

	<b>Category</b>	<b>Question</b>	<b>Answer</b>
1	Getting Started	What's this Challenge all about?	First and foremost, it's about getting you moving with the goal of taking at least 8,000 steps each day. You'll be part of a team of friends and colleagues who want to move more too. So, lace up your shoes, pack your bags and let's go!
2	Getting Started	Will avatars be made available for us to choose from?	No, but feel free to upload a personal picture or avatar of your choosing to personalize your journey. Simply follow the instructions provided during the registration process.
3	Teams	Do I get to choose what team I'm on?	When you register you'll be asked to select and join a team based on your business area or segment or choose the one which represents your business area or segment. For the duration of the Challenge you will work with other members of your team toward achieving the highest average steps per week.
4	Teams	Can I create my own team?	No. The Wonders of Nature Activity Challenge teams were created to represent the largest business segments and business areas across the enterprise.
5	Teams	Are there a minimum number of people needed for a team?	Yes. At least 20 employees must register for a specific team in order to meet the minimum participation requirements for the Challenge. Encourage your fellow employees to join the Challenge and make it fun to compete against your co-workers in other business areas or segments. If your team does not meet the 20 minimum requirement, you will be notified and auto-assigned to a team.
6	Teams	How do I view the members of my team?	You can view members of your team from the team view. Any time you are at the Challenge Detail View you can switch views from LOCATION, TEAM or LEADERBOARD.
7	Teams	How will the top team be determined?	Every time you enter your daily steps or activity in the Challenge website, your numbers will be added to your individual stats, as well as to your team's total. The team's total steps will be used to move you along the virtual map. The first team to reach the final destination will be crowned the top team. Remember, any physical activity minutes will be converted to steps for you.
8	Teams	What If I select the wrong team and need to change?	If you've joined a team that doesn't look like the one you wanted to join, you can change teams at any time before the Challenge start date by clicking the "Change Team" option from the "Team" tab. Once the Challenge starts, settle in and make new friends because you'll be finishing the Wonders of Nature Activity Challenge with the team you are on.

9	Activity Tracking	How do I enter and keep track of my exercise?	It's easy to connect any number of exercise tracking apps to this Challenge to automatically log your activity. Just set it and forget it. The same goes for a number of wearable tracking devices. Of course, you can also manually enter your activity and keep track that way.
10	Activity Tracking	What apps or devices can I use to track my activity?	Fitbit, Jawbone UP, Moves, Misfit and RunKeeper are all apps that you can use to track activity within the challenge. In addition, you can also track your activity manually.
11	Activity Tracking	How do I get started with an app or device?	You can connect an app to the Challenge when you're first joining the Challenge (by selecting the app instead of manual entry) or when you're already active in the Challenge (by clicking on "Edit" in your personal stats box on the Challenge details page). Just follow the on-screen instructions for the respective app, and you're connected!
12	Activity Tracking	Why connect an app?	Connecting an app makes it super easy for you to track your activity. We'll automatically log your steps so you never have to think about it. Of course, you can do this manually if you prefer.
13	Activity Tracking	Can I change my device or app mid-challenge?	Yes, no problem. Steps from the new device will count as soon as you switch. Steps from the previous device will still count until the switch.
14	Activity Tracking	How do I make an entry or correction to my daily entry (or delete steps or activities) if I make a mistake?	Activity can be entered or edited within the current stage (since the last completed milestone). Once a milestone is completed, the activity for that stage is locked. You can make updates by going to Activity History in the lower left corner of your personal stats box on the Challenge Details page. Data that came from devices or apps can't be changed.
15	Activity Tracking	Can I use other forms of exercise besides steps for this Challenge?	Absolutely! This is all about getting active, so anything that gets you moving is perfect. Walking, running, bicycling, aerobics, Pilates or yoga, climbing stairs, swimming, weight lifting, hiking, cardio machines -- whatever you enjoy doing. We'll automatically convert your activity minutes to steps.
16	Activity Tracking	Are there a minimum number of steps needed per day to complete the Challenge?	Yes. You will need an average of 8,000 steps per day in order to finish the Challenge within the 6-week Challenge period.
17	Activity Tracking	How can I view my activity history?	On the Challenge details page, click on Activity History in the lower left corner of your personal stats box.
18	Activity Tracking	Can I add an activity prior to the start of the Challenge?	Sure! You can log steps prior to the Challenge beginning, but remember that they won't count toward your Challenge effort.

19	Activity Tracking	What is the max amount of steps that can be taken in a day?	Participants are allowed to record up to 15000 steps daily towards their progression within the challenge. If users go over the maximum, their steps will be recorded but will not count towards their individual or team progress.
20	Activity Tracking	If I enter the incorrect number of steps, how can I fix it?	You can fix a mistake in activities you have entered manually from the Challenge Activity History. The ability to edit is only for activity in the current stage or up to 7 days in the past (Current day + up to 6 days prior), whichever is less. Once your team passes a milestone your steps are locked up for that stage.
21	Activity Tracking	I forgot to enter my activity last week, how far back can I go to credit for my steps?	You can enter activity manually or with your apps and devices up to 7 days in the past (Current day + up to 6 days prior). However, once the Wonders of Nature Activity Challenge ends on April 9th, 2017 at 11:59 pm PT, activity will no longer be able to be entered. Please also note that if you register after the start date of 2/27/2017, you can only enter dates effective from your registration date and forward.
22	Activity Tracking	Can I enter my steps on the last day of the Challenge, and if so what is the cutoff?	Yes, even if a team has already crossed the finish line, you may enter your activity on the last day of the Challenge up to 11:59:59 pm PT. It's actually a good idea to do this to make sure you and your team receive the best standing possible. Once the challenge has ended, participants will no longer be able to enter activity.
23	Activity Tracking	With manual entry, can't people cheat when logging their progress?	These challenges are all about getting healthy and feeling great. If someone's reporting false information they're only doing themselves a disservice. There is a daily steps maximum in place to help level the playing field and prevent participants from entering false completions. Plus, we'll be on the lookout for any misuse. Have fun and leave the worrying to us.
24	Activity Tracking	What are the start and end dates and times for the Wonders of Nature Activity Challenge?	The Challenge start time is 12:00 am midnight PT on February 27th. The Challenge ends at 11:59:59 pm PT on April 9th.
25	Activity Tracking	What is the Time zone used for the Challenge start and end dates?	All Challenges are set to start and end using 12:00 am midnight Pacific Standard Time zone (PT) as the reference. If you are in a different time zone, your actual start and end times will adjust to match the equivalent of midnight PT. For example, if a Challenge start date is August 3rd at 12:00 am PT and you are in Eastern Time (ET) , your actual Challenge start is August 3rd at 3:00 am ET.
26	Activity Tracking	Why did the number of steps needed to get to the next destination increase?	The number of steps needed to get to each destination milestone is a team goal that is impacted by the number of members on a team. As more people join a team, the numbers of steps needed to reach the next milestone will increase.

27	Progress	How can I keep track of my progress?	Best way: Click on Leaderboard at the top right of the main Challenge page. From there you can see how you and your team are stacking up against the competition.
28	Progress	Can I find my friends and see how they're doing?	You bet! Click on the Leaderboard tab near the top right of the main Challenge page and from there you can search for an individual player or team. Once you've identified them, a simple click will bring you to their team's Challenge page where you can see their progress and even leave a fun comment.
29	Communication	Can I send a message to my team members to encourage them along the Challenge path?	Yes. You can post messages on your team board anytime. Select the TEAM view from the Challenge Detail Page and add a comment on the Team Wall.
30	Communication	Where can I view messages from my team members?	When a new message is posted to your team message board, you can view messages by going to the TEAM view from the Challenge Detail Page. Feel free to add a comment while you are reviewing messages on your Team Wall.
31	Prizes	How do I enter the prize drawing?	Each week of the Challenge, each participant who has met their individual weekly target of 56,000 steps will automatically be entered into the prize drawing pool for each Milestone. Refer to Sweepstakes Rules for more information at <a href="https://disneyregistration.cigna.com/sweepstakes-rules">https://disneyregistration.cigna.com/sweepstakes-rules</a> .
32	Prizes	What prizes can I win?	Please see official sweepstakes rules for prize list and drawing details: <a href="https://disneyregistration.cigna.com/sweepstakes-rules">https://disneyregistration.cigna.com/sweepstakes-rules</a> .
33	Tips & Info	What does a locked Milestone mean?	This Challenge is broken up into Milestones - locations that you will reach online by entering your real-world activity. Each Milestone is locked until you and your team accumulate the steps to arrive there. Then the content is unlocked and you can move forward in the Challenge.
34	Tips & Info	How do I leave the challenge?	If you'd like to leave your current challenge, please click the link below:  Leave Challenge ( <a href="https://my.cat.mhealthdev.us/team-challenge/96308162-6b78-47bb-a24f-5ccad2283ba9/leave">https://my.cat.mhealthdev.us/team-challenge/96308162-6b78-47bb-a24f-5ccad2283ba9/leave</a> )  Note that once you leave a challenge that's already underway, you can't rejoin it.
35	Tips & Info	Why can't I manually enter my activity?	In most cases, refreshing the page or clearing your browser cache will resolve this issue. Please check out this link < <a href="http://www.wikihow.com/Clear-Your-Browser's-Cache">http://www.wikihow.com/Clear-Your-Browser's-Cache</a> > for more information on clearing your cache.