



Up for a little friendly competition?

Team challenges are a great way to get moving, track your progress and connect with coworkers. Get a team together and see how much ground you can cover. Accept the challenge—we know you've got it in you.

REGISTRATION WINDOW: AUGUST 3 - 7

21 DAY STEP CHALLENGE: AUGUST 8 - 28

WIN GREAT PRIZES!

Top Team and Top 5 Individuals at the end of the challenge can win awesome wellness prizes like an *Oura Ring, Therabody Products, Custom Nike Shoes, Spa Treatments and more!*

**SCROLL TO THE NEXT PAGE TO
GET STARTED!**



Visit app.personifyhealth.com,
or scan the QR code to open in
the app:



~personify
HEALTH

How to join a challenge

Step 1

Ready for some fun? Go to the **Social** tab, select **Challenges** and choose **From City to Sea Challenge**.

Step 2

Join a team. You can either find one to join, accept an invite to join a team or create your own.

If you choose to create a team, and you would like to invite a group of friends to join you, set your team as **Private**. If you're happy with anyone joining your team, select **Public**. Please note, each team can have a maximum of (8) participants.

Step 3

Once you're all set, click **Create Your Team**.

Track your progress

To upload your fitness tracker data to Personify Health, open the mobile app. Your steps, active minutes and sleep information will upload (sync) automatically. It's that easy!



Syncing is the simple process of uploading information from your fitness tracker to the mobile app, so it's all in one place. Be sure to sign in to your app **at least once a week** so your data syncs and counts toward your activity goals. Activity tracking varies by device. Please consult your device instructions to learn more about available tracking features.

ADD A WORKOUT!

You can also manually enter your Steps or convert your workout by clicking on **Stats**, then scrolling to Steps or Workouts to manually add.

Things to explore

Leaderboard

See how your team stacks up against the competition by keeping an eye on the overall Challenge Leaderboard. Most importantly, have fun and connect with your [friends, family and coworkers]!

Chat

Use the challenge chat to rev up your team and pull along any stragglers—everyone needs a boost now and then!

Rivals

Feeling extra competitive? Choose a rival team as a worthy opponent and keep stepping until they're nothing but a dot on the horizon behind you. Or you can skip this step and just start stepping your way to #1.

Map

The map shows how far you've come on your virtual journey. You can see how much further you need to go to unlock the next destination and ultimately reach the finish line.

Have questions? We're here to help.

- Check out **support.personifyhealth.com**
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 888-671-9395
Monday–Friday, 8 am–9 pm ET
- Send us an email: **support@personifyhealth.com**
- For questions about loanDepot Wellness Month, contest or prizes, please contact: **Events@loandepot.com**