



Accept the Healthy Habit Challenge

CHALLENGE INSTRUCTIONS

County of Los Angeles Employee Wellness Portal

LACountyGetsFit.com

[Healthy Weight Loss Challenge](#) | [Keep It Moving Challenge](#) | [Wellness Blast Challenge](#)

Click on the page title below to be taken directly to a page.

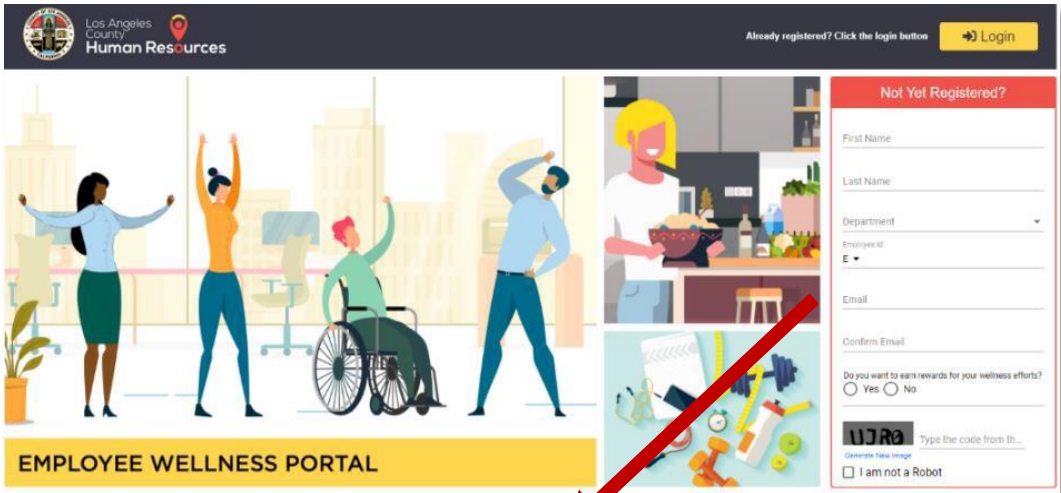
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How to Create an Employee Wellness Portal Account

Step 1: Go to LACountyGetsFit.com to register



Not Yet Registered?

First Name _____

Last Name _____

Department _____

Employee ID _____

E ▼

Email _____

Confirm Email _____

Do you want to earn rewards for your wellness efforts?
 Yes No

AYD3 Type the code from th...
[Generate New Image](#)

I am not a Robot

Enter your First Name and Last Name

Click the dropdown arrow to select Department

Click the dropdown arrow to select E or C, then enter your Employee ID

Enter your Email & Confirm Email

Select Yes or No to Earn Rewards

Type in the code shown on your screen, then check the box "I am not a Robot". Click the Continue button when it is displayed.

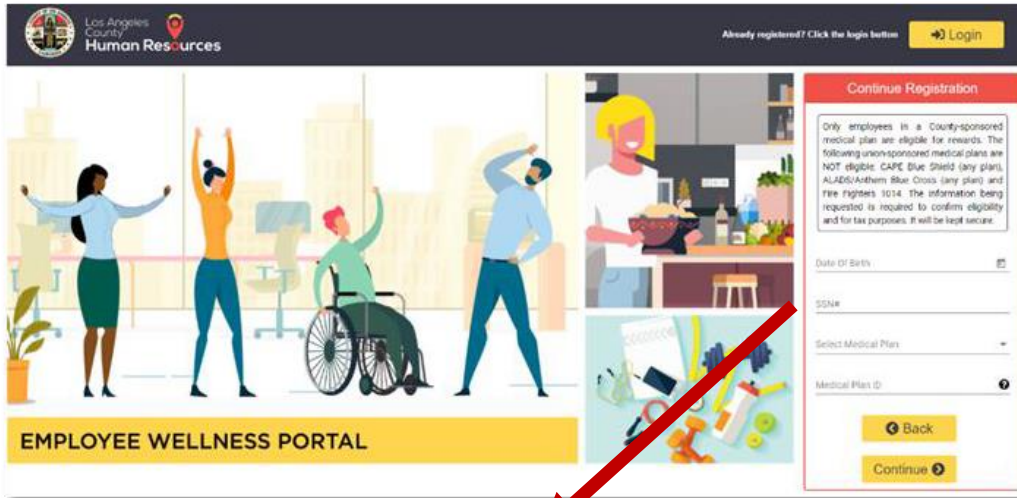
Rewards are limited to County employees who are direct-subscribers in a County-sponsored medical plan and while supplies last. In accordance with applicable tax law, reward cards you receive will be reported by the County as taxable wages on your W-2, and applicable payroll taxes will be withheld from your regular pay.

Wellness Portal Technical Support - 800.435.5023, option 2 - support@mybenefitschannel.com
Support Hours: 6:00 am to 3:00 pm (Pacific Time), Monday – Friday, except major holidays.





Step 2: Continue Registration



Continue Registration

Only employees in a County-sponsored medical plan are eligible for rewards. The following union-sponsored medical plans are NOT eligible: CAPE Blue Shield (any plan), ALADS/Anthem Blue Cross (any plan) and Fire Fighters 1014. The information being requested is required to confirm eligibility and for tax purposes. It will be kept secure.

Date Of Birth

SSN#

Select Medical Plan

Medical Plan ID

[Back](#)

[Continue](#)

Enter your Date of Birth.

Enter your Social Security Number.

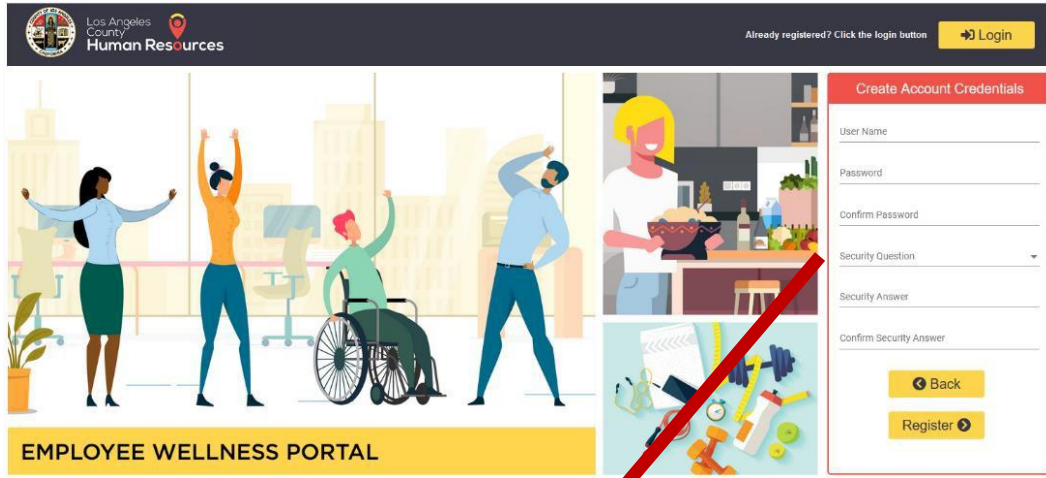
Click the dropdown arrow to select your Medical Plan.

Enter your Medical Plan ID

Click the question mark icon to open a new browser tab of a graphic showing where to find your Medical Plan ID on your health insurance card.



Step 3: Create Account Credentials



Create Account Credentials

User Name

Password

Confirm Password

Security Question ▼

Security Answer

Confirm Security Answer

← Back
Register →

Create a User Name and enter it in this field.
Recommend using your email address as your User Name.

Create a Password and enter it in this field.

Confirm Password and enter it again in this field.

Click dropdown arrow to select Security Question.

Enter Security Answer in this field.

Confirm Security Answer and enter it in this field.

Click the Register button to complete registration.

Wellness Portal Technical Support - 800.435.5023, option 2 - support@mybenefitschannel.com
Support Hours: 6:00 am to 3:00 pm (Pacific Time), Monday – Friday, except major holidays.



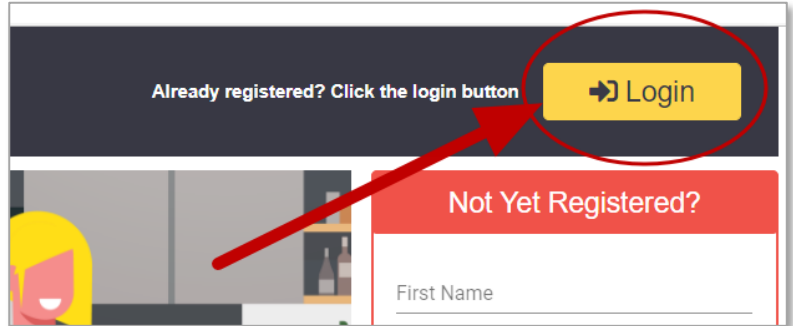


Healthy Weight Loss Challenge: How to Register

Team Captains (and individuals participating solo) will follow these instructions to complete and submit their Team Registration survey, Midpoint Weigh-in and Final Weigh-In survey for Healthy Weight Loss Challenge.

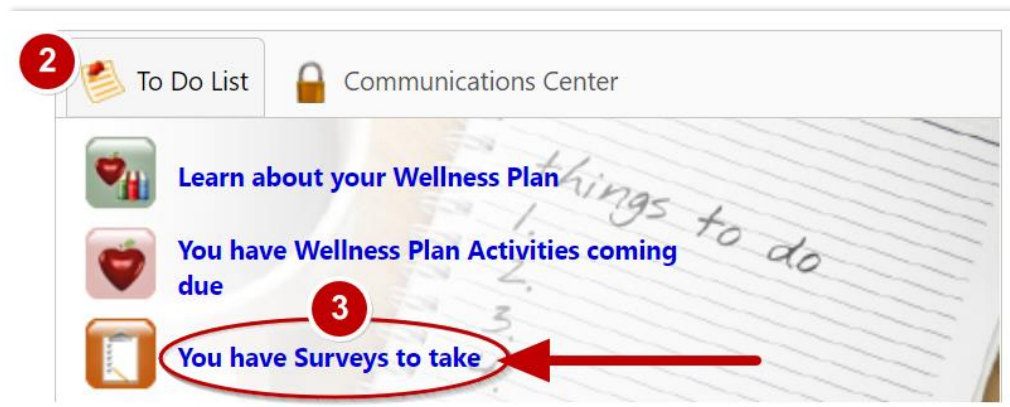
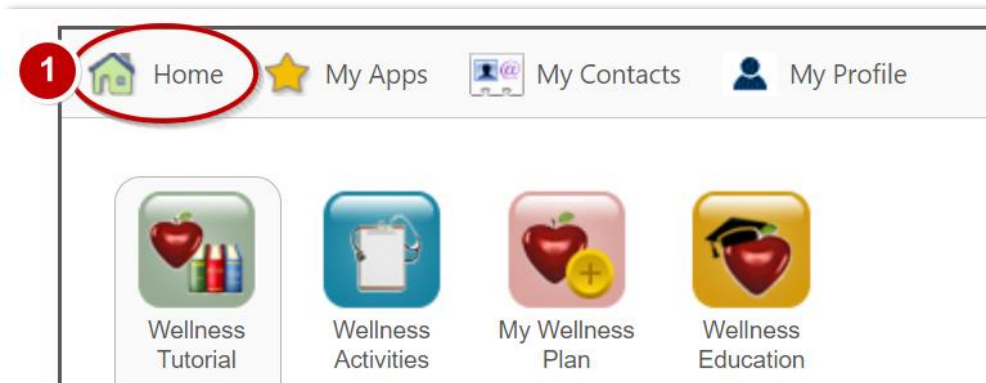
Step 1: Log in to the wellness portal at LACountyGetsFit.com

- If you have already created an account, click the yellow Login button at the top of the page and then enter your username and password.
- If you have not created an account, then complete each field of the registration form located below the Login area. See page 2 for instructions on how to create an account.



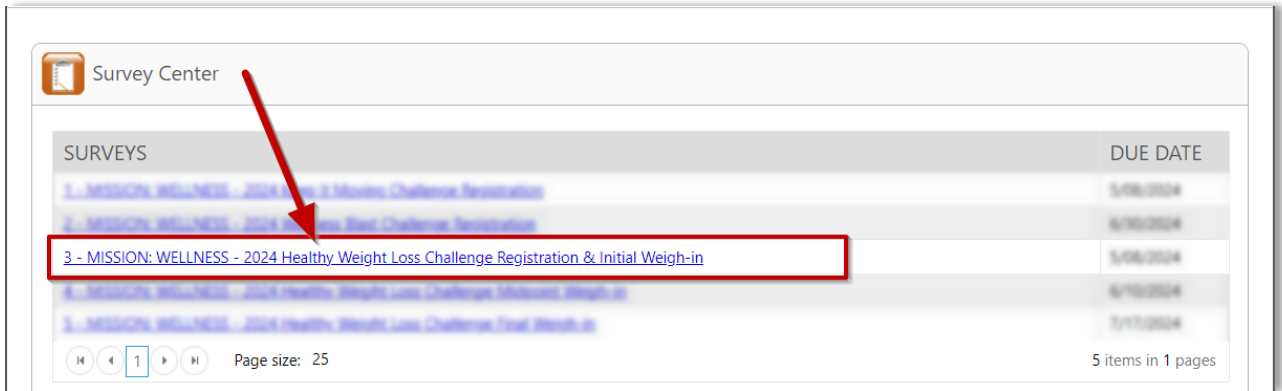
Step 2: Go to your To-Do List

- In the Wellness Tutorial, click the (1) "Home" icon on the navigation bar to navigate to your To Do List. In the (2) To-Do List, click the link (3) "You have Surveys to take"





- In the **Survey Center**, click on the **survey name** to access it.



Step 3: Complete Registration

- Complete the Team Captain Information. **Note:** all fields are required.

Preview 4 - MISSION: WELLNESS - Healthy Weight Loss Challenge Registration & Initial Weigh In [Exit Preview](#)

Registration Information

To register as a Team Captain or Individual Participant complete all fields below, then click the "Next" button to proceed to the Team Information page.

1) Team Captain LAST Name:

This item is required

2) Team Captain FIRST Name:

This item is required

3) Team Captain Employee Number
(Do not include the "E" when entering your number)

This item is required

4) Select your department from the drop down list below:

This item is required



- Click the **Next** button at the bottom of the page to add your Team Information.

8) Work City, State & Zip Code
(Enter your WORK city, state & zip code, not your personal one)

This item is required

Click the "**Next**" button to add your Team Information.

- Enter your team information and initial total team weight. **Note:** all fields are required.

Preview 4 - MISSION: WELLNESS - Healthy Weight Loss Challenge Registration & Initial Weigh In [Exit Preview](#)

Team Information and Initial Weigh-in

1) Enter your Team Name.
Your team name will remain the same during the challenge.
Note: If you're a "team of one", DO NOT use your name as your team name. If you're a "team of one" and prefer for your results to NOT appear on the Challenge Leaderboard, please submit your request via email to: support@mybenefitschannel.com

This item is required

- Click the blue **Finish** button to submit your team registration information.

4) Total Team Weight (during Registration Week).
In the field below, enter the **total number of pounds** your team weighs.
Note: If a member of your team drops out at some point, then in future weigh ins just include and roll over their initial weight.

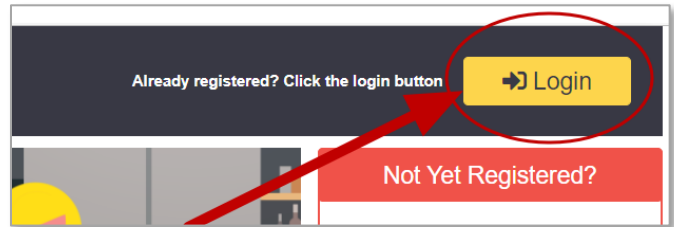
This item is required



How to Complete the Midpoint Weigh-in Survey

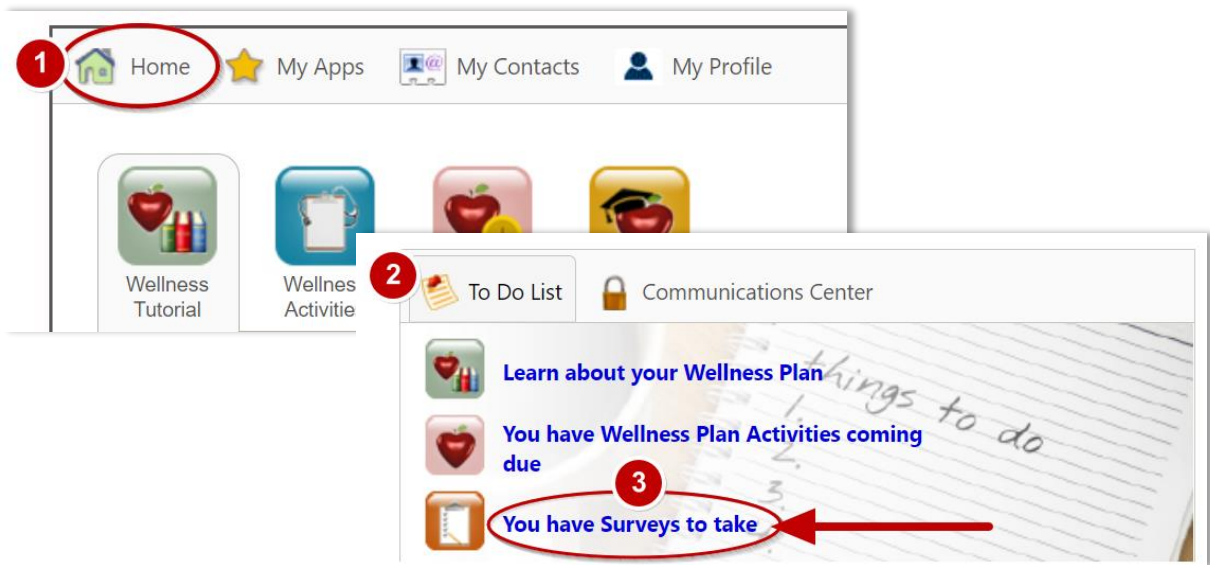
Step 1: Log in to your wellness portal

- Go to LACountyGetsFit.com and click the yellow **Login** button at the top of the page. Then enter your username & password.

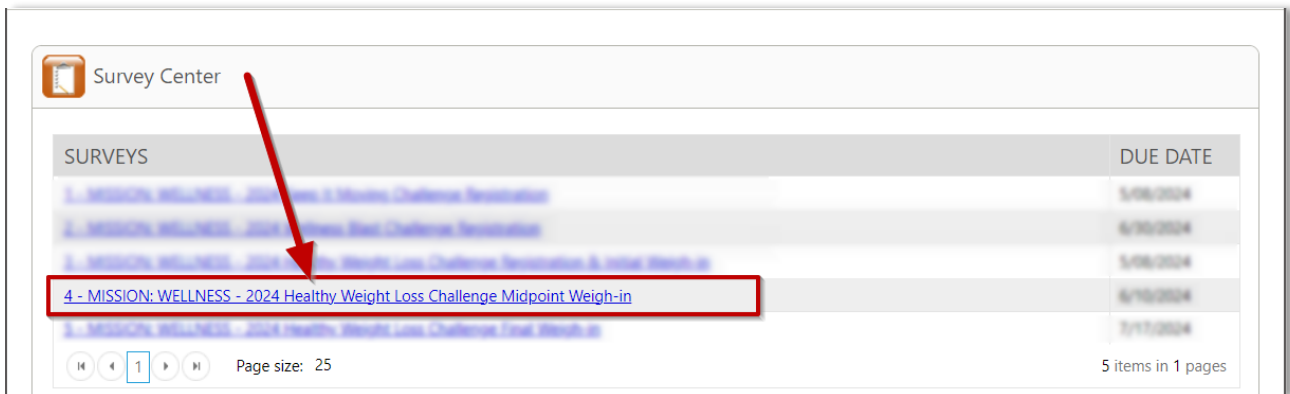


Step 2: Go to your To-Do List

- In the Wellness Tutorial, click the **(1) "Home"** icon on the navigation bar to navigate to your **To Do List**. In the **(2) To-Do List**, click the link **(3) "You have Surveys to take"**.



- In the **Survey Center**, click on the **Midpoint Weigh-in survey** to access it.






Step 3: Complete the Midpoint Weigh-in Survey

- Enter your team's total midpoint team weight in the appropriate field. Click the **Finish** button to submit.

4 - MISSION: WELLNESS - 2024 Healthy Weight Loss Challenge Midpoint Weigh-in

MISSION: WELLNESS - Healthy Weight Loss Challenge Midpoint Weigh-in



Accept the Healthy Habit Challenge

Enter the **your total team weight (in pounds)** in the box below. If you have a team member drop out, you must include their initial weight in your total.

This survey closes [REDACTED]; please submit your team's midpoint weight by this date. Thank you!

Midpoint Team Weight in pounds:

This item is required

Click the blue **Finish** button below to submit your team's midpoint weigh-in results.

For Technical Issues with this form, email support@mybenefitschannel.com
For Wellness Program Questions, email workplaceprograms.hr@lacounty.gov

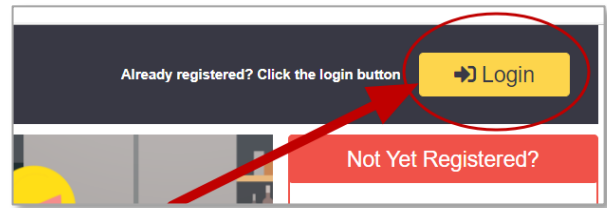
Disclaimer: your response will be shared with a 3rd party and employer in order to administer an incentive.



How to Complete the Final Weigh-in Survey

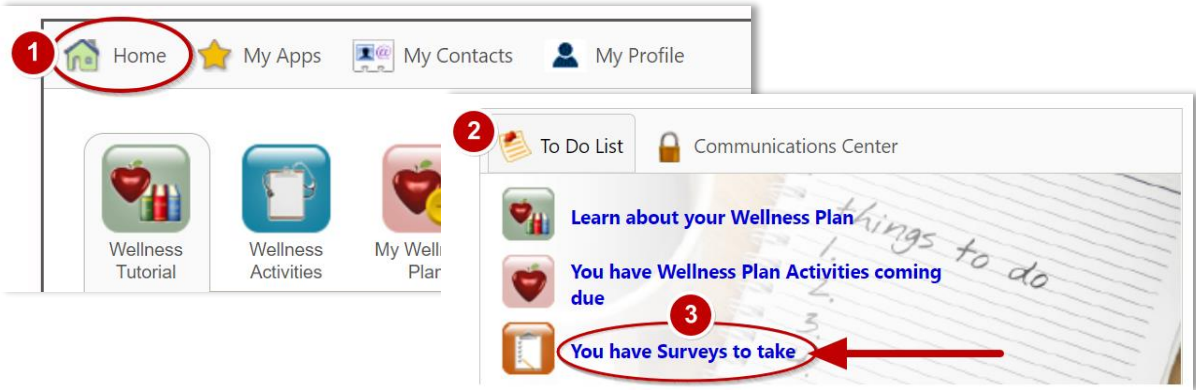
Step 1: Log in to your wellness portal

- Go to LACountyGetsFit.com and click the yellow **Login** button at the top of the page. Then enter your username & password.



Step 2: Go to your To-Do List

- In the Wellness Tutorial, click the (1) **“Home”** icon on the navigation bar to navigate to your **To Do List**. In the (2) **To-Do List**, click the link (3) **“You have Surveys to take”**.

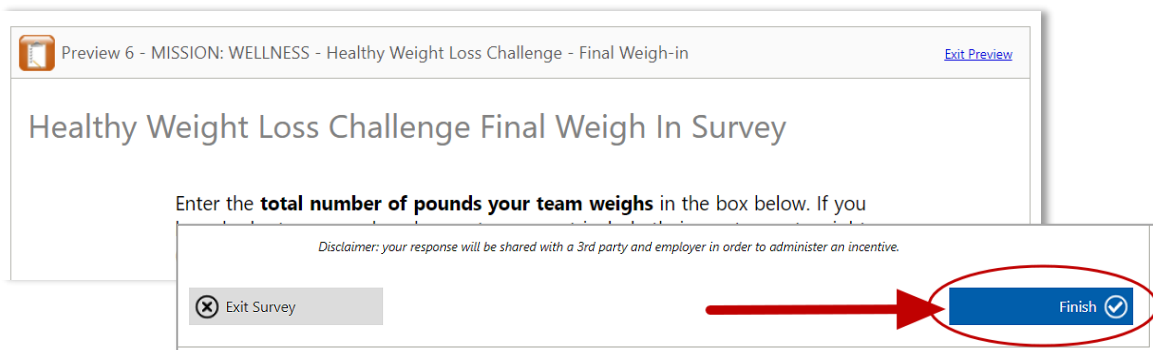


- In the **Survey Center**, click on the **Final Weigh-in** survey to access it.



Step 3: Complete the Final Weigh-In Survey

- Enter your team’s total team weight in the appropriate field. Click the blue **Finish** button to submit your team’s final weight.

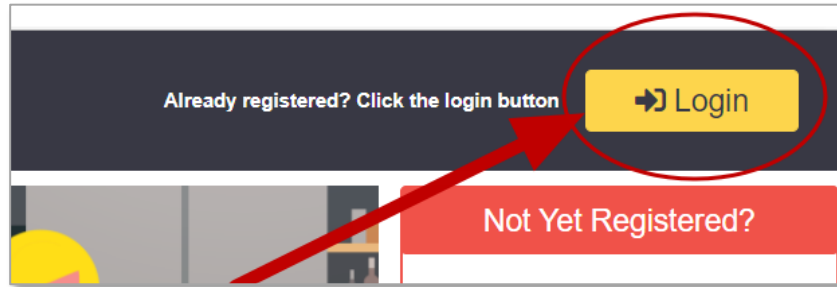




Keep It Moving Challenge: How to Register

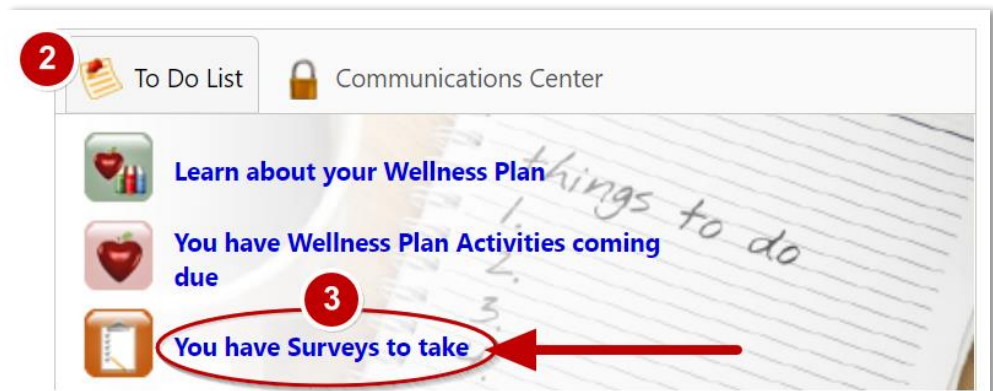
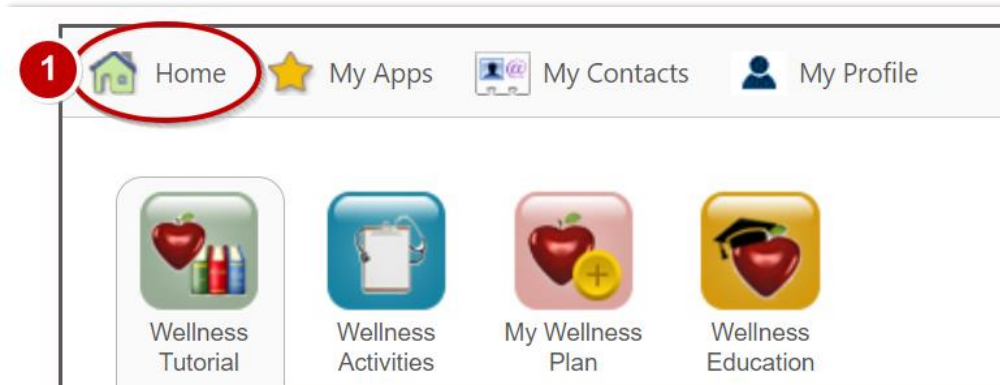
Step 1: Log in to your wellness portal

- Go to LACountyGetsFit.com and click the yellow **Login** button at the top of the page. Then enter your username & password.
- If you have not created an account, then complete each field of the registration form located below the Login area. **See page 2 for instructions on how to create an account.**



Step 2: Go to your To-Do List

- In the Wellness Tutorial, click the **(1) "Home"** icon on the navigation bar to navigate to your **To Do List**. In the **(2) To-Do List**, click the link **(3) "You have Surveys to take"**.



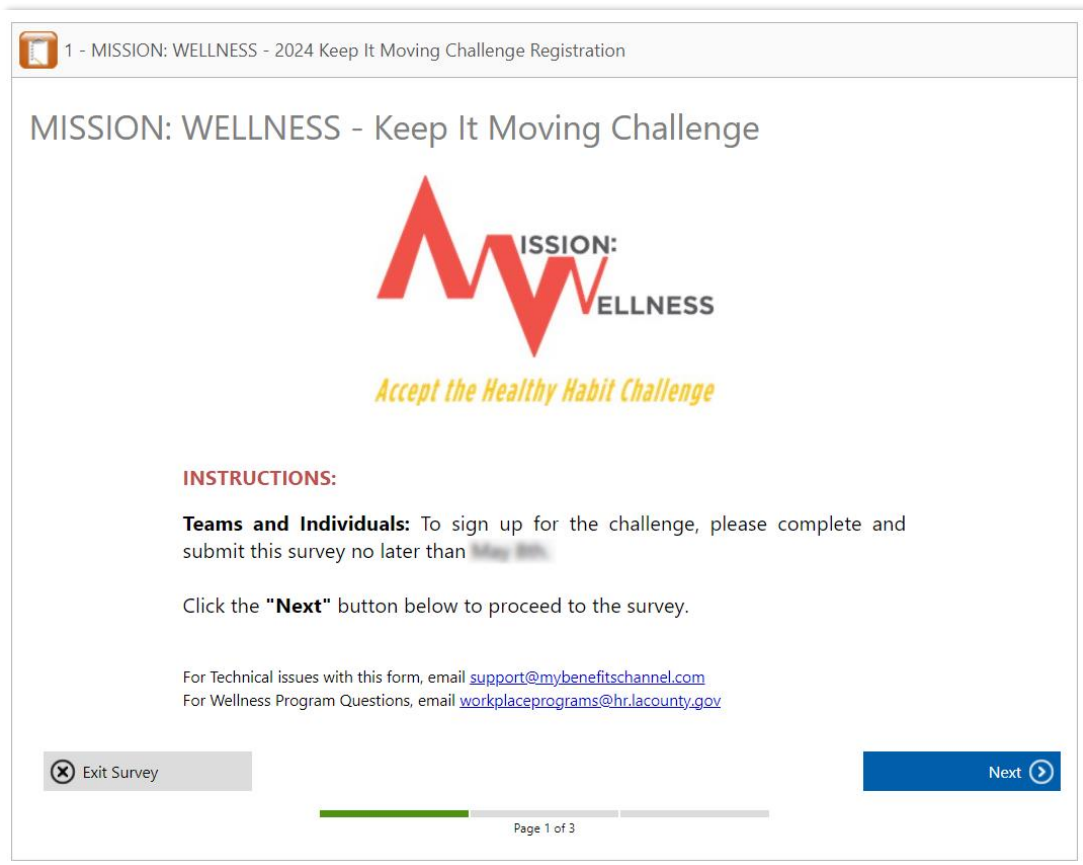


- In the **Survey Center**, click on the **Keep It Moving Challenge survey** to access it.



Step 2: Complete Registration

- Follow the instructions to complete and submit the survey.



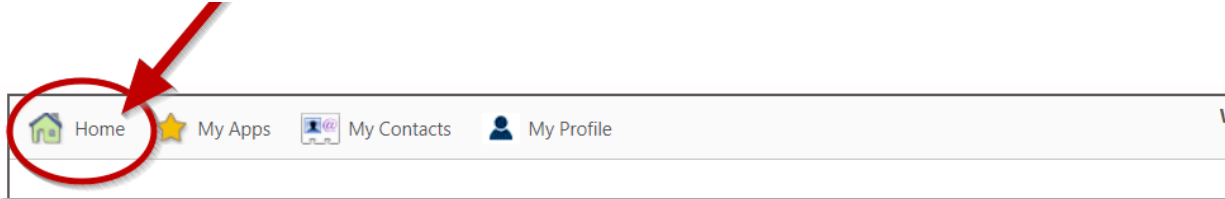
- **NOTE:** After you submit the Keep It Moving registration survey, your team name will be created in the wellness portal. You will receive an email with instructions from lori.cook@mybenefitschannel.com on how to sign up for your team name in the portal to complete your registration. Instructions will be sent to the email address you provided in your registration survey. Please make sure to check your inbox as well as any spam or junk folders for the instructional email.



Keep It Moving Challenge: How to Submit Daily Activity Tracking & Activity Examples

Step 1 : Navigate to the Home page

- After logging in to the portal, from the Wellness Tutorial section, click **(1) "Home"** at the top of the page.



Step 2 and 3: Navigate to the Physical Activity Tracker

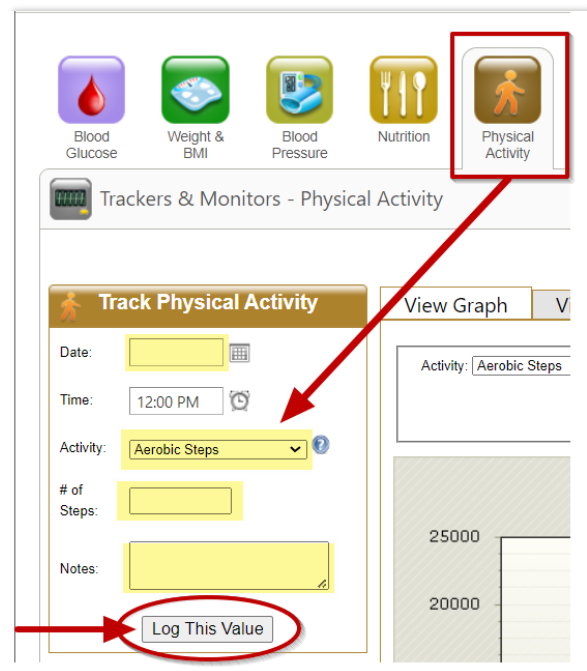
- On the home screen, click on the **(2) Trackers & Monitors** icon. Then click on the **(3) Physical Activity** icon.



Step 4: Enter Physical Activity Data

To Enter **AEROBIC STEPS**:

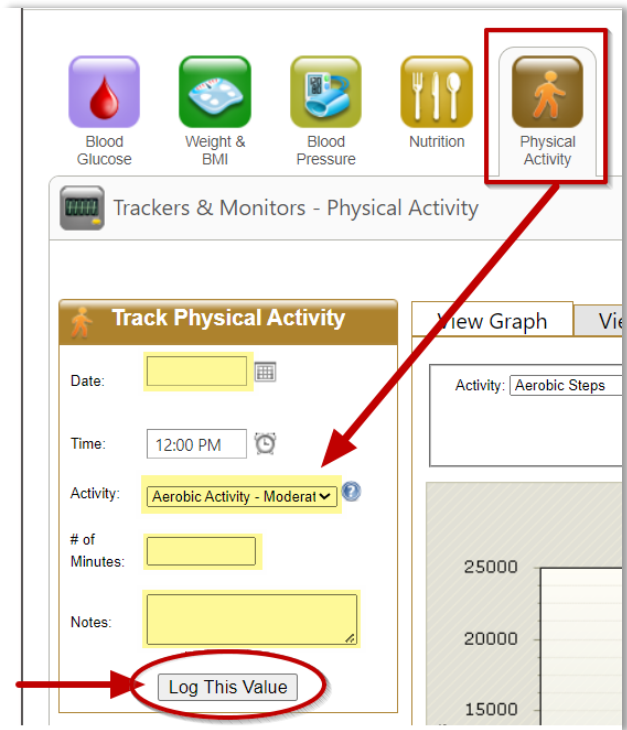
- Type the **Date** in the field or click on the calendar icon to select Date.
- Ensure **"Aerobic Steps"** is displayed in the **Activity** field.
- Type in your steps in the **# of Steps** field.
- In the **Notes** field type in the **type of device** you used to track your steps.
- Click **"Log this Value"** to log your steps.





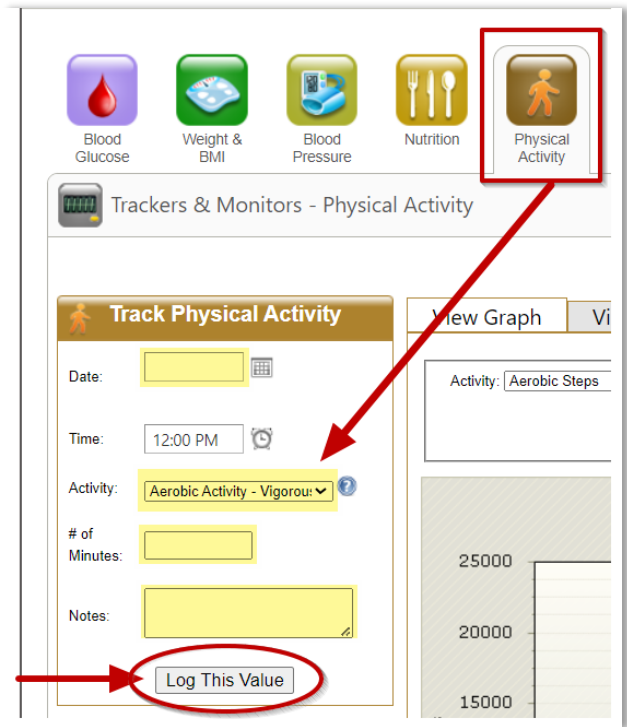
To Enter AEROBIC ACTIVITY – MODERATE*:

- Type the **Date** in the field or click on the calendar icon to select Date.
- Ensure “**Aerobic Activity- Moderate**” is displayed in the **Activity** field.
- Type in the number of minutes in the **# of Minutes** field.
- In the **Notes** field type in the **type of activity** you did (i.e. Walking, Jogging, Swimming).
- Click “**Log this Value**” to log your activity.



To Enter AEROBIC ACTIVITY – VIGOROUS*:

- Type the **Date** in the field or click on the calendar icon to select Date.
- Ensure “**Aerobic Activity- Moderate**” is displayed in the **Activity** field.
- Type in the number of minutes in the **# of Minutes** field.
- In the **Notes** field type in the **type of activity** you did (i.e. Walking, Jogging, Swimming).
- Click “**Log this Value**” to log your activity.



*For guidelines for determining whether the activity you are participating in is Moderate or Vigorous, please reference the [Physical Activity Intensity Levels - Moderate and Vigorous](#) document.



Physical Activity Examples

Regular physical activity has several health benefits for you: it improves your heart health, increases muscle and bone strength, and helps to decrease body fat. Regular activity can also help you control cholesterol, triglycerides, blood glucose, and blood pressure. Physical Activity can help in many other areas such as stress management, overall mood, immune system health, and improved sleep patterns. A good goal might be to be active for at least 30 minutes a day, 5 or 6 days each week. Something as simple as a brisk 30 minute walk can offer many health benefits.

Activity Examples

Activity Type	Conversion to Minutes	Examples
Aerobic Steps	105.6 steps = 1 equivalent minute	Walking, race-walking, jogging, running, using an elliptical machine.
Aerobic Activity - Moderate Intensity	1 minute = 1 equivalent minute	Playing doubles tennis, ballroom dancing, cycling 10mph or slower, shooting hoops.
Aerobic Activity - Vigorous Intensity		Swimming laps, playing singles tennis, aerobic dancing, cycling 10mph or faster, hiking uphill or with a heavy backpack, playing in a basketball game.

What is an Equivalent Minute?

Equivalent minutes are a way to track different types of aerobic physical activity and convert them into one common time factor. Equivalent minutes are calculated based on the duration and type of activity. When using the step tracker, all steps are converted to moderate intensity aerobic activity at a rate of 105.6 steps equals one minute of aerobic activity. Moderate and vigorous intensity aerobic activity is also converted to equivalent steps in the same way.

How Much Aerobic Activity is Enough?

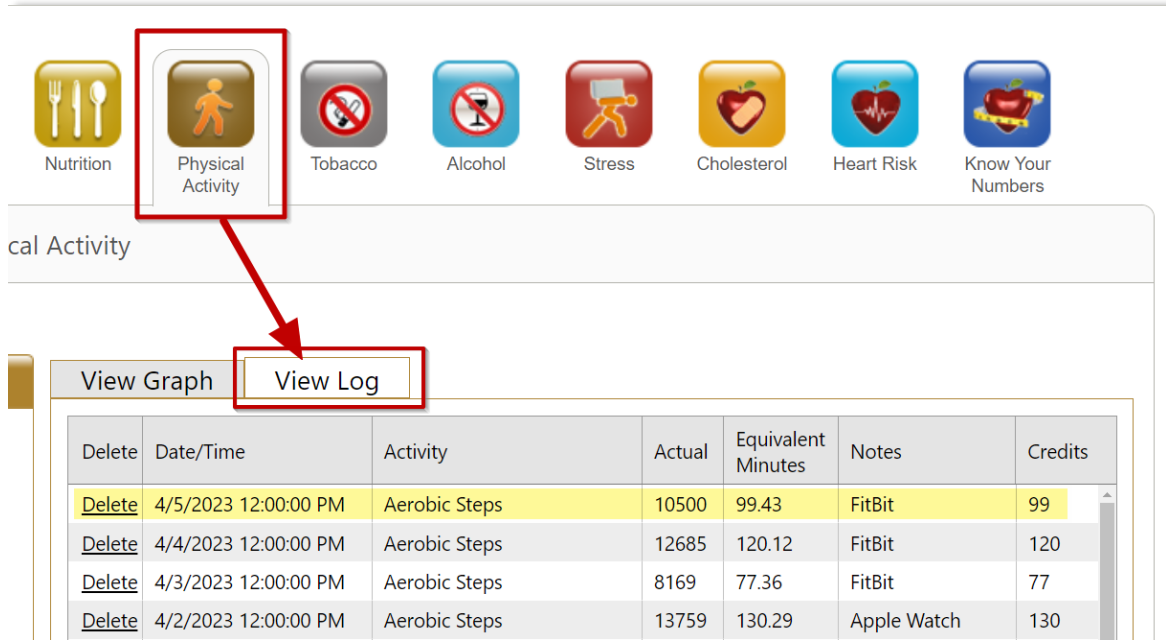
Steps per Day	Equivalent Minutes per Day	Is it Enough?
3,500 to 5,000	30 to 45	You're considered sedentary and should work on increasing your daily activity.
5,000 to 7,500	45 to 70	You're more active than some, but still have room to "step it up!"
7,500 to 10,000	70 to 90	You're getting closer to improving your health!
10,000 to 12,500	90 to 120	With a healthy diet and this level of activity, most people can maintain their health and current weight!
12,500+	120+	At this level, you can start losing weight, having more energy, and feeling good!



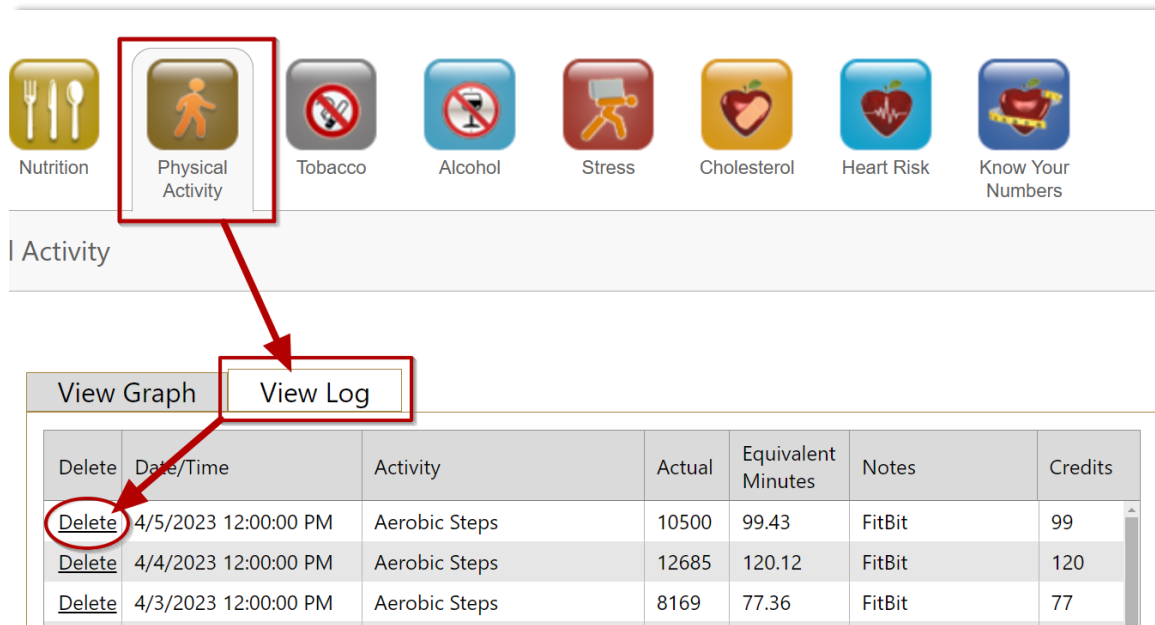
Keep It Moving Challenge: How to View & Delete Activity Entries

Step 1: View Physical Activity Log

- In the Physical Activity Tracker, click on the “View Log” tab. There you will see your physical activity entries you have recorded.



- If you made an error when entering your physical activity, you can delete your entry by clicking the “Delete” link. After deleting an entry, you will need to re-enter your physical activity data for that date.

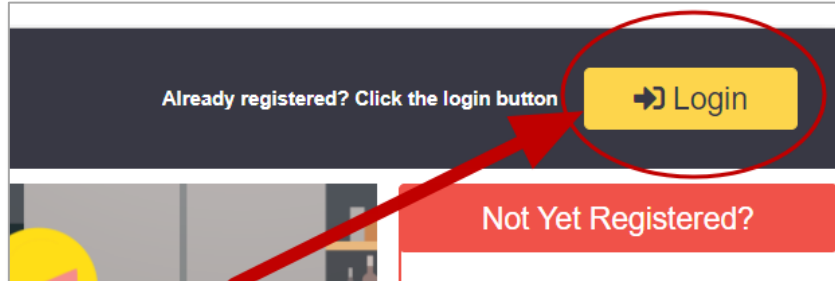




Wellness Blast Challenge: How to Register

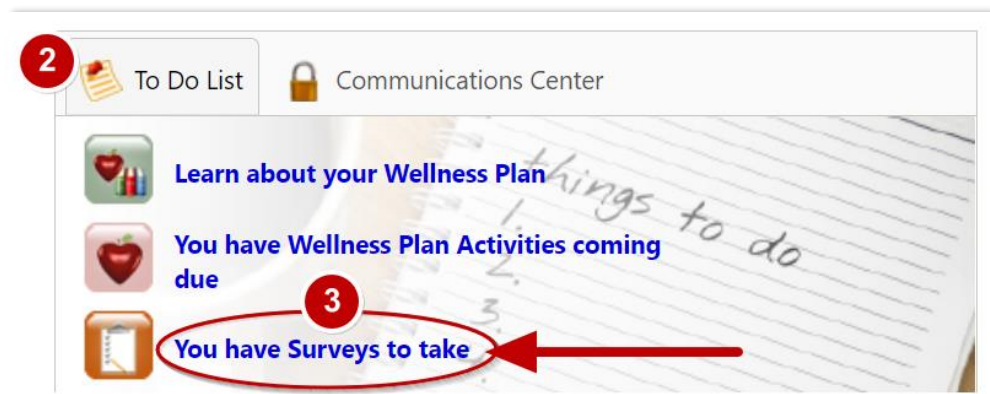
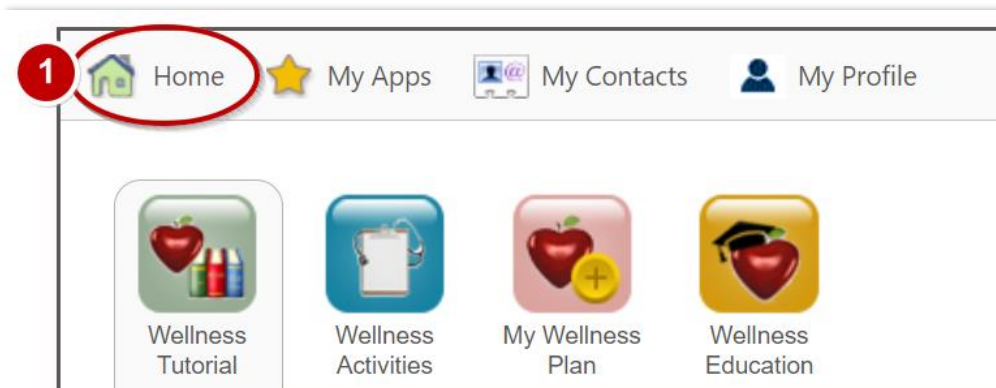
Step 1: Log in to your wellness portal

- Go to LACountyGetsFit.com and click the yellow **Login** button at the top of the page. Then enter your username & password.



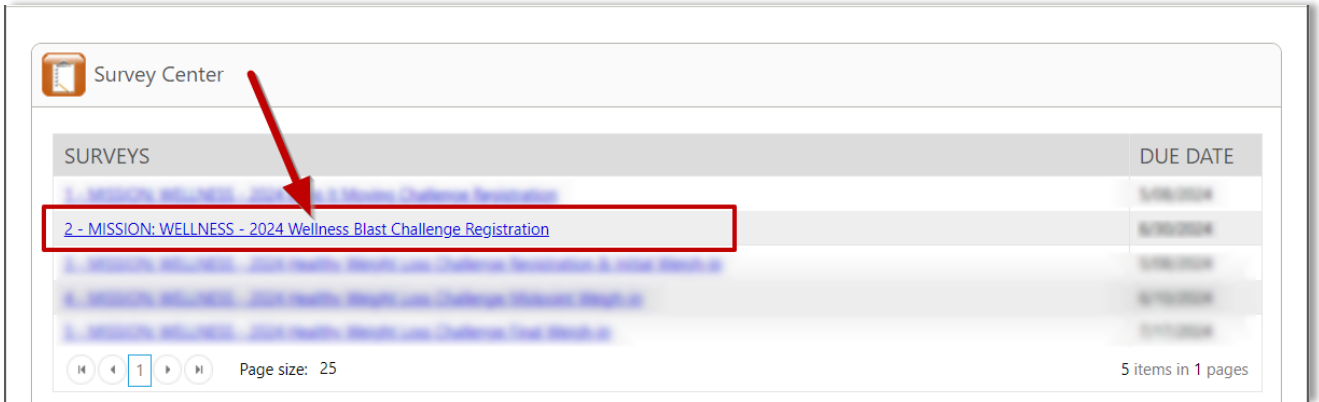
Step 2: Go to your To-Do List

- In the Wellness Tutorial, click the **(1) "Home"** icon on the navigation bar to navigate to your **To Do List**. In the **(2) To-Do List**, click the link **(3) "You have Surveys to take"**.



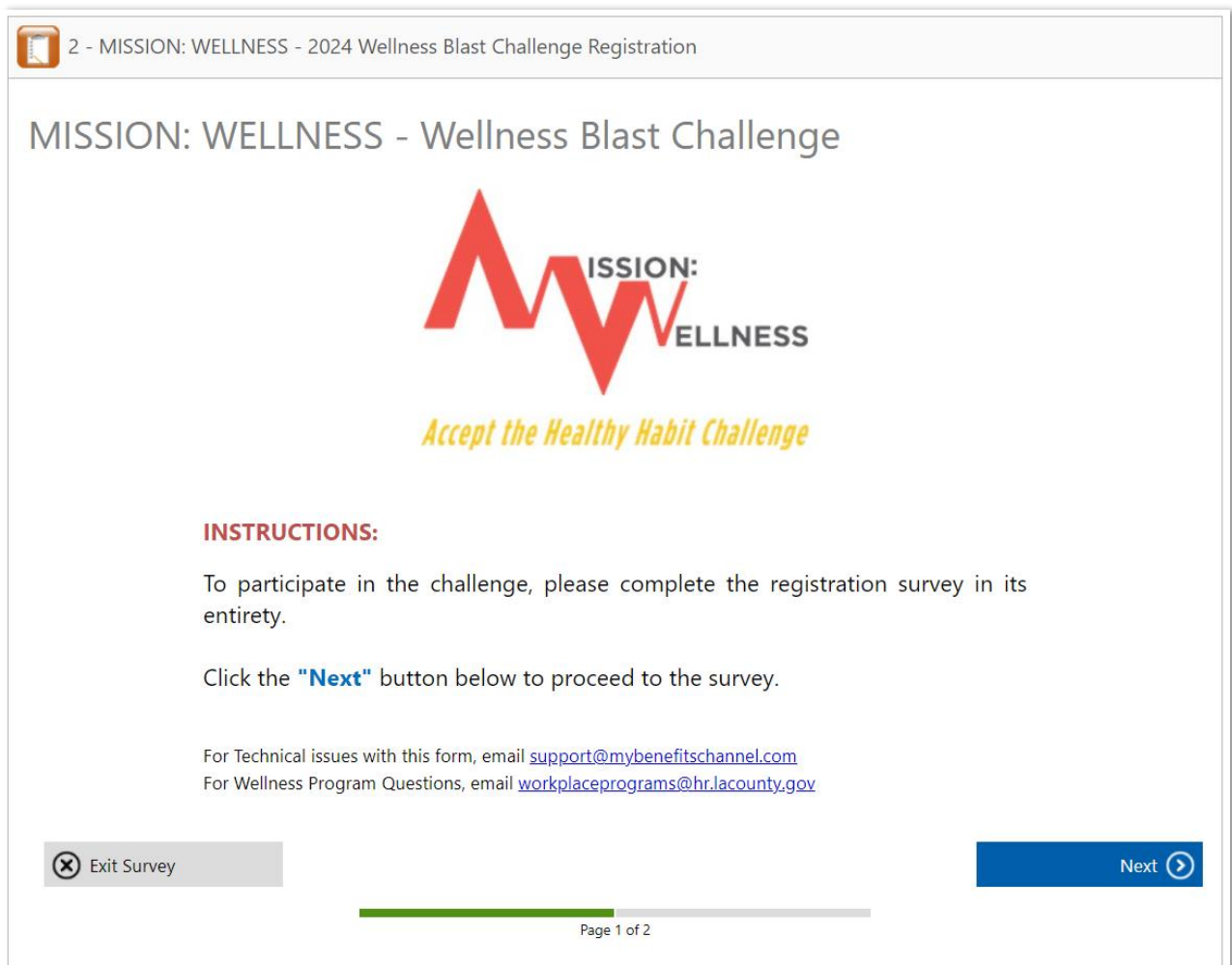


- In the **Survey Center** click on the Wellness Blast Challenge survey to access it.



Step 2: Complete Registration

- Follow the instructions to complete and submit the survey.





Wellness Blast Challenge: How to Access Wellness Blast Videos

Step 1: Log in and click on Wellness Education

- Log into your wellness portal account and click on the **Wellness Education** page.



- Scroll down to the bottom of the page to the category **“Wellness Blast Challenge”**. Click on the category name to access the video.

Wellness Blast Challenge

CATEGORY	TYPE	DUE DATE
Brief Cardio Workout (Seated or Standing)	Elective	
Brief Full-Body Strength Workout (Seated or Standing)	Elective	
Cardio #1	Elective	
Cardio #1	Elective	
Core Exercises	Elective	

Step 2: Watch the Video

- Click on **“Watch the Video”** to participate.

Brief Cardio Workout (Seated or Standing)

Note: Using the browser forward/back buttons will not save your progress, so they have been disabled. Please use the gray or blue buttons in the bottom right of each page of the course to navigate. [Click here](#) here for more help navigating the course.

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[Watch the Video](#) Complete this workout.

Exit Course



Wellness Blast Challenge: How to Submit Daily Wellness Blast Tracking

Wellness Blast Class activities must be self-certified the day they are completed to receive credit.

Step 1: Go to your Wellness Activities

- Click on the **Wellness Activities** icon.

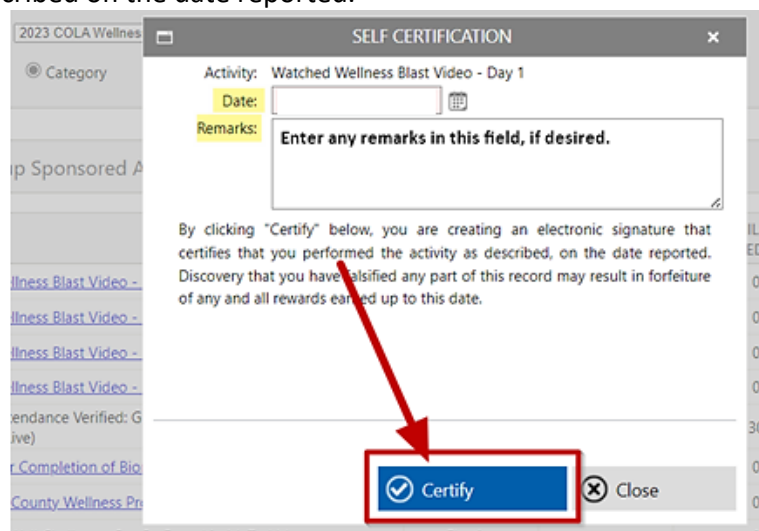


- Under **Group Sponsored Activities**, click on the **blue link** “**Watched Wellness Blast Video – Day...**” associated with the date that you completed the wellness blast video.

ACTIVITIES	TYPE	DUE DATE	AVAILABLE CREDITS
Watched Wellness Blast Video - Day 1	Elective	1/1/2023	0
Watched Wellness Blast Video - Day 2	Elective	1/1/2023	0
Watched Wellness Blast Video - Day 3	Elective	1/1/2023	0

Step 2: Certify you watched the video

- In the Self Certification pop-up window, **enter the Date you watched the video** and any remarks if desired.
- Click “**Certify**”. By clicking “Certify” you will create an electronic signature that certifies you performed the activity as described on the date reported.





MISSION: WELLNESS FAQs

- 1. I did not get a confirmation when I completed the Challenge surveys. Did my information and/or team information get captured?**

The system does not generate confirmation emails but rest assured, your team information was received.

- 2. My team member has dropped out of the weight loss challenge. What weight do I enter for them at either the midpoint or final weigh-in?**

If one of your team members has dropped out of the challenge, you will need to include the same weight that he/she had recorded for the initial weigh-in. If they dropped out after the midpoint weigh-in, you will need to use their last recorded weight.

- 3. I want to add one more team member or change some existing information. How can I add to/edit the Team Registration & Initial Weigh-In survey I previously completed?**

If you need to update your team registration information, the Team Captain will need to contact MyBenefitsChannel Support at support@mybenefitschannel.com or call the support line at 800.435.5023, and select option 2.

- 4. I need to enter my team's midpoint or final team weight, but I do not see the survey link in my To Do List in the portal. What do I do?**

After the Team Registration survey ends, only the Team Captains will be added as respondents to the Midpoint/Final Team Weigh In Surveys in the portal.

Team Captains will receive a notification in their To Do List with the link "You have Surveys to take". Once the Team Captain completes the survey(s), the notification in the To-Do List will disappear.

If you need help or if you have additional questions, please email MyBenefitsChannel Support at support@mybenefitschannel.com or call the support line at 800.435.5023, and select option 2. Support hours are **6:00 am to 3:00 pm (Pacific Time), Monday – Friday**, except for major holidays.