employees and spouses now have access to comprehensive wellbeing tools and resources on the SMU Wellpower Portal! Head to the portal and discover new ways to move more, feel better and stress less.

## Earn Up to 11,000 Rewards Mall Credits

Earn points by completing program activities. 1 point is equal to 1 credit in the Rewards Mall. Activities can be tracked until July 31, 2021.

### STEP 1 Access the Portal

**Employees:** Visit [smu.edu/wellpower](https://smu.edu/wellpower) and click **Log In**.

**Spouses:** The SMU Faculty/Staff participant will need to complete this online form to allow their spouse to access the portal: [https://smu.az1.qualtrics.com/jfe/form/SV\\_cU8HwFnB4TAb15P](https://smu.az1.qualtrics.com/jfe/form/SV_cU8HwFnB4TAb15P)

Visit [smu.edu/wellpowerspouse](https://smu.edu/wellpowerspouse) and:

1. Select **JOIN NOW**.
2. Enter your first name, last name and email address.
3. You'll receive a confirmation email; select the link to confirm your account information.
4. Create a username and password, then complete your profile.

### STEP 2 Complete SMU Wellpower Activities

Use the activities table on your portal dashboard to learn more about completion requirements and to track your progress.

Activities	Points	Maximum Completion
Lunch and Learns	100 per session	8
SMU 5K	1,000	1
Biometric Screening	300	1
Group Challenge: Best of You	1,500	1
Group Challenge: Sugar Smackdown	1,500	1
Group Challenge: Regain Your Rhythm	1,500	1
Group Challenge: Stride to Thrive	1,500	1
Navigate Video Training	300 per training	2
Dedman Classes	50	20
Annual Physical	50	1
Dentist Visit	25 per visit	2
Community Race	50 per race	2
Community Volunteer Event	50 per event	4
Preventative Screening	50	1
Donate Blood	50 per donation	2
Individual Challenge - Up to 7 Days	150 per challenge	2

Individual Challenge - 8-27 Days	300 per challenge	4
Individual Challenge - 28+ Days	450 per challenge	2

### STEP 3 Track Your Progress

To earn credit for completing a Healthy Activity, select **Complete This** next to the item on your activities table (located on the portal dashboard) and submit the required information.

## Group Challenges



**Registration:**

September 1–20, 2020

**Challenge Dates:**

September 14–October 11, 2020

### Best of You

It's hard to be at your best during uncertain times. Join this four-week challenge and learn to overcome that overwhelmed feeling in eight different areas of wellbeing, from physical activity to mindfulness to connections with friends and family. Participating is easy – you simply track your daily step count and complete two additional activities each week.

**How to Participate:**

- **Daily:** Track your step count on the portal.
- **Once per week:** Complete two additional tasks related to that week's topic. When you're done with a weekly task, visit the portal and check "I Did This" on your challenge to-do list.



**Registration:**

November 2–22, 2020

**Challenge Dates:**

November 16–December 13, 2020

### Sugar Smackdown

It's hard to say goodbye to soda, candy, donuts and ice cream, but the health benefits are worth it! This challenge teaches you to combat sweet, sweet temptation and limit the sugar in your diet. Join and learn convenient ways to reduce your risk of obesity, heart disease and diabetes, as well as day-to-day issues such as headaches, fatigue and mood swings.

**How to Participate:** Each day of the challenge, limit your added sugar intake to below the recommended daily allowance (37.5 grams for men and 25 grams for women). Then, visit the portal dashboard and check "I Did This" on your challenge to-do list.

**Helpful Tools:** Review your weekly newsletters or your challenge guide, located on the challenge page, for useful tips on how to reduce the amount of daily sugar you consume.

**Registration:**

January 4–24, 2021

**Challenge Dates:**

January 18–February 14, 2021

## Regain Your Rhythm

Join this four-week challenge and learn to turn your healthy wishes into concrete, achievable wellness goals! Regain Your Rhythm is all about helping you, so you will set a personal goal and track your progress using tips from weekly newsletters. Your goal can be anything—to lose weight, spend more quality time with your family or develop a new skill. Discover how effective goals help you find success!

**How to Participate:** You will set a S.M.A.R.T. goal on Day 1 of the challenge. Track your progress toward this goal each day, then visit the portal dashboard and check “I Did This” on your challenge to-do list.

**Helpful Tools:** Review your weekly newsletters or your challenge guide, located on the challenge page, for goal-setting information and to download a S.M.A.R.T. Goals Worksheet that helps you track your progress.

**Registration:**

March 8–28, 2021

**Challenge Dates:**

March 22–May 2, 2021

## Spring Challenge: Stride to Thrive

Everyone encounters roadblocks on their path to a healthier lifestyle. The key is to keep striding toward your goals! That’s why this six-week activity challenge helps you add activity to your daily routine as you strive to achieve weekly activity minute goals. Join and learn how to research the right workout for you, set effective goals, stay motivated and more!

**How to Participate:**

- Sync a wearable device or app (e.g., Garmin or Fitbit) to track your activity minutes on the portal. You can also manually record your daily totals with the challenge to-do list on the portal dashboard or from the calendar located on the challenge’s page.  
*Please note: if you have a device or app synced, it will automatically record your minutes.*
- The weekly activity minute goals increase as the challenge continues.

**Helpful Tools:** Review your weekly newsletters or your challenge guide, located on the challenge page, for the full list of daily tasks and tips on how to improve the nutrition in your diet.