



The Complete 100 Day Dash Guide

Updated May 7, 2013

This guide covers the following topics (click the links to read more):

- [Official Rules](#)
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- [How to Register for the Dash](#)
- [How to Create a HumanaFit Account](#)
- [Everything You Need to Know About Pedometers](#)
 - [How to Get Your Pedometer](#)
 - [How to Sync Your Pedometer with Your HumanaFit Account](#)
 - [How to Connect your HumanaFit Account to Your HumanaVitality Account](#)
 - [How to Upload Steps to HumanaFit](#)
- [The Complete Guide to 100 Day Dash Teams](#)
 - [How to Create a Team](#)
 - [How to Join a Team from an Email Invitation](#)
 - [How to Search for and Join a Team](#)

Visit the 100 Day Dash website at www.humanafit.com/challenges/100daydash.

*Having pedometer issues? Contact HumanaVitality support at 888.461.7782.
Any questions not involving a pedometer should be directed to 100DayDash@humana.com.*



100 Day Dash Rules

Updated May 7, 2013

1. **Registration begins May 6, 2013 and will continue through May 31, 2013.** *No late entries will be accepted for any reason.*
2. You may only count your own steps for this Dash. The Dash team reserves the right to disqualify anyone who has been identified as being dishonest.
3. Only steps compiled during the event are counted towards prize eligibility.
4. Only steps counted using a Humana g1/g2 pedometer or a Fitbit device are valid.
5. You can only use one device to record your steps.
6. Associates are responsible for purchasing, ordering, and/or obtaining their own pedometer. If your Humana start date was on August 1, 2012 or later, you are eligible for a free pedometer. You will receive an email with information about this opportunity during the first week of registration.
7. Each team must have at least four (4), but no more than ten (10), members to qualify for team prizes.
8. Associates may participate on multiple teams, but cannot win prizes with more than one team.
9. If an associate is a member of more than one team, his/her steps will count for all teams to which that member belongs at the time his/her steps were uploaded.
10. If an associate is removed from the Dash for any reason, his/her steps will be removed from every team to which he/she belonged.
11. If your pedometer becomes lost or broken during the event, you will need to purchase a new device through the Vitality Mall or outside vendor. Humana is not responsible for any steps not uploaded prior to the misplacement or breakage of your pedometer.
12. Teams must be officially formed and registered before the closing deadline on May 31. Once the registration period ends, no additions, subtractions, or replacements will be allowed.
13. Humana associates with an AIN or Concentra employees on the Humana medical plan can participate in the Dash. This does not include contractors and temps.



Frequently Asked Questions (FAQs)

Updated May 7, 2013

FAQs CONTENTS:

Click on the links below to read more.

- [Registration](#)
- [Pedometers](#)
- [Teams](#)
- [Prizes](#)

REGISTRATION FAQs

Q. Who can participate in the Dash? *Only Humana and Concentra associates are eligible. Contractors, temps and associate family members are not eligible to participate.*

Q. Can I join the Dash after the deadline? *No. You have to register before May 31.*

Q. Can I join a team or switch teams after the deadline? *No. Once the registration period ends on May 31, the formation of teams is final.*

Q. Where do I go for help with questions about the Dash? *Email 100DayDash@humana.com.*

Q. Where do I go for help with pedometer questions? *Email pedometer-support@humana.com or call 1.888.461.7782.*

Q. Where do I go if I have lost my HumanaFit username or password? *Visit https://www.humanafit.com/auth/login/forgot_password.*

Q. Where do I go if I have lost my HumanaVitality® username or password? *Visit <https://securedlogons.humana.com/common/scripts/view.asp>.*

Q. Can I join multiple teams? *Yes. You may join as many teams as you wish. However, you are only eligible for one “team prize.” Remember, teams must be between 4 and 10 team members in order to be eligible for prizes.*

Q. I am already a HumanaFit member. Do I need a new HumanaFit account for this event? *No. Please do not create a new HumanaFit account.*

Having pedometer issues? Contact HumanaVitality support at 888.461.7782. Any questions related to the 100 Day Dash that do not involve a pedometer should be directed to 100DayDash@humana.com.

Q. I want to participate but I do not have a pedometer. Do I have to purchase my device from the Vitality Mall? While it is suggested that you use the Vitality Mall, you can purchase a compatible pedometer (Fitbit) through retailers such as eBay, Amazon, or Best Buy.

If you were hired after last year's Dash, you may be eligible for a free pedometer because you didn't have the opportunity to get one when they were handed out then. If you qualify, you can request one by following the instructions in the special email sent to you on May 7th or you can email 100DayDash@humana.com to learn more.

Q. How do I upload my steps during the event? If you have a Humana pedometer, plug in your USB drive and your Humana pedometer (if you have the G2 pedometer the USB plug flips out from the device). A green and blue box will appear; click "OK" to close the window; importing is complete.

If you have a Fitbit, attach the Fitbit to the docking station. Then click on the "Universal Device Upload" icon located on the right-hand side of the HumanaFit homepage, and then click the "Fitbit upload" button. Importing is now complete.

You may notice a browser window that appears from Humana Gear. This is **not** where you log workouts.

Now that we've uploaded steps, let's add them to your HumanaFit calendar. Visit www.humanafit.com and log into your account. Click "My Home > My Workouts" in the top navigation menu so that you can see your workout calendar. Click the "Upload" button and voila, your steps now appear on your calendar.

Q. Where can I find my AIN? Your AIN, also known as your "Humana Associate ID," can be found on your payslip or timesheet at <https://hss.humana.com/formslogin.asp>.

Q. What if I get an error when I enter my AIN? If you receive an error message when you enter your AIN, it is likely one of the following scenarios:

1. You have already registered for the event. The error message indicates the system will not allow you to register twice.
2. You do not have a HumanaFit account. Create a HumanaFit account (not with your HSS username and password) and then you can join the event.
3. You are a new hire and not yet in the system. AINs are uploaded on Fridays. Try to register for the event on a Monday and it should work.
4. You are a contractor and are ineligible to participate in this event.

If none of the above offers a solution, email 100DayDash@humana.com

Q. I am a HumanaFit member but had to order a new pedometer. Do I need to set up a new HumanaFit account to participate? No. If you have an existing HumanaFit account and order a new pedometer, please **do not** create a new HumanaFit account. Click on the "Manage Pedometer" button in the "Pedometers" box on the HumanaFit home page.

Q. Where can I get more information about this event? Join the official "100 Day Dash" group on Buzz at https://buzz.humana.com/groups/_100daydash or visit the Dash website at <http://www.humanafit.com/challenges/100daydash/>.

Q. Do I have to be a HumanaFit member to participate in this event? Yes. Creating an account is free and easy.

Q. Do I have to be a HumanaVitality member to participate in this event? No. Although it is not required, prizes for the Dash include Vitality Points™ and Vitality Bucks®.

Having pedometer issues? Contact HumanaVitality support at 888.461.7782. Any questions related to the 100 Day Dash that do not involve a pedometer should be directed to 100DayDash@humana.com.

Q. Do I have to take the Health Assessment? *No. You would only need to take the HumanaVitality Health Assessment if you do not already have a pedometer and are planning to order your pedometer through the Vitality Mall.*

Q. I do not want to join a team. Can I participate in this event as an individual? *Yes.*

Q. Last year I signed up and received motivational text messages. Is that feature available again? *No, instead of weekly text messages we will be posting motivational stories and encouragement throughout the competition on HOWIE and in the 100 Day Dash Buzz group at https://buzz.humana.com/groups/_100daydash.*

Q. I have a personal success story and/or pictures that I would like to share. Who do I contact? *Contact the 100 Day Dash team at 100DayDash@humana.com or share on our Buzz Group at https://buzz.humana.com/groups/_100daydash.*

Q. I accepted a Team Request/Invitation in HumanaFit. Does that mean I am automatically registered for the Dash? *No. You must personally register prior to the deadline in order to participate.*

Q. What is the process for ranking teams and individuals? *Team and individuals are ranked based on their average number of steps per day throughout the 100 days.*

Q. Is there a limit on the number of steps I can walk/run each day during the event? *Steps will be capped at 30,000 steps per day on the leaderboards for the Dash. However, there is no limit to the daily number of steps in regards to HumanaFit and/or HumanaVitality.*

Q. How often is the leaderboard updated? *The leaderboard is constantly updated in real-time.*

PEDOMETER FAQs

Q. What pedometers/devices are eligible for the Dash? *Humana g1/g2 pedometers or any Fitbit.*

Q. What is GearSync? *GearSync is a computer application that allows your Humana Gear Pedometer to send data to HumanaFit and HumanaVitality. It's free to download and will automatically run when you turn your computer on.*

Q. I already have GearSync. Do I really need to download it again? *Maybe. You'll need the most up-to-date software to connect your pedometer to the website. Upgrading is easy. Just plug your Humana Gear Pedometer into your computer and it will automatically send you to the upgrade page if not already upgraded. If this does not occur, visit www.humanafit.com and log into your account. Click "My Home" in the top navigation menu; select "Register." The Registration Tool will check your version and prompt you to upgrade.*

Q. Can I use the pedometer I already have? *Yes, if you have a pedometer from last year's event or another compatible pedometer you will not need to purchase a new device for this event.*

Q. I plugged in the pedometer after I downloaded GearSync but nothing happens. What should I do? *Try disconnecting your pedometer from the USB port and plugging it back in. If you still have trouble, make sure the cord is connected to both the computer and the pedometer. Check that the plastic battery tab is removed and the pedometer's LCD display is working. Finally, try a different USB port on your computer. If you continue to have trouble contact pedometer-support@humana.com or call 1.888.461.7782.*

Having pedometer issues? Contact HumanaVitality support at 888.461.7782. Any questions related to the 100 Day Dash that do not involve a pedometer should be directed to 100DayDash@humana.com.

Q. What if my pedometer becomes lost or broken during the event? *If your pedometer becomes lost or broken during the event you will need to purchase a new device through the Vitality Mall or outside vendor. Humana is not responsible for any steps not uploaded prior to the misplacement or breakage of your pedometer.*

Q. I ordered a new pedometer from the Vitality Mall and it has not arrived. Who should I contact? Contact pedometer-support@humana.com or call 1.888.461.7782.

Q. My pedometer has stopped counting steps. Why? *It's important to regularly upload the data from your pedometer to the website. If you don't regularly upload your steps, the pedometer memory will become too full and stop recording. If you notice that the LCD display has stopped counting your steps, it's a warning that the memory is nearly full and you should upload the current data as soon as possible.*

Q. I just received my new pedometer. What do I do now? *First make sure you have a HumanaFit account set up and synced with your HumanaVitality account. To sync your accounts:*

Register your pedometer with HumanaFit:

1. Visit www.humanafit.com and log into your account.
2. Click "My Home" in the top navigation menu; select "Register."
3. Follow the steps to register your Pedometer.

Connect your HumanaFit account with your HumanaVitality account

1. Log into your MyHumana member portal.
2. Click the HumanaVitality tab.
3. Scroll down and click the "View My Dashboard" button.
4. Go to Get Healthy > Fitness & Exercise > Fitness Devices.
5. Go to "Sync Your Device." There should be a success message after completion.

Please note: You may see a Security Warning window. HumanaFit is a trusted site. Click "Yes."

Q. How do I upload my steps? *Plug in your USB drive and your Humana pedometer (if you have the g2 pedometer the USB plug flips out from the device). A green and blue box will appear; click "OK" to close the window; importing is complete. If you have a Fitbit, attach the Fitbit to the docking station. Then click on the "Universal Device Upload" located on the right-hand side of the HumanaFit homepage, and then click the "Fitbit upload" button.*

*You may notice a browser window that appears from Humana Gear. This is **not** where you log workouts.*

Now that we've uploaded steps, let's add them to your HumanaFit calendar. Visit www.humanafit.com and log into your account. Click "My Home > My Workouts" in the top navigation menu so that you can see your workout calendar. Click the "Upload" button and voila, your steps now appear on your calendar.

Q. What if I see my steps on HumanaFit but not on the Dash website? Contact pedometer-support@humana.com; or call 1.888.461.7782.

Q. My pedometer is not working properly. Who do I contact? Contact pedometer-support@humana.com; or call 1.888.461.7782.

Q. Can I upload steps on a computer other than the one I used to register my pedometer? *Yes, provided you have Humana GearSync installed on the computer you are attempting to use.*

Having pedometer issues? Contact HumanaVitality support at 888.461.7782. Any questions related to the 100 Day Dash that do not involve a pedometer should be directed to 100DayDash@humana.com.

Q. How do my steps earn Vitality Points? *Be sure you have a HumanaFit account and a HumanaVitality account – and be sure they are synced.*

Q. My new pedometer did not arrive in time for the event's opening. Can I still get credit for steps accumulated before my device arrived? *No. Only steps recorded and uploaded via pedometer, during the event, will be credited to individual and team totals.*

TEAMS FAQs

Q. How do I join a team? *First of all, you must know the exact team name of the team you wish to join. This can be obtained from the team captain. Also, registration for the Dash is still required prior to the deadline in order to participate.*

- 1) Log into your HumanaFit account on HumanaFit.com.*
- 2) Go to "DISCOVER" in the top navigation and click "Groups."*
- 3) Under "SEARCH GROUPS", type the exact name of the team you want to join (note this feature is case- and space-sensitive). Click the "SEARCH" button.*
- 4) Locate your desired team and select "Join Group."*

You can also join a team by accepting a Team Request/Invitation from the team captain via email from HumanaFit.

Q. Can I join multiple teams? *Yes. You may join as many teams as you wish. However, you are only eligible for one "team prize" for the duration of the event.*

Q. Can I join a new team after the registration deadline? *No. Once the registration period ends the formation of teams is final.*

Q. Can I switch teams after the registration deadline? *No. Once the registration period ends the formation of teams is final.*

Q. Can I be removed from a team(s) after the registration deadline? *Once the registration period ends, associates may only be removed from the event for the following reasons: illness, injury, cheating, or leaving the company. After the registration period ends all requests for removal should be directed to 100DayDash@humana.com.*

Q. How do I form a team? *Please visit the Dash website at <http://www.humanafit.com/challenges/100daydash/> to download our teams guide from the "Important Links" section.*

Q. Can I form multiple teams? *Yes. You may form as many teams as you like; just remember that all teams must have at least four (4), but no more than ten (10), members and all teams must be officially formed and registered before the deadline.*

Q. I am a team captain and one of my team members became ill, injured, or left the company during the event. How do I remove them from our team roster? *After the registration period has expired, any requests for removal should be submitted to 100DayDash@humana.com.*

Q. I am a team captain. Can I remove one of our team members for non-participation? *No. Team members can only be removed because of illness, injury, cheating, or leaving the company. Direct any questions to 100DayDash@humana.com.*

Having pedometer issues? Contact HumanaVitality support at 888.461.7782. Any questions related to the 100 Day Dash that do not involve a pedometer should be directed to 100DayDash@humana.com.

Q. How many associates are required to form a team? *Teams must have at least four (4) members in order to be eligible for team prizes.*

Q. Is there a limit to the number of team members? *Teams can have no more than ten (10) members in order to be eligible for team prizes.*

Q. How can a team with four (4) members compete against a team with ten (10) members? *Since teams are ranked based on “average steps per participant” and **not total steps**, smaller teams are at no distinct advantage against larger ones.*

Q. I would like to join a team of associates from another city. Is that allowed? *Yes, as long as you have been invited to join that particular team.*

PRIZES FAQs

Q. How do I win prizes? *By participating in the Dash and actively uploading your steps, you can earn HumanaVitality points and win great prizes in any of the following ways:*

1. Earn Vitality points for total steps taken by the end of the Dash. Any associate reaching level 3 and logging 1 million steps during the Dash will receive 500 Vitality Points.
 - Level 1: 500,000 Steps ... (250 points)
 - Level 2: 750,000 Steps... (350 points)
 - Level 3: 1,000,000 Steps... (500 points)
2. Members of the top five teams (as ranked by average daily steps) will win Vitality Bucks to spend in the Vitality Mall. In order to be eligible for team prizes, your team must have between 4 and 10 associates. Individuals can only win a team prize as part of one team.
3. All associates can earn 15 Vitality Points for each day they log at least 10,000 steps. Plus, your first 10,00 step-day of each week gets you another 15 Vitality Points and your fifth day of 10,000 steps in a week earns you an additional 40 Vitality Points.
4. Win great prizes from the Vitality Mall by joining the 100 Day Dash Buzz group and participating in our weekly contests and challenges.

Check out the Prizes page on the Dash website for full details. Any questions about prizes can be emailed to 100DayDash@humana.com.

Q. How will I be notified if I win a prize? *You will receive an email notification from 100DayDash@humana.com.*

Q. Will I have to pay taxes if I win a prize? *All prizes are considered taxable income and may be taxed at your current tax rate.*

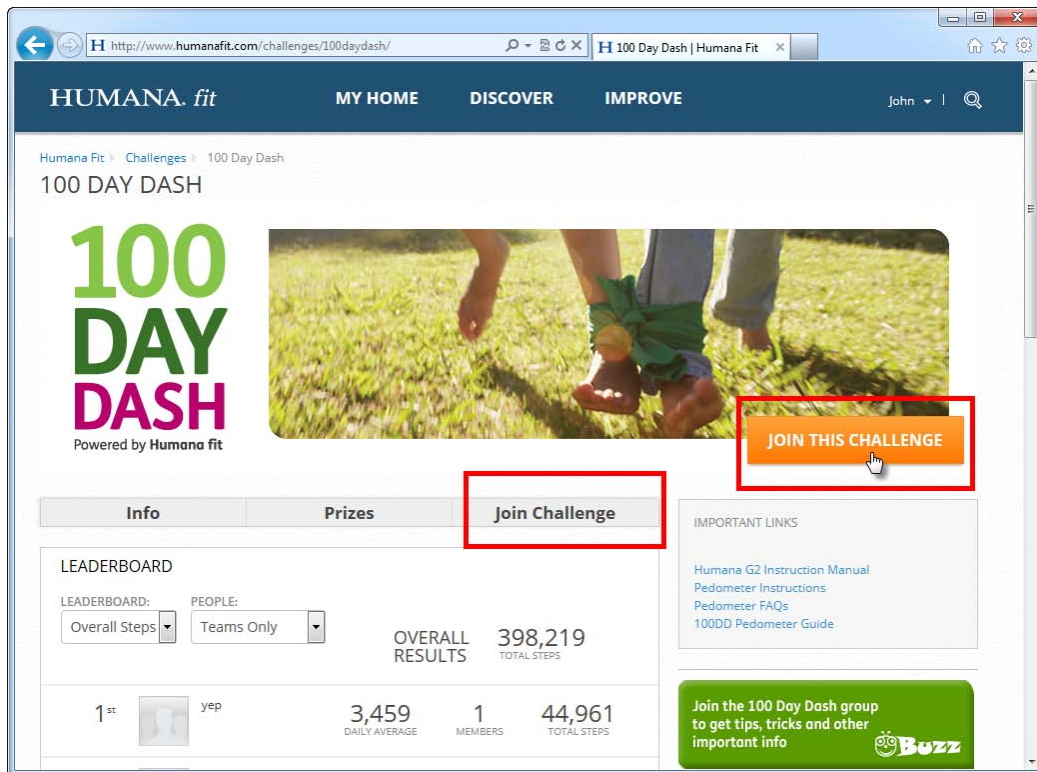
Having pedometer issues? Contact HumanaVitality support at 888.461.7782. Any questions related to the 100 Day Dash that do not involve a pedometer should be directed to 100DayDash@humana.com.



How to Register for the 100 Day Dash

Updated May 7, 2013

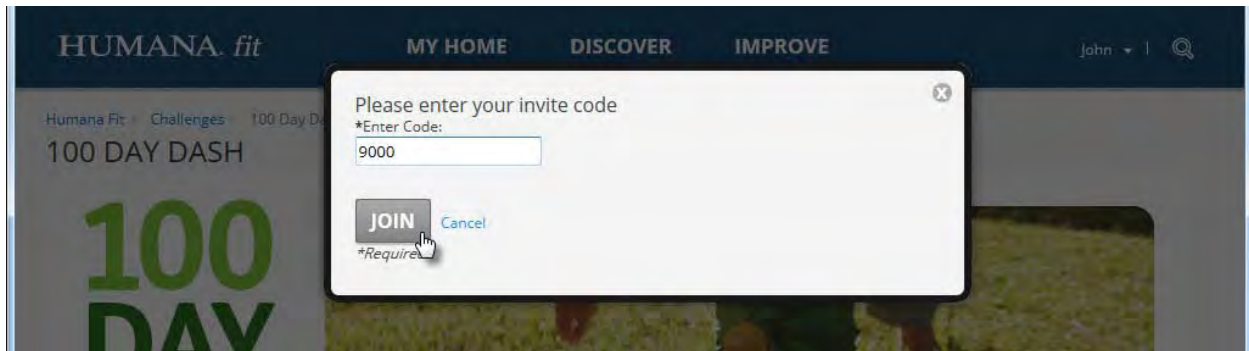
1. Visit www.HumanaFit.com and log into your HumanaFit account. If you do not have a HumanaFit account, you will have to create one. Check out our “Creating a HumanaFit account” guide if you need help.
2. From your HumanaFit homepage, click the “Join the 100 Day Dash” graphic on the right side of the page or you can visit www.HumanaFit.com/challenges/100daydash/.
3. Once on the 100 Day Dash homepage, click the orange “Join This Challenge” button or “Join Challenge” link in the navigation.



Having pedometer issues? Contact HumanaVitality support at 888.461.7782.
Any questions not involving a pedometer should be directed to 100DayDash@humana.com.

4. Enter your AIN or employee ID in the code text box. If you do not know your AIN or employee ID, you can log into HSS and look at your payslip. If you have any questions, please email 100DayDash@humana.com.


Click the “Join” button.



5. You'll be taken back to 100 Day Dash home page and you'll notice that the “Join Challenge” button and links are now gone. You are officially registered and ready to go.

100 DAY DASH





MY RANK

22 out of 24

MY SCORE

0 steps

Dash Details

Prizes

Leave Challenge

IMPORTANT LINKS

[Humana G2 Instruction Manual](#)
[Pedometer Instructions](#)
[Pedometer FAQs](#)
[100DD Pedometer Guide](#)

LEADERBOARD

LEADERBOARD:

Overall Steps


PEOPLE:

Teams Only

OVERALL RESULTS

398,872 TOTAL STEPS

Join the 100 Day Dash group to get tips, tricks and other important info



Having pedometer issues? Contact HumanaVitality support at 888.461.7782.
Any questions not involving a pedometer should be directed to 100DayDash@humana.com.



How to Create a HumanaFit Account

Updated May 7, 2013

You will need a HumanaFit.com account to be able to participate in the 100 Day Dash. This guide is only for associates that do not already have a HumanaFit account. If you already have an account, please do not need to create a new one for the Dash. You can log in [here](#).

1. Go to www.humanafit.com
2. Click the “Already signed up? Log in.” link in the top right corner.



*Having pedometer issues? Contact HumanaVitality support at 888.461.7782.
Any questions not involving a pedometer should be directed to 100DayDash@humana.com.*

3. Fill in the text fields with the appropriate details.

Click the “Create My Account” button at the bottom when finished.

https://www.humanafit.com/auth/signup/

Map your workouts

f SIGN UP WITH FACEBOOK

First Name
John

Last Name
Smith

Email
jsmith@humana.com

Password
••••••••••

Gender
☒ Male ☐ Female

Date of Birth
January 1 1970

☒ I agree to the [Terms & Conditions](#)

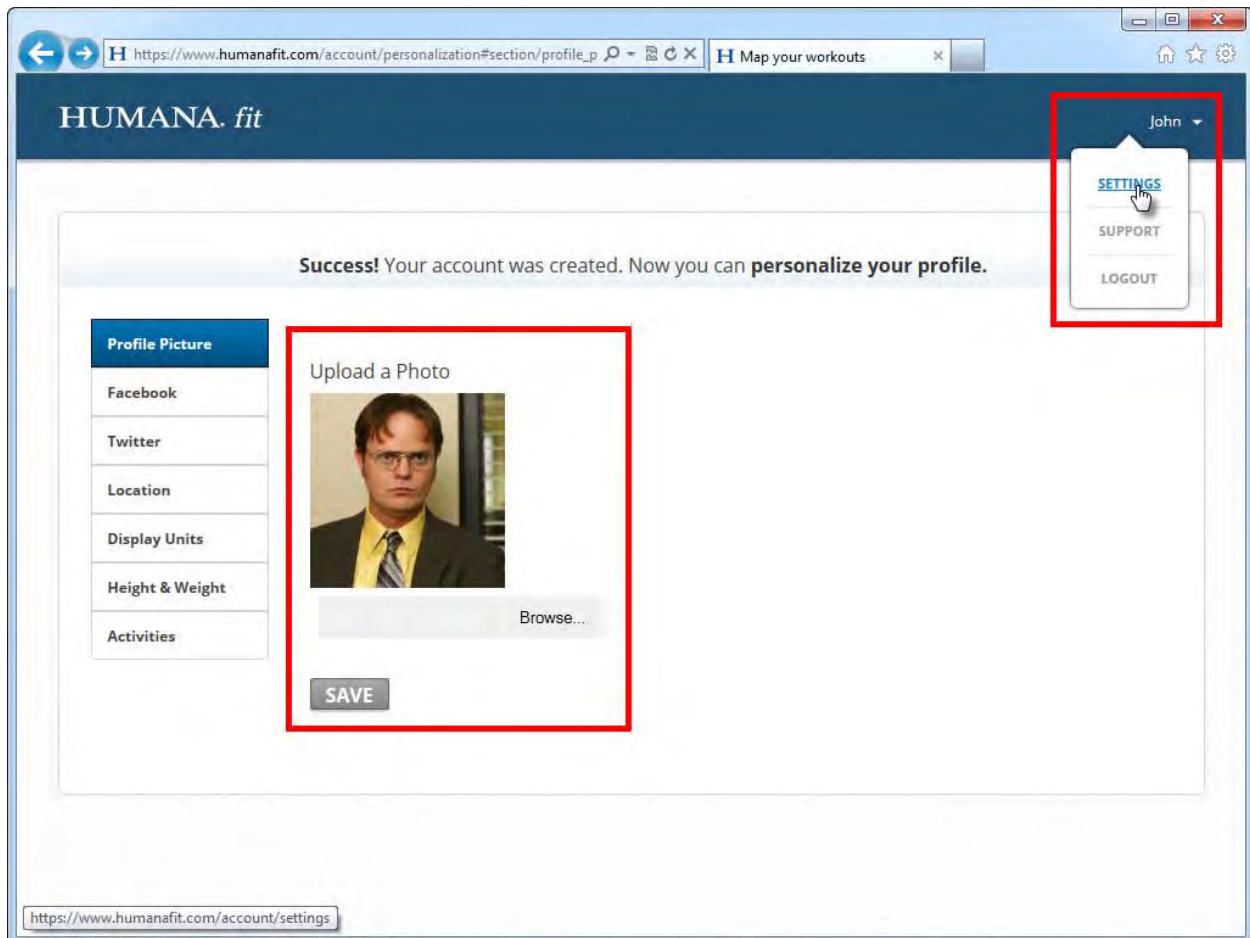
CREATE MY ACCOUNT

*Having pedometer issues? Contact HumanaVitality support at 888.461.7782.
Any questions not involving a pedometer should be directed to 100DayDash@humana.com.*

4. You will see a confirmation message that your HumanaFit account was successfully created.

If you choose, you can **upload a photo for your profile** by clicking the “Browse” button, locating the file on your computer, and then clicking the “Save” button. *This photo will be displayed on the leaderboards so pick something you don’t mind everyone seeing.* (optional)

If you want to change your **HumanaFit username** (used to log in), you can click on your first name in the top right corner of the screen to display a drop-down menu. Click on settings and change the default HumanaFit username with whatever you want. Click “Save.” (optional)





The Complete Pedometers Guide for the 100 Day Dash

Updated May 7, 2013

This guide covers the following topics (click the links to read more):

- [How to Get Your Pedometer](#)
- [How to Sync Your Pedometer with Your HumanaFit Account](#)
- [How to Connect your HumanaFit Account to Your HumanaVitality Account](#)
- [How to Upload Steps to HumanaFit](#)

How to Get Your Pedometer

If you do not own a pedometer, you can get one through the HumanaVitality Mall using Vitality Bucks or a credit card if you do not have enough Vitality Bucks. You can also buy a Fitbit at just about any electronics retailer (i.e. Best Buy).

If you've taken the Vitality Health Assessment and never redeemed any points, you should have enough Vitality Bucks to get a g1.0 pedometer.

Eligible devices are pictured below. Actual price for devices is dependent on your Vitality status.



Humana Gear Pedometer g1.0

1,250 Vitality Bucks
\$14.99



Humana Gear Pedometer g2.0

2,000 Vitality Bucks
\$24.95



Fitbit Zip

4,055 Vitality Bucks
\$59.95



Fitbit One

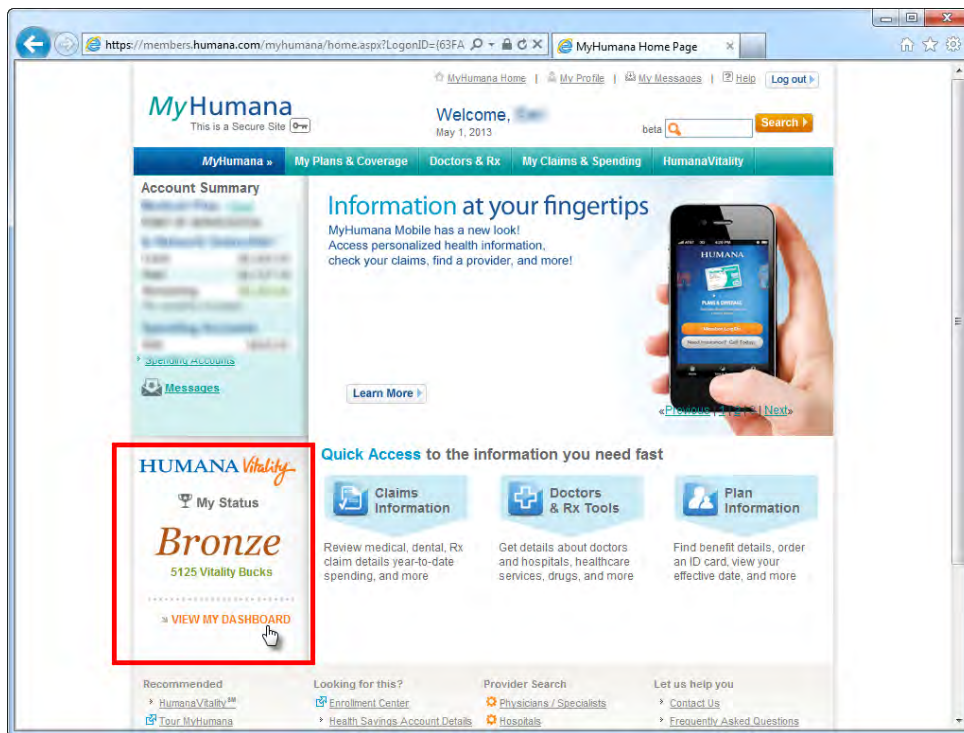
7,085 Vitality Bucks
\$99.95

You can follow the steps below to get your pedometer from the Vitality Mall:

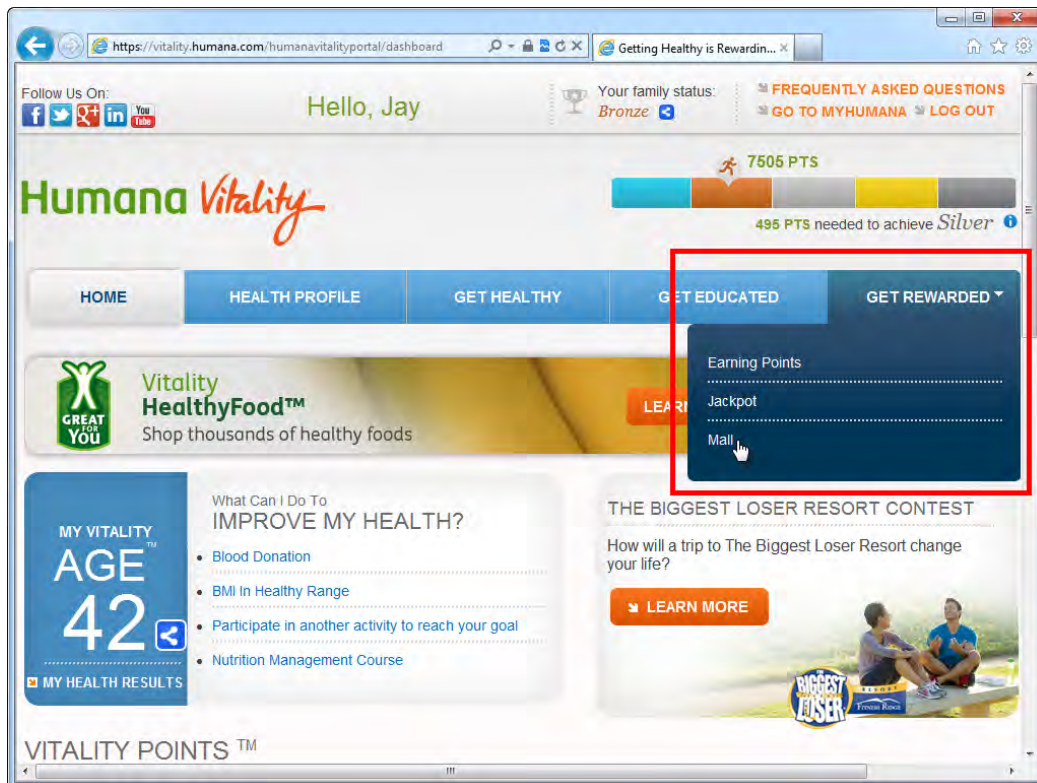
1. Log in to the MyHumana member portal at www.myhumana.com.

*Having pedometer issues? Contact HumanaVitality support at 888.461.7782.
Any questions not involving a pedometer should be directed to 100DayDash@humana.com.*

- Click the “View My Dashboard” link in the bottom left corner of your screen (highlighted below).



- Click on the “Get Rewarded” menu option and then choose “Mall” from the drop-down.



Having pedometer issues? Contact HumanaVitality support at 888.461.7782.
Any questions not involving a pedometer should be directed to 100DayDash@humana.com.

4. You should your Vitality Bucks balance on the left side of the screen along with your Vitality Status. You'll need a minimum of 1,250 Vitality Bucks to get a pedometer. You can choose whether or not you plan to purchase using your Vitality Bucks, Vitality Bucks & Money, or Money, by clicking the checkboxes in the middle of the screen.
5. Click on either the "Fitbit" or "Pedometers" tile depending on which device you'd like to get. Then choose whether you want to use Vitality Bucks or Money (to pay with a credit card).

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Hello, **John**

Your family status: **Bronze**

FREQUENTLY ASKED QUESTIONS
[GO TO MYHUMANA](#) [LOG OUT](#)

Humana Vitality

7505 PTS
 495 PTS needed to achieve **Silver**

HOME HEALTH PROFILE GET HEALTHY GET EDUCATED **GET REWARDED**

GET REWARDED > HumanaVitality® Mall

ORDER HISTORY CUSTOMER SERVICE

Reach for more rewards

My Vitality Bucks®
5,125

My Vitality Status™
Bronze

You will receive a discount of 10% when you reach **Silver** status

Welcome to the HumanaVitality® Mall.
 Visit our stores below to choose from thousands of rewards.

"Three ways To Reward Yourself"
 Use the check boxes below to shop for items in the mall using Vitality Bucks, money, or a combination of both.

Shop with: ☒ Vitality Bucks ☒ Vitality Bucks & Money ☒ Money

amazon.com gift card
 Amazon.com Gift Card

Apple

Fitbit

UNDER ARMOUR
 HumanaVitality Apparel

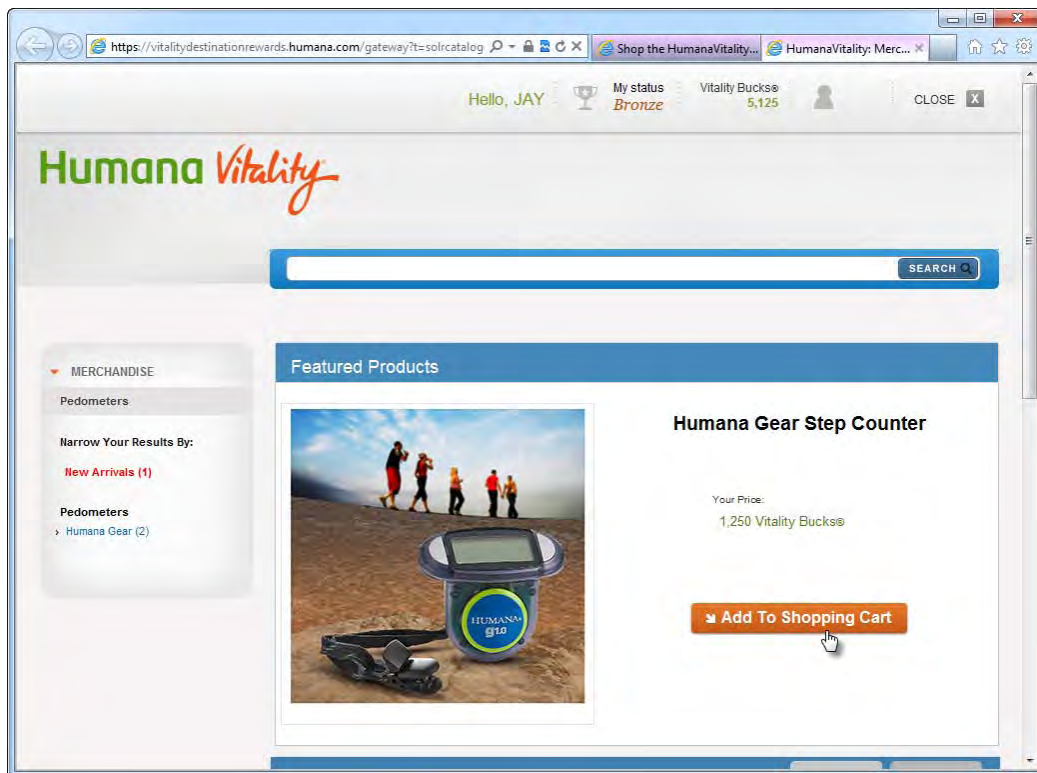
HumanaVitality Gear

Devices to track your steps

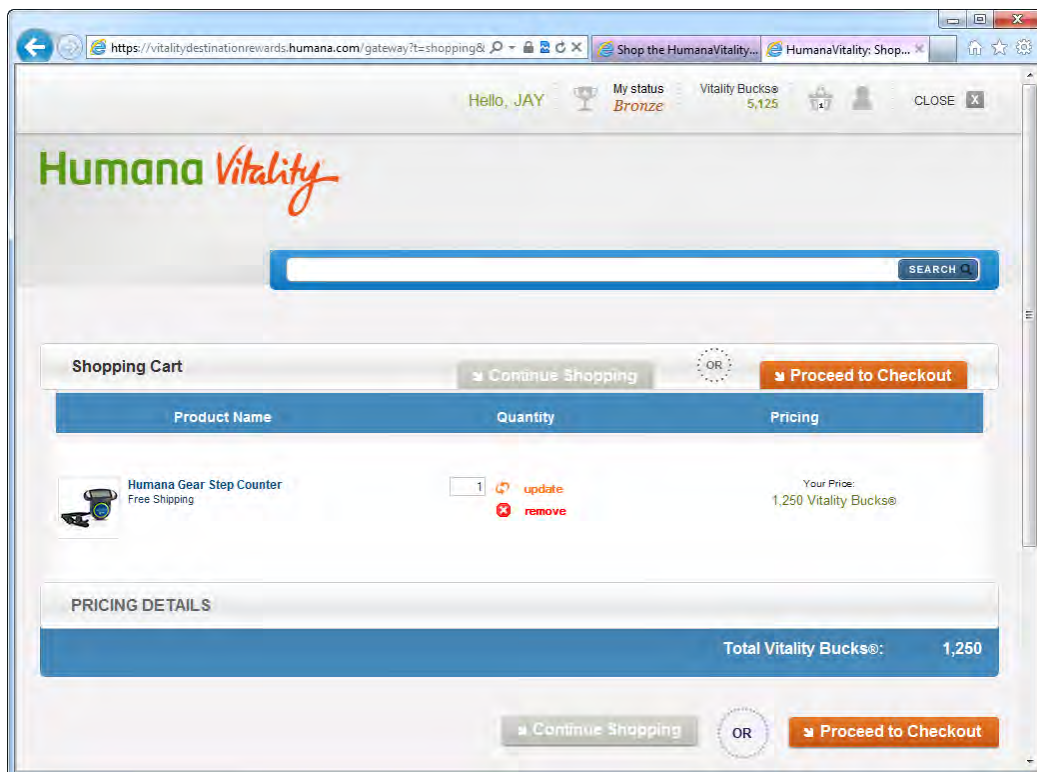
Shop with Vitality Bucks
 Shop with Money

Having pedometer issues? Contact HumanaVitality support at 888.461.7782.
 Any questions not involving a pedometer should be directed to 100DayDash@humana.com.

6. Click the “Add to Shopping Cart” button to add the pedometer to your shopping cart.



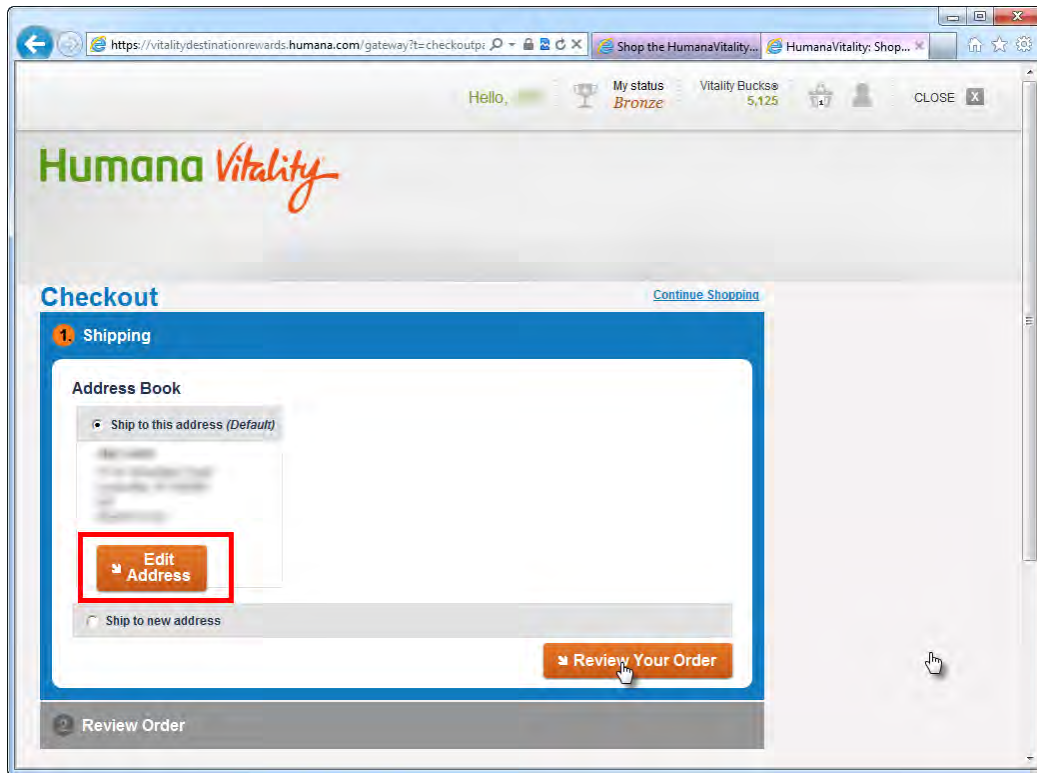
7. Click the “Proceed to Checkout” button



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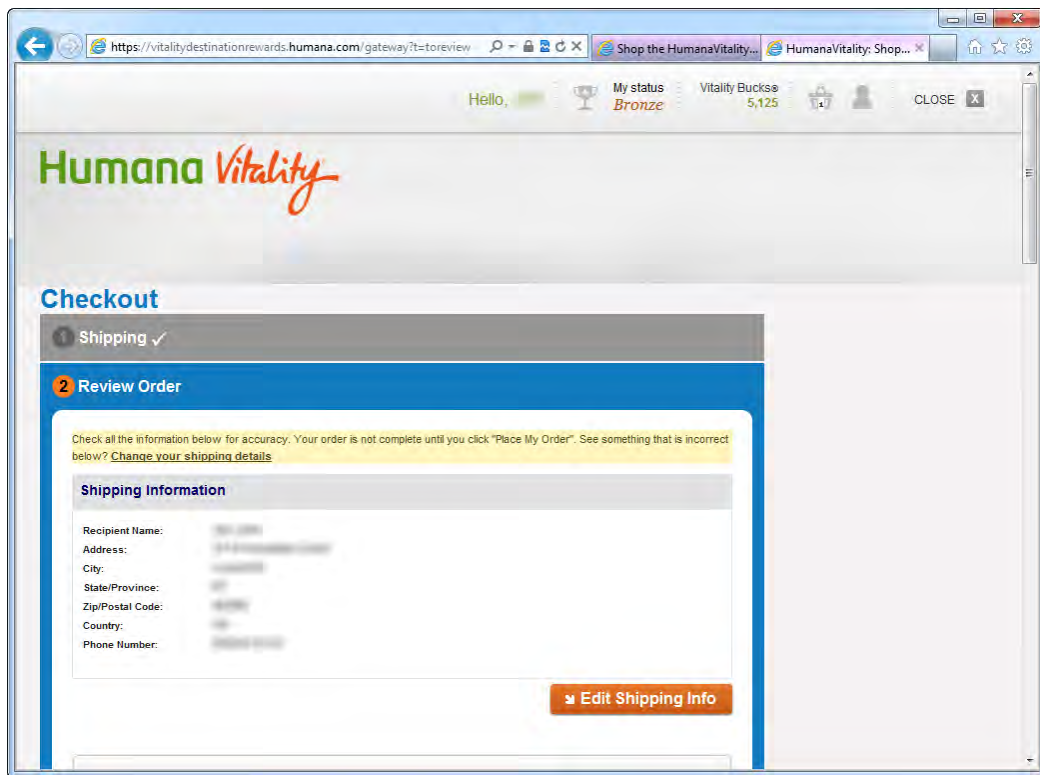
8. Verify that your mailing address is correct. You can click the “Edit Address” button to change where you want the device shipped.

Click the “Review Your Order” button.



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Any questions not involving a pedometer should be directed to 100DayDash@humana.com.*

9. Review your information and make sure everything is correct. Scroll to the bottom of the page.



Enter your email address for confirmation of your order. Click the “Place Your Order” button.

A complete listing of terms and conditions can be found under the "Terms and Conditions" section found at Humana.com.

Questions?
Contact us any time at Humana Vitality or call 1-866-945-8929 Monday through Friday from 9:00am to 6:30pm Eastern Time and Saturday from 10:00am to 3:00pm Eastern Time.

We're adding great redemption opportunities all the time. Don't miss out! Visit us soon at Humana.com.

Thank you and enjoy!

Where would you like us to send your email confirmation?

☒ I agree to the Redemption [Terms and Conditions](#) including return policies.

[Place Your Order](#)

10. Wait patiently for your new pedometer to arrive.

*Having pedometer issues? Contact HumanaVitality support at 888.461.7782.
Any questions not involving a pedometer should be directed to 100DayDash@humana.com.*

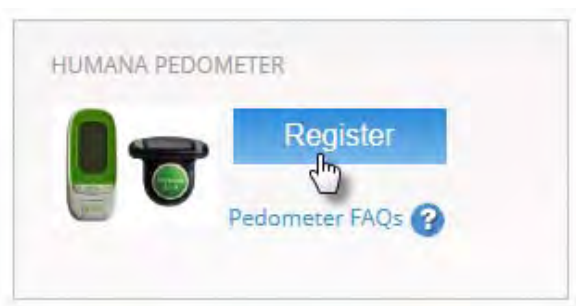
How to Sync Your Pedometer with Your HumanaFit Account



Humana g1.0 Pedometer

The following instructions work for both the g1.0 and g2.0 pedometers.

1. Log in to your HumanaFit account
2. On the right side of the page, you will see the following box:



Click the “Register” button

3. The “Register Your Humana Gear Pedometer” dialog box will appear. If you haven’t already downloaded the GearSync software (this is how your steps are uploaded to HumanaFit), click the “Download” button. (This sequence is grayed out in the screen shot below).
4. Follow the directions on screen and then connect the USB cable to your computer.

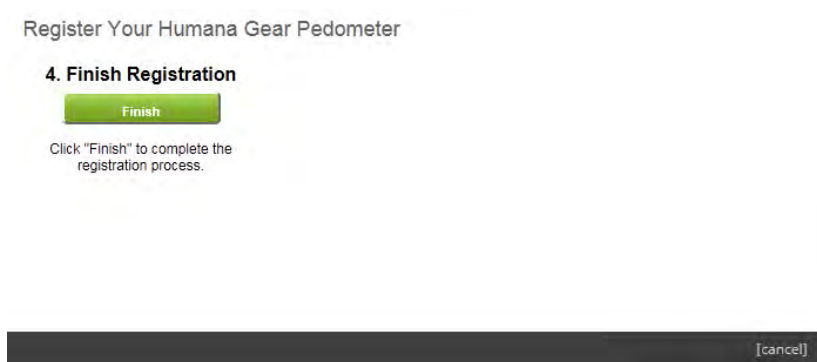


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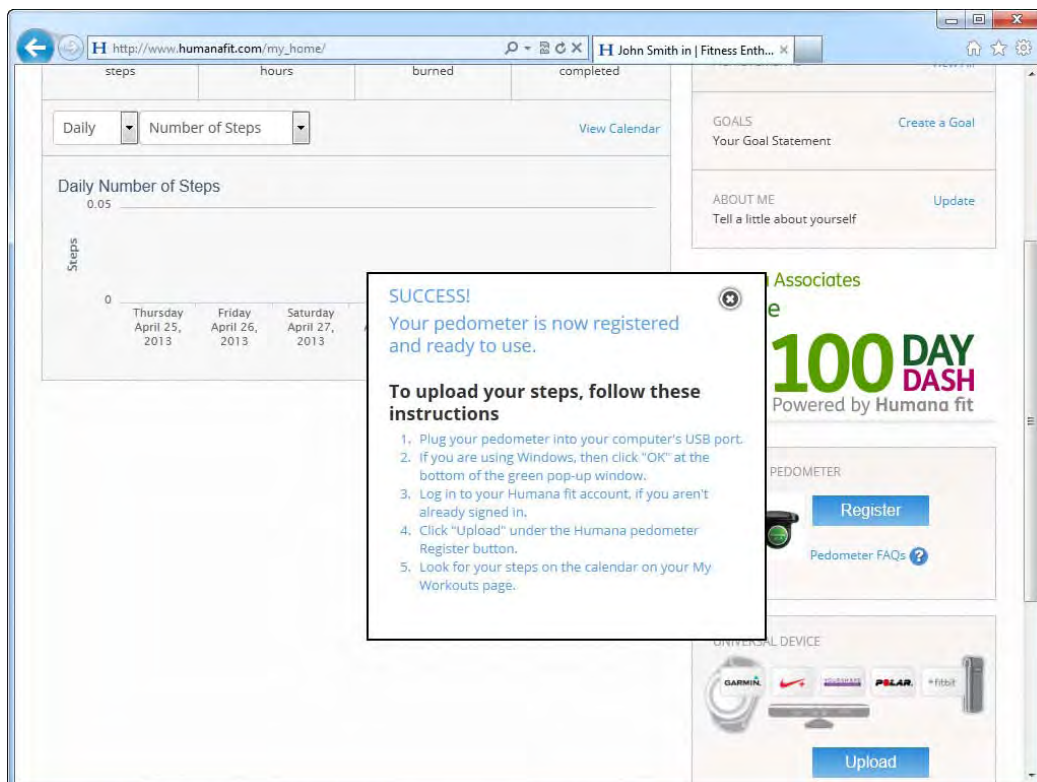
5. Click the green “Start” button.



6. Click the green “Finish” button.

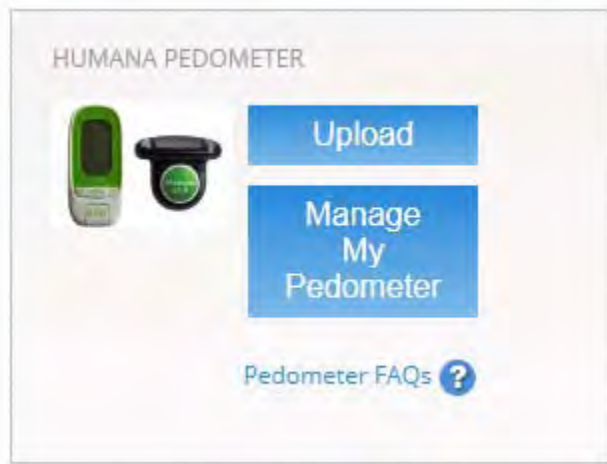


7. A success message should popup letting you know that your device is registered and ready to use.



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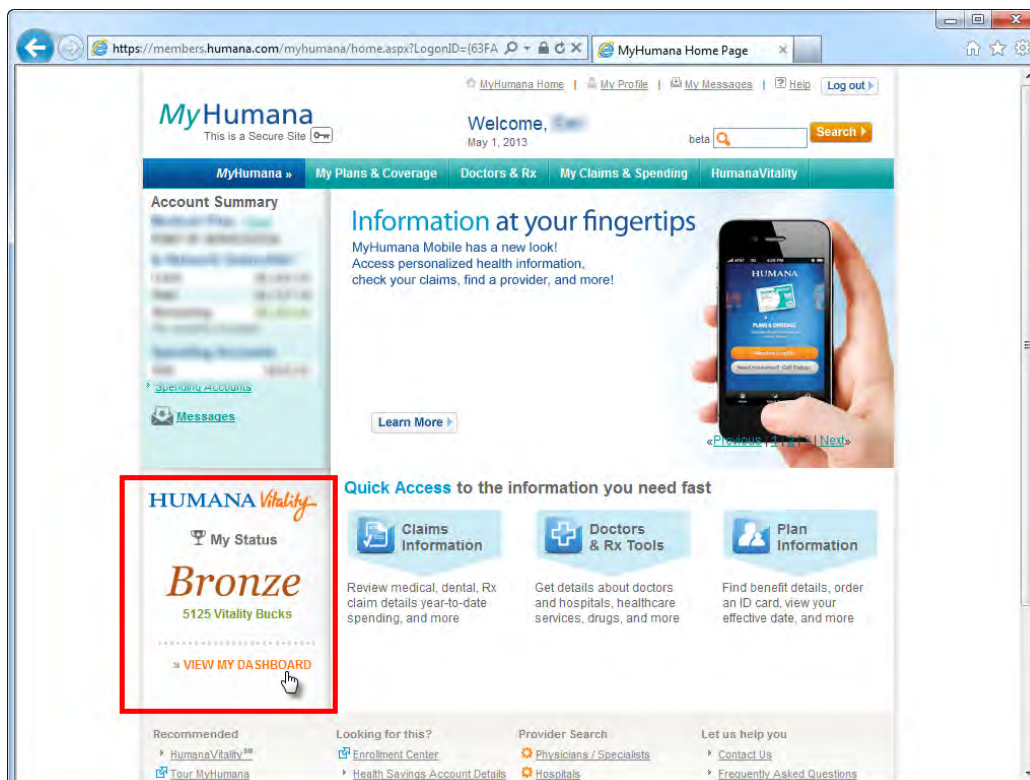
- After closing the “Success” confirmation window, you should now see the following box on the right side of the HumanaFit screen. The box now includes an “Upload” button for uploading your steps and a “Manage My Pedometer” button.



How to Connect your HumanaFit Account to Your HumanaVitality Account

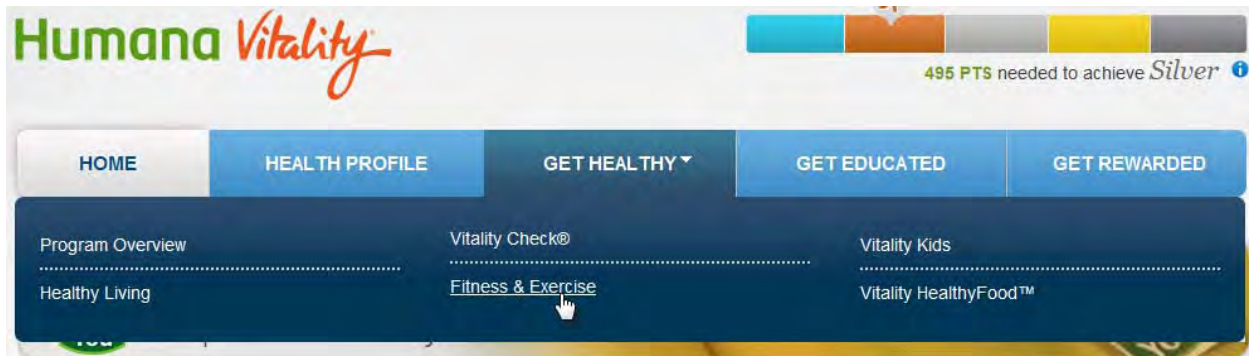
If you would like to earn Vitality Points for logging steps during the Dash, you'll have to connect your HumanaFit account to your HumanaVitality account. Follow the instructions below.

- Log in to the MyHumana member portal at www.myhumana.com.
- Click the “View My Dashboard” link in the bottom left corner of your screen (highlighted below).

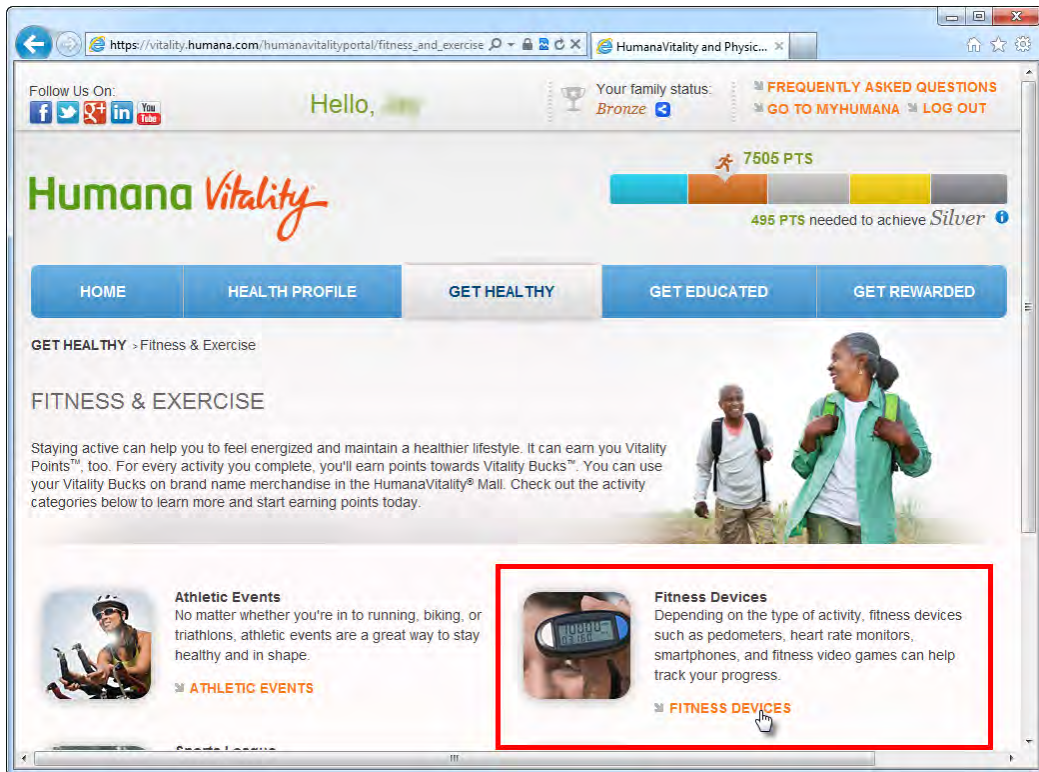


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- Click on “Get Healthy” in the navigation and choose “Fitness & Exercise” from the drop-down.



- Click on “Fitness Devices.”



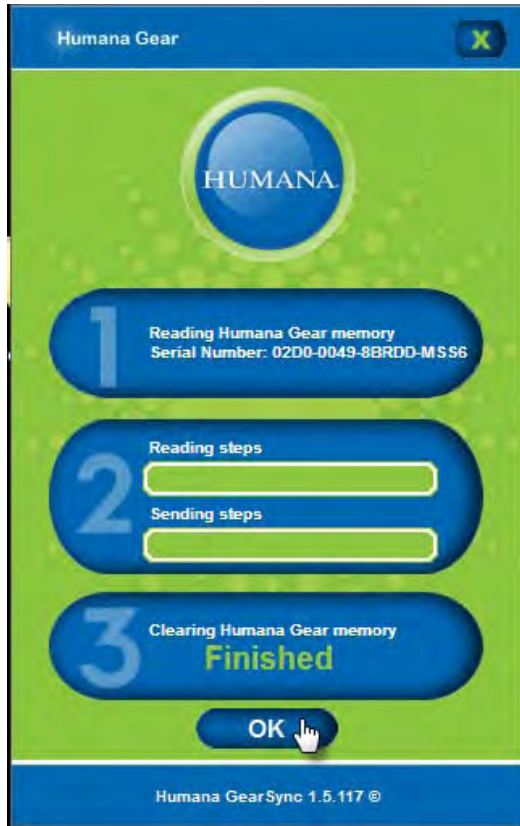
- Enter your HumanaFit information below the “Connect Your Account” section.
- You’ll see a “You’ve Successfully Registered Your Account” message after entering your HumanaFit credentials.

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How to Upload Steps from Your Pedometer

Your steps are uploaded into HumanaFit and then automatically synced with the 100 Day Dash leaderboards.

1. Plug your g1.0 or g2.0 into your computer.
2. The following dialog box should automatically pop up.



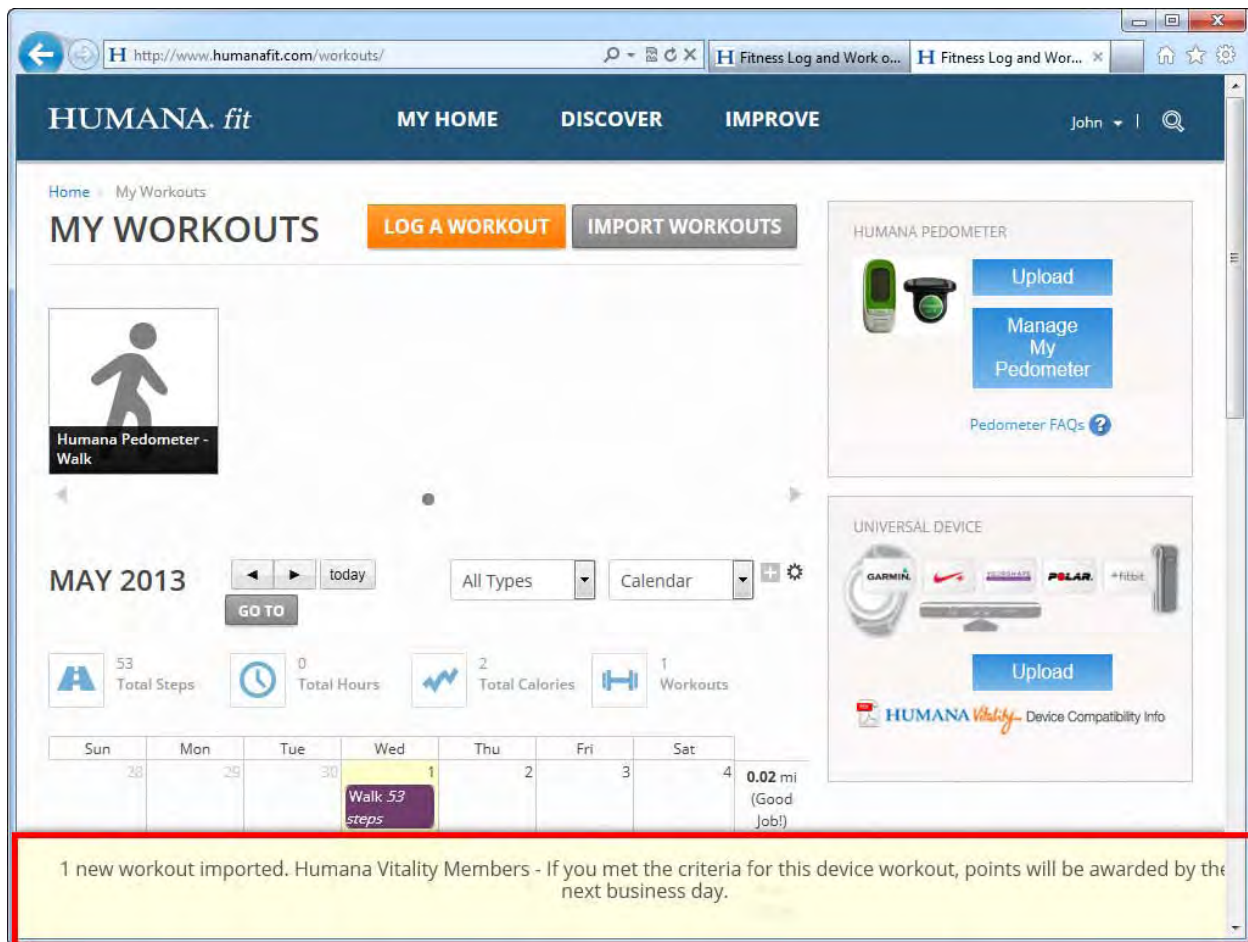
If the downloading dialog box doesn't appear, you can click the "Upload" button in the "Humana Pedometer" box (see below) on the right side of the HumanaFit page.



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3. After your steps are finished uploading, you should see two things:

- The number of steps you've walked should be displayed within each day. In the example below, I walked 53 steps on Wednesday, 5/1
- A message at the bottom of the screen confirming how many workouts (days) were uploaded



The screenshot shows the Humana.fit website interface. The top navigation bar includes 'HUMANA. fit', 'MY HOME', 'DISCOVER', and 'IMPROVE'. The main section is titled 'MY WORKOUTS' with buttons for 'LOG A WORKOUT' and 'IMPORT WORKOUTS'. Below this, there's a section for 'HUMANA PEDOMETER' with 'Upload' and 'Manage My Pedometer' buttons. A calendar for May 2013 is displayed, showing a workout entry for Wednesday, May 1st, labeled 'Walk 53 steps'. To the right of the calendar, there's a section for 'UNIVERSAL DEVICE' with logos for Garmin, Nike, Fitbit, and Polar, and an 'Upload' button. At the bottom, a yellow message box states: '1 new workout imported. Humana Vitality Members - If you met the criteria for this device workout, points will be awarded by the next business day.'

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The Complete Guide to 100 Day Dash Teams

Updated May 7, 2013

First of all, you might have noticed that the HumanaFit website says “Groups” in some places and “Teams” in other places. Don’t worry. They mean the same thing.

This guide covers the following topics (click the links to learn more):

- [How to Create a Team](#)
- [How to Join a Team from an Email Invitation](#)
- [How to Search for and Join a Team](#)

How to Create a Team

1. Go to HumanaFit.com and log into your account.



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2. Click the “100 Day Dash” banner to reach 100 Day Dash website.

The screenshot shows the Humana.fit website interface. At the top is a navigation bar with 'HUMANA. fit', 'MY HOME', 'DISCOVER', and 'IMPROVE'. Below this is a secondary bar with 'CREATE ROUTE', 'LOG WORKOUT', 'LOG FOOD', and 'ADD TO JOURNAL'. The main content area is divided into two columns. The left column features a 'FITNESS SUMMARY' section with a table of metrics: Distance (8,770 steps), Duration (01:30 hours), Calories (378 burned), and Workouts (2 completed). Below this is a 'Daily Number of Steps' bar chart for the week of April 25-30, 2013. The right column contains a profile section for 'United States' with links to 'Edit Profile' and 'Find Friends', followed by 'ACHIEVEMENTS', 'GOALS', and 'ABOUT ME' sections. A red arrow points from the 'Daily Number of Steps' chart to a '100 DAY DASH' banner on the right, which is highlighted with a red border. The banner includes the text 'Humana Associates Join the 100 DAY DASH Powered by Humana fit' and an image of two people walking.

Metric	Value
DISTANCE	8,770 steps
DURATION	01:30 hours
CALORIES	378 burned
WORKOUTS	2 completed

Day	Steps
Thursday April 25, 2013	~2,500
Friday April 26, 2013	~4,500
Saturday April 27, 2013	0
Sunday April 28, 2013	0
Monday April 29, 2013	0
Tuesday April 30, 2013	0
Wednesday May 1, 2013	0

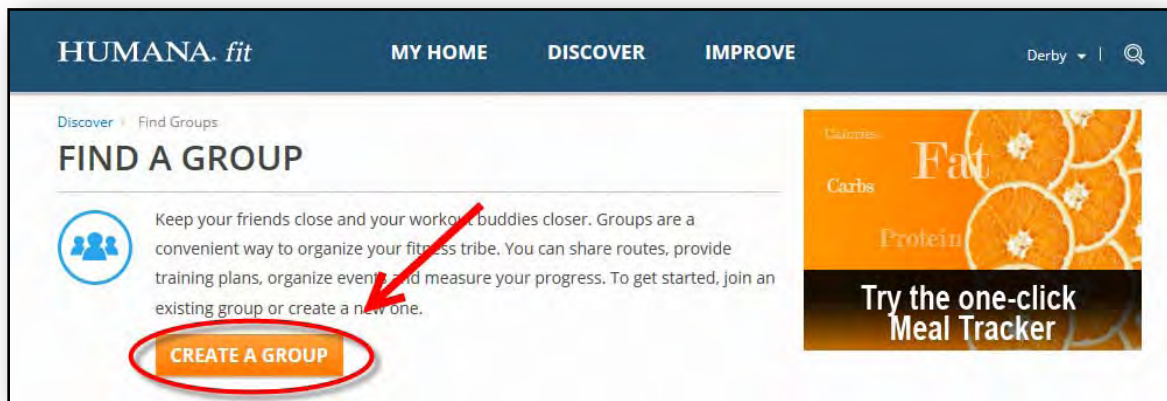
Activity	Steps	Duration	Calories Burned
Humana Pedometer - Walk	5187	55:00	

3. Click “Discover” in the HumanaFit navigation bar across the top and then click on “Groups.”

The screenshot shows the Humana.fit website with the 'DISCOVER' menu open. The menu options are: 'FIND YOUR CITY', 'CREATE ROUTE', 'FIND ROUTES', 'ROUTE GENIUS', 'COURSES', 'GROUPS' (highlighted with a red circle), 'EVENTS', and 'MEMBERS'. A red arrow points to the 'GROUPS' option. The background shows the '100 DAY DASH' banner and a photo of a person holding a bunch of fruit. At the bottom, there are sections for 'MY RANK' (5 out of 39,766) and 'MY SCORE' (39,766), along with 'IMPORTANT LINKS' including 'Humana G2 Instruction Manual'.

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- Click the orange “Create a Group” button.



- Fill in your team’s name, slogan/motto and your contact info (and whether or not you want your contact info public).

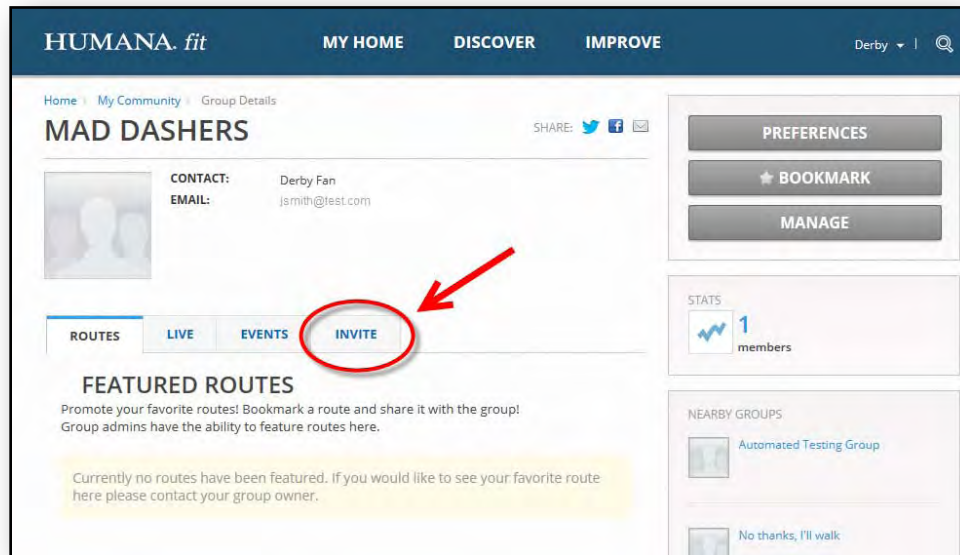
Make sure “Group Privacy” is set to “Public” so that other associates can find your Group (team). You can still require that other associates use a code (that you create) to join your team.

When you’re finished, click the “Create Group” button at the bottom of the page.

A screenshot of the 'CREATE NEW GROUP' form on the HUMANA.fit website. The form is organized into four sections: 'Group Info', 'Contact Info', 'Group Details', and 'Privacy & Invitations'. In the 'Group Info' section, there are input fields for 'Group Name *' (containing 'Mad Dashers'), 'Group Slogan or Motto' (containing 'Dare Us to Dash'), and 'Group Logo' with a 'Browse...' button. The 'Contact Info' section includes fields for '*Contact Name' (containing 'John Smith') and '*Contact Email' (containing 'jsmith@test.com'), each with a 'Share?' checkbox that is checked. The 'Privacy & Invitations' section features a 'Group Privacy' dropdown menu set to 'Public' and a 'Restrict Members?' dropdown menu set to 'Yes, need a code to join'. Explanatory text is provided for both the privacy and restriction settings.

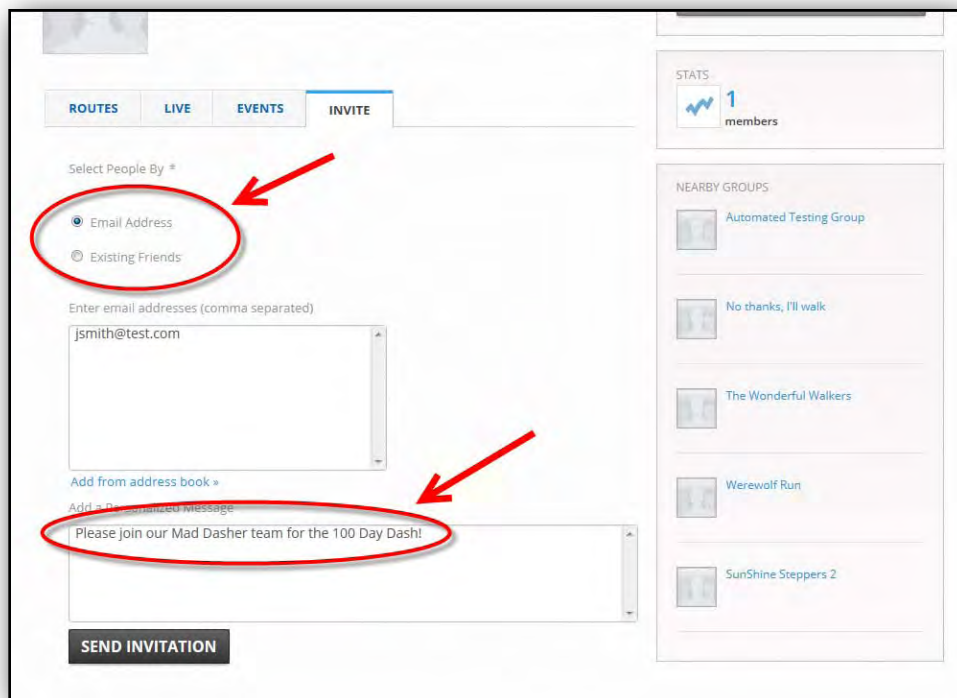
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6. Invite other associates to join your team by clicking the “Invite” tab.



You can invite associates to join your team in one of two ways: (1) with their email address or (2) by choosing existing “friends” from your HumanaFit groups.

After you’ve finished selecting your HumanaFit friends or filling in email addresses, click the “Send Invitation” button at the bottom.



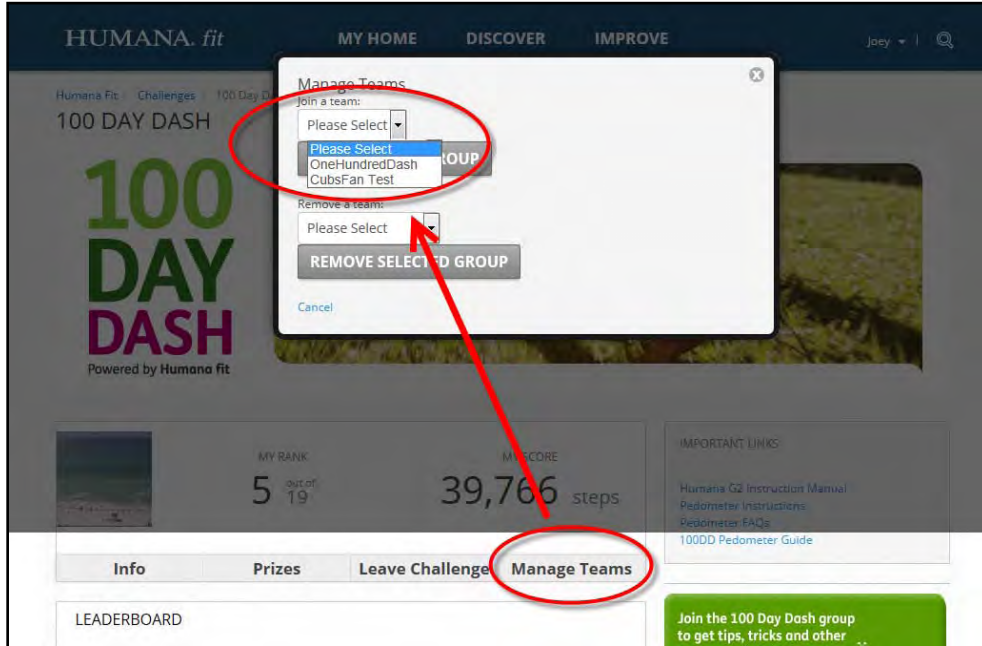
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7. The last step is entering your newly created team into the 100 Day Dash.

Click the “Manage Teams” tab (pictured below).

Select the team that you would like to register for the Dash.

Click the “Join Selected Group” button to finish registration for your team.



8. That's it! Your team is now ready to go. It's important to remember that your team members aren't officially registered on your team until they register themselves by clicking the “Join Challenge” link.

How to Join a Team from an Email Invitation

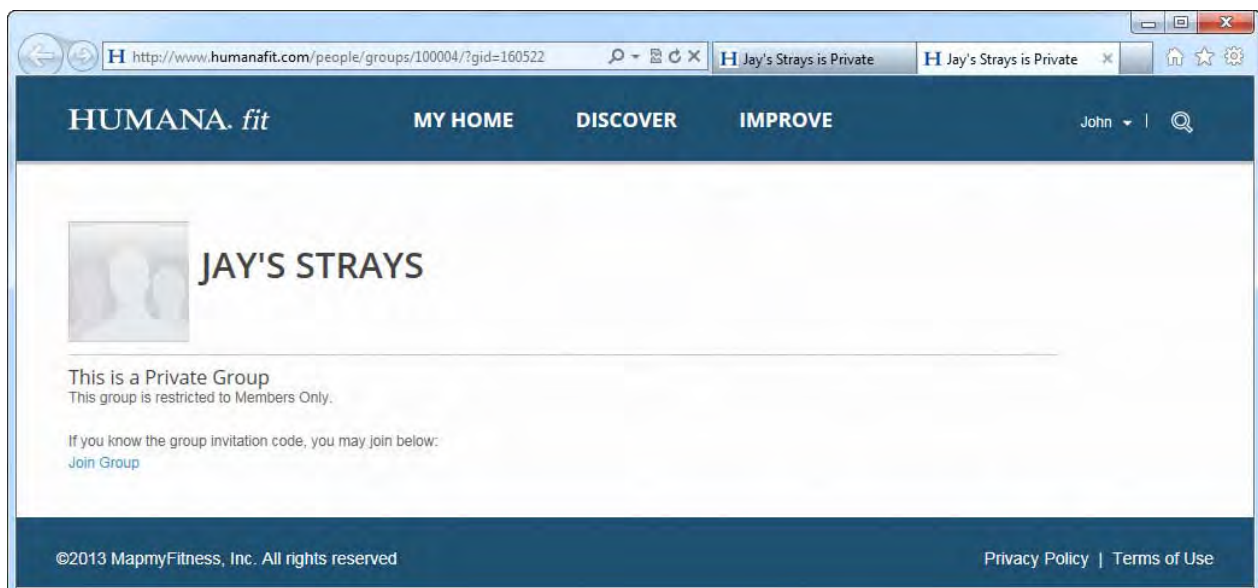
1. You will receive an email invite from the team captain (see below).

Click the “Join Group Now” button.



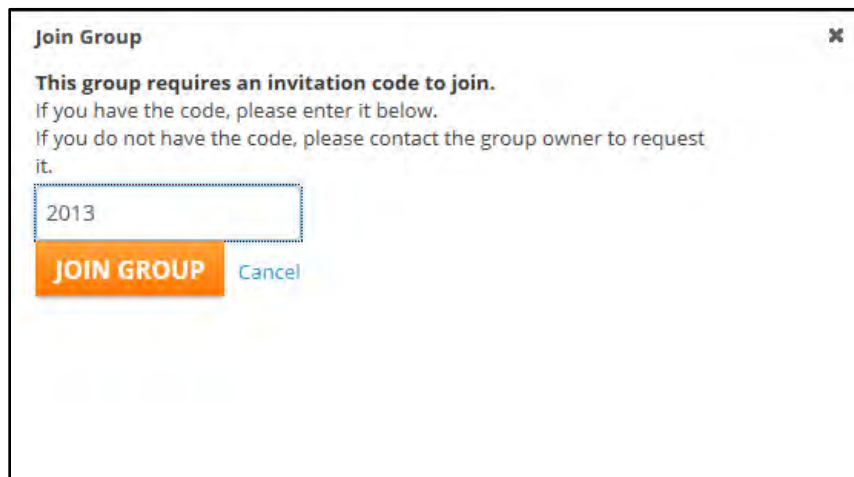
2. You'll be taken to a page like below. Make sure you're logged into HumanaFit. If you do not have an account, you'll need to create one.

Click the “Join Group” link.



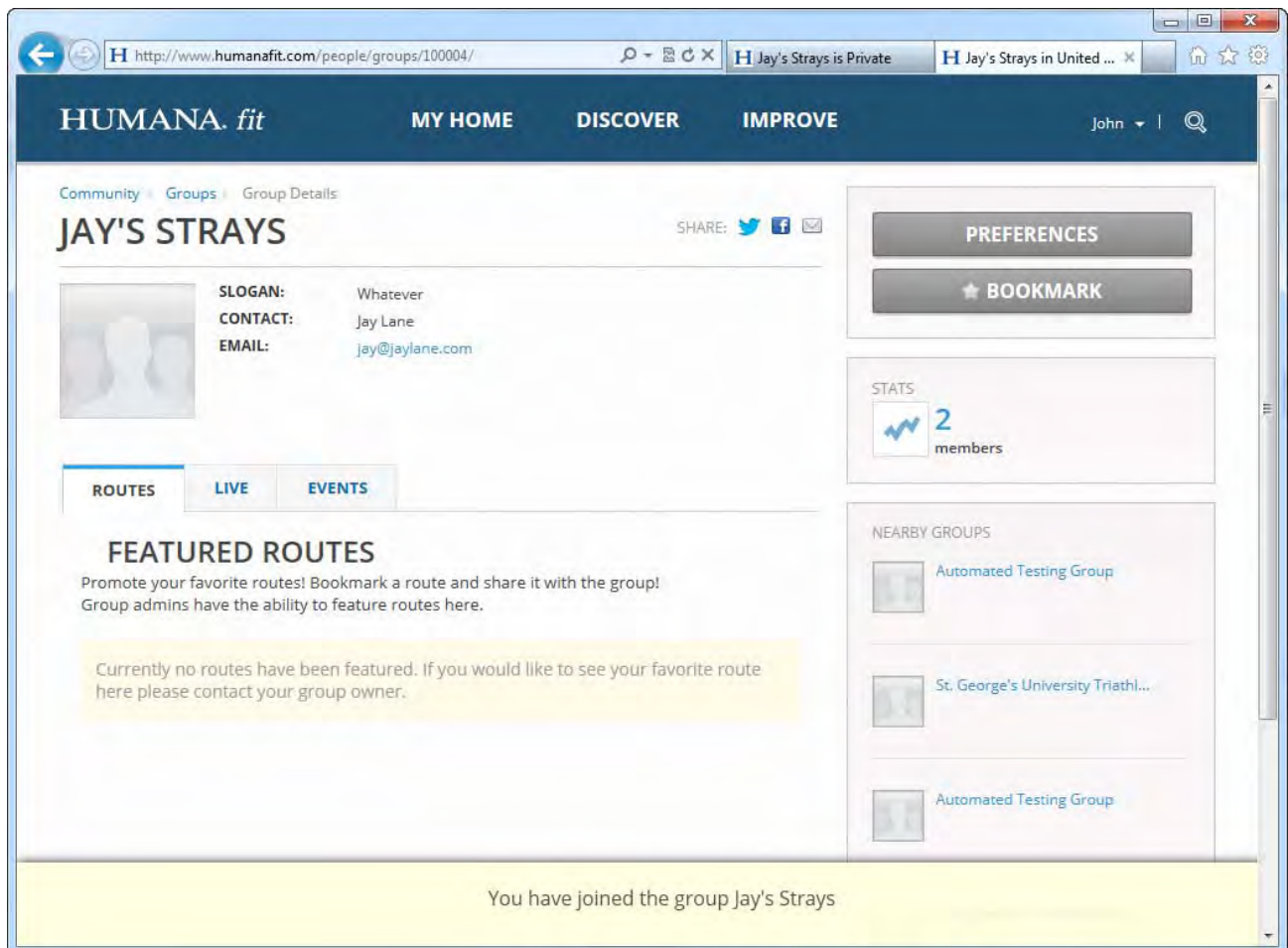
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3. Enter the invite code (if provided by the team captain) and then click the “Join Group” button.



A dialog box titled "Join Group" with a close button (X) in the top right corner. The text inside reads: "This group requires an invitation code to join. If you have the code, please enter it below. If you do not have the code, please contact the group owner to request it." Below the text is a text input field containing the number "2013". At the bottom of the dialog are two buttons: "JOIN GROUP" in orange and "Cancel" in blue.

4. You should be taken to the team’s page with a confirmation message at the bottom.



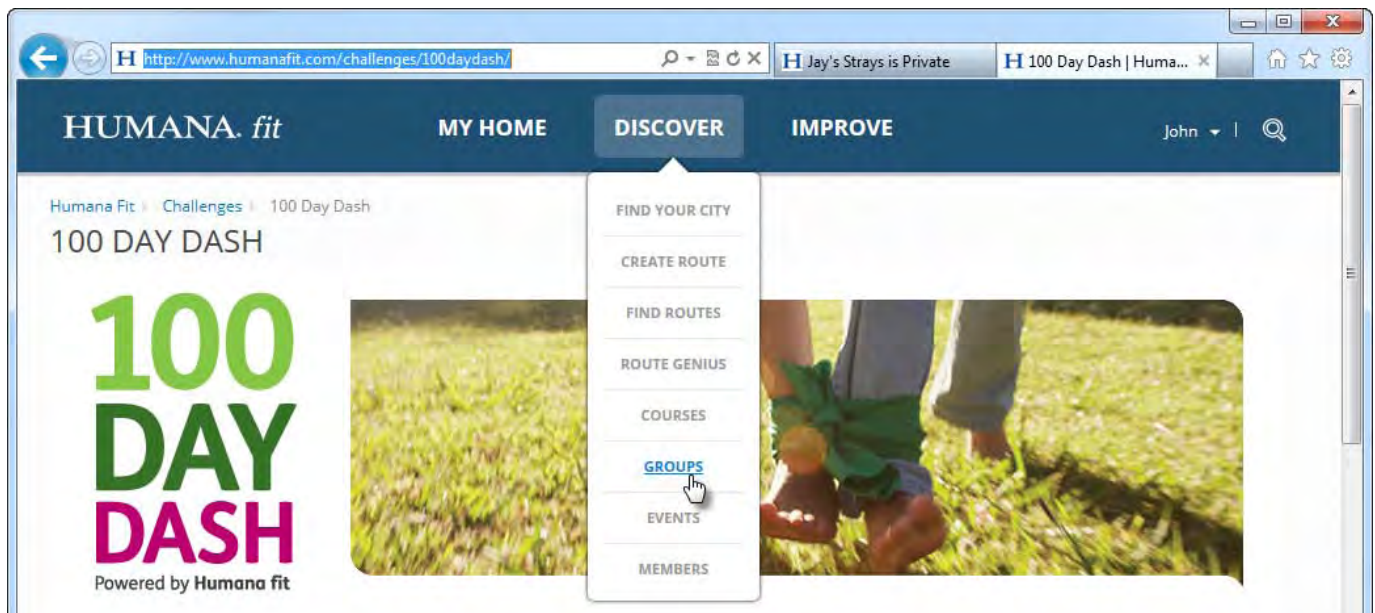
A screenshot of a web browser showing the Humana.fit website. The browser's address bar shows the URL "http://www.humanafit.com/people/groups/100004/". The page has a dark blue header with the Humana.fit logo and navigation links: "MY HOME", "DISCOVER", and "IMPROVE". The user "John" is logged in. The main content area is titled "JAY'S STRAYS" and includes a "SHARE:" button with social media icons. Below this is a profile section with a placeholder image and contact information: "SLOGAN: Whatever", "CONTACT: Jay Lane", and "EMAIL: jay@jaylane.com". There are tabs for "ROUTES", "LIVE", and "EVENTS". The "ROUTES" tab is selected, showing a "FEATURED ROUTES" section with a message: "Promote your favorite routes! Bookmark a route and share it with the group! Group admins have the ability to feature routes here. Currently no routes have been featured. If you would like to see your favorite route here please contact your group owner." On the right side, there are buttons for "PREFERENCES" and "BOOKMARK", a "STATS" section showing "2 members", and a "NEARBY GROUPS" section listing "Automated Testing Group" and "St. George's University Triathl...". A yellow banner at the bottom of the page reads: "You have joined the group Jay's Strays".

5. Be an active participant on your team once the Dash officially starts.

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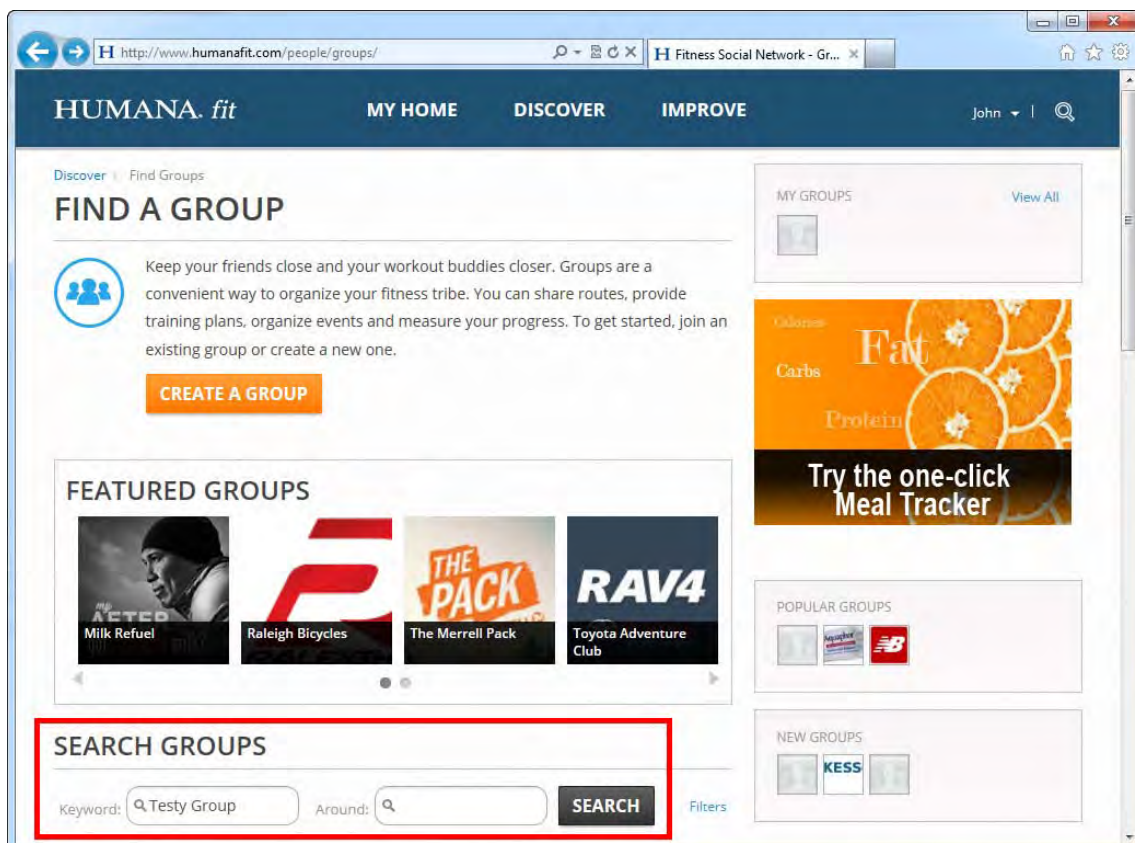
How to Search for and Join a Team

1. Click “Discover” in the top navigation and then click on “Groups”



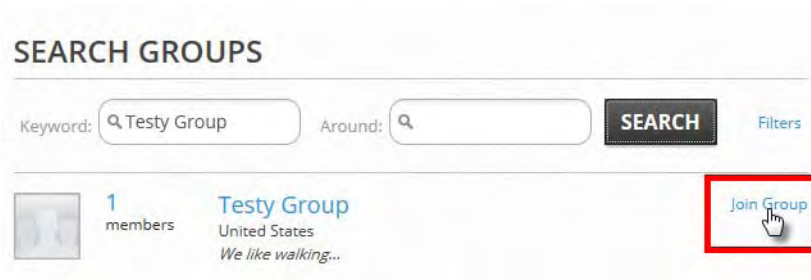
2. Enter the team name you’re searching for in the search box (as highlighted below).

Click the “Search” button.

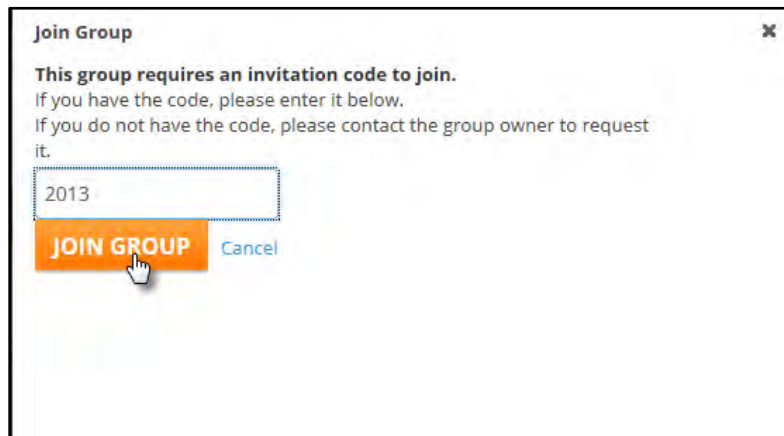


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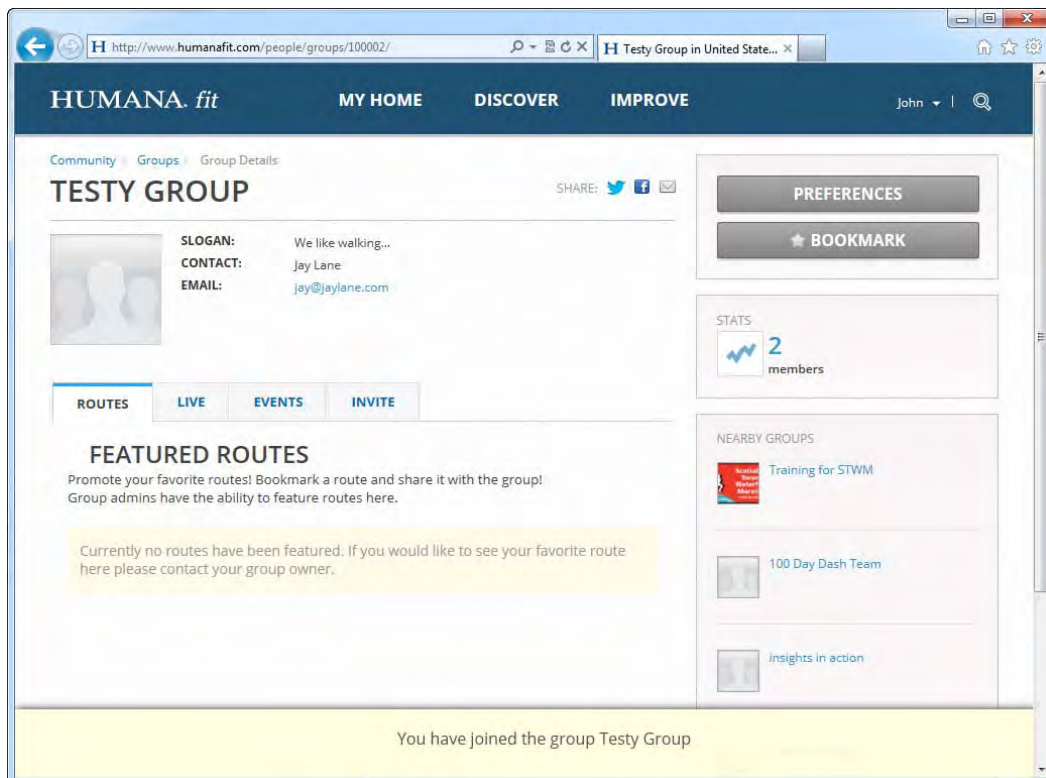
3. A list of groups should appear. Click the “Join Group” link.



4. Enter the group invite code (if required) in the pop-up box. An invite code should be supplied by the team captain. Click “Join Group.”



5. You should be taken to the group’s page and be shown a confirmation message at the bottom of the page.



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