

## New ACC Well Page & Points Guide

*Explore the pages of the new ACC Well website while following along with this guide to learn how to track activities and maximize your earning potential. Please note that this guide was designed to navigate through the website, but the same features exist within the mobile app!*

**When you first log-in to your account you will see the following items on the main page:**

1. Daily cards: check these each day for tips to help you get and stay healthy!
  - a. Earn 40 points per day by doing your daily cards (2 cards per day)
  - b. Earn 100 points by completing 10 daily cards in a month
  - c. Earn 200 points by completing 20 daily cards in a month
2. Healthy habits: track your healthy habits from your home page! More details on healthy habits below under HOME PAGE.
3. Get inspired with more ways to learn
4. See your step count, your active challenges, and your friends leaderboard

From the main page, you can click the icons for home, health, benefits, and social to access the other pages within the ACC Well:

### HOME

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1. Check and record your **Stats**. This is where you'll log your exercise, and see your weekly progress for steps, workouts, sleep, and more. Choose to track as much or as little as you'd like.
  - Steps. If you have paired a step counting device to your account, your steps will automatically be imported. If you are manually tracking activities, your workouts will be converted to a step equivalent to earn points. If you are manually tracking your steps with a pedometer or device not connected to your ACC Well account you can add your daily step count to the Steps on the Stats page.
  - Workouts. For those not using a tracking device, you can manually add your exercise sessions here. Click the plus sign to LOG A WORKOUT, input the type of workout you completed, and the amount of time you spent doing the activity. Your workout will be converted to steps and you'll see them appear on the Steps graph. If you have a tracking device connected you will see your workout and active minutes automatically added to the graph.
  - Earn different points values each day depending on your number of steps, time spent working out, or active minutes. Earn a bonus each month for reaching triple tracker status for 20 days.
  - The system will reward you for your active minutes OR steps, depending on how you choose to log. You will be earn the highest possible point amount for the physical activity you do each day, regardless of whether it is counted as steps or active minutes. It's a little different depending on whether you have an activity tracker linked to your account or not, but everyone has the same earning potential!

2. Keep up with **Healthy Habits**.

- Over 300 healthy habits for you track and customize based on what is important to you! This is where you can log your nutrition accomplishments, sleep, daily stress management, continuing education, community contributions, financial management, and more!
- You will have suggested healthy habits based on your interests, but feel free to “browse all” to select habits yourself. You can track up to 20 healthy habits at a time - many are a yes or no for whether or not you accomplished the habit that day.
- Earn points for accomplishing up to three healthy habits per day
  - Up to 30 points per day
- Once you’ve logged a habit for a certain number of days in a row (10, 20), you earn more points!
  - Up to 500 points per month
  - Earn a one-time 100 point bonus the first time you track 5 habits in a month

3. View your **Rewards**.

- Take a closer look at your progress and get ideas for how to earn more points.



## HEALTH

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1. Start with the **health check**. This short, confidential survey assesses your health across seven factors, from mental health to fitness. You’ll receive a personalized report and recommended actions you can take to start improving your wellbeing.
  - Earn 500 points for completing the health check
2. Visit **My Care Checklist**. My Care Checklist helps you keep track of your healthcare activities, all in one place. You’ll earn rewards for doing activities on time. Plus get reminders to stay up to date. Activities include flu shot, health checkup, dental checkup, and covid-19 vaccine. You can also add activities that are relevant to your health status by clicking the link at the top of the page to “update your health situations anytime”, or click the Settings button to update your health situations.
3. Start a **Journey**, or two, or three! Journeys are daily, self-guided courses to help you build healthy habits. Explore the categories and choose Journeys that appeal to you. You will get points for checking each Journey daily, and can take as many days as you need to complete them (doesn’t have to be every day).
  - Earn 20 points daily for checking a journey step
  - Earn 150 points for completing a journey (maximum 3 per quarter)



## BENEFITS

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1. **Healthy Hours:** Attend an in-person healthy hour or watch a recorded session via the TakeAim LMS, then visit the benefits tab to fill out the form and log your participation to earn points.
  - Earn 150 points per month
2. **Monthly quizzes:** Access the monthly health education quizzes from any electronic device via the TakeAim LMS! Read the article, complete the quiz, and report your participation in the ACC Well.
  - Earn 150 points per month
3. **Life Balance Activity:** Participate in a Community Activity, Life Enrichment Activity, or a Mind & Body Activity and log your activity here.
  - Earn 100 points per quarter
4. **Blood Donation:** donate at the ACCGov blood drive or anywhere else!
  - Earn 100 points per quarter



## SOCIAL

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1. **Challenges:** Create your own challenge or participate in challenges created by your friends. Once you accept a challenge, the associated healthy habit will be added to your healthy habits to track daily. Track your habit each day of the challenge and earn a reward for completing the challenge at the end of the indicated time period.
2. **Friends:** Add friends from ACCGov to participate in challenges and get healthier together. Your friends will be able to see your profile and you will show up on their step leaderboard.
3. **Groups:** add your friends to a group and you'll have a shared message board to encourage and motivate each other.
4. **Event Calendar:** not currently in use, but will be updated soon with Wellness calendar events.



Still have questions? Click the support tab on the right side of any page to access information and video tutorials for the ACC Well!

You can also click Chat to contact member services. Feel free to start chats about any questions you have about the ACC Well.