

Boston University Employee Enrollment Program Guide



How to Register

STEP ONE

Go to bu.propelwellness.com from your computer or mobile device.

STEP TWO

From the login page, select the button that says "Register."

STEP THREE

Complete the *Registration Information* section and click "Continue." You will need your BU ID during this process. Complete the *Account Information* section and click "Continue."

You're all set! To get started, we encourage you to fill out the Fitbit Request form, sync a fitness tracking device to the portal, explore well-being content by clicking the "Content" tab from the top navigation bar, and start tracking your healthy actions.

Keep reading this guide to learn more about the BU wellness portal!

Questions?

For eligibility questions, please get in touch with the BU employee wellness team for assistance.

The Terriers Trek through Boston Challenge

Frequently Asked Questions

HOW DOES THE CHALLENGE WORK?

The Terriers Trek through Boston Challenge runs from **April 6- May 15**, and is a virtual, physical activity team competition that allows Boston University employees to experience friendly competition with each other by logging physical activities in the wellness portal to earn points. There are hundreds of physical activities to choose from in the portal's Tracker, so you can focus on improving your well-being by choosing the activities that make sense for your fitness goals! As your team's participants record their physical activity, you'll see your team's progress versus other participating teams on the live, interactive leaderboard!

Here is a breakdown of the challenge requirements:

1. You must be registered on the portal before you can be added to a team.
2. By **March 20**, all teams must be set up by team captains and will be auto enrolled in the challenge.
3. All team members must accept the team invitation in the wellness portal to participate and complete the Fitbit request form if you need a device. Links to accept the team invitation and fill out the Fitbit request form can be found on the homepage of the portal.

WHAT IS THE CHALLENGE GOAL?

The goal is for each team to aim for a collective average of 4,000 Fitness Points during the challenge period.

WHAT ARE FITNESS POINTS?

Fitness Points are a composite score of an activity's intensity and duration. Upon logging your activity manually in the portal's Tracker, or automatically through a synced device, you will see an assigned point value that is specific to each physical activity's metabolic equivalent calculation and duration of performance.

For example, 150 minutes of moderate physical activity per week is roughly equivalent to 200 Fitness Points. Each team members' Fitness Points are averaged, and that is the score you will see for your team on the live leaderboard. You can backdate activity at any time in the Tracker, so be sure to log everything you are doing to stay active, so you never have a day with "0" Fitness Points.

WHAT ARE THE CHALLENGE PRIZES?

There will be prizes for the top 2-3 teams with the greatest number of average points at the end of the challenge period, as well as prizes by random selection during the challenge.

HOW DO I REGISTER FOR A FITBIT?

Employees need to complete the Fitbit registration form on the challenge page in the wellness portal from **March 9-20** to receive a Fitbit. They will be given out on a first come first serve basis. Team captains will be responsible for picking up Fitbits and handing them out to team members between **March 30-April 3**

WHAT ACTIVITY TRACKING DEVICES CAN I SYNC TO THE PORTAL?

There are several devices and health apps you can sync to the portal for your activity to automatically come through and count towards your team's average. This includes **Garmin, Fitbit, Apple, and Google Fit devices and health apps**. You can easily access the device integration page from the homepage of the wellness portal. The device integration page has helpful step-by-step instructions and video tutorials to make syncing your device easy. Once you've synced your device, your activity will automatically come through and be converted to steps every 15 minutes. In addition to activity that comes through from your device, you can also manually log activity in the portal's Tracker.

HOW DO I MANUALLY TRACK MY ACTIVITY?

You can manually track your activity in the portal by clicking the "Track" tab from the top navigation menu. In the Tracker, make your entries under the "Fitness" tab. Select any Fitness Activity in the dropdown menu and enter the date and minute duration that you completed.

WHO DO I REACH OUT TO IF I NEED HELP?

If you have questions regarding login, password reset, device connectivity or about the portal, please reach out to Propel's Portal Support team through chat, email or phone. **Call 1.888.339.4131 or email support@propelwellness.zendesk.com.**

Well-being Education + Tools

In addition to fun challenges and activity tracking, the BU Wellness Portal offers hundreds of resources across a wide range of well-being topics—including evidence-based articles, interactive self-paced programs, and much more—for you to find effective content and tools that help you actively manage your well-being needs! Examples include:

Guided Fitness Videos



Meditation and Mindfulness Tools



Healthy Recipe Library

