



MILES for
Wellness
Program of NC Wellness

FREQUENTLY ASKED QUESTIONS

My agency/department doesn't have a team. Can I still participate?

Yes! We now have a link for people in need of a team. Please go to <https://oshr.nc.gov/miles-wellness-challenge-20> and click on the "Click here to Register" button, scroll to the bottom of the form to "Need a Team" and click on the link to find a team to join. Contact a captain listed there and join today!

My team doesn't have 10 members. Can we still participate?

Yes! However, team captains also have the option of accepting employees from other locations. Just check "yes" on your team registration form, and your team will be added to the list of available teams interested in taking additional participants.

Can a team have more than 10 members?

No. If you have more than 10 participants you must start another team with a different team name. That second team will also have to be registered separately. During registration for the second team, you can check the box that allows you to accept participants from other locations, if additional team members are needed or desired.

Can two or more teams have the same name?

No. The team that registered first will be allowed to keep the name. Teams trying to use the name later will be notified and required to change their team name. A captain of multiple teams *may* be an exception.

Can I be a team captain but not a participant on that team?

Yes. Although most team captains are participants, it is not a requirement. This would allow a person to captain more than one team, if desired.

Can team members work in different agencies/departments?

Yes. Employees of different agencies or different locations/cities, basically wherever state employees are working, are eligible to be on a team together.

When are walking divisions determined?

Walking divisions are determined throughout the challenge. This allows teams to compete only against "like" performing teams throughout the challenge.

How are the divisions determined?

The divisions are determined by the average weekly steps per team member, per team as seen here:

Tortoise	up to 56,000 steps per week, per member
Hare	56,001 – 70,000 steps per week, per member
Super Hare	70,001 – 105,000 steps per week, per member
Bionic Hare	105,001 and up steps per week, per member

If my team is smaller, how are divisions calculated in order to keep it fair?

The “average” number of steps per team member per week is used in that determination. That way “like walkers” are competing against “like walkers” to enhance fairness.

Can retirees participate?

Yes, retirees can be on a team of current state employees.

Can temporary/contract employees participate?

Yes, they are allowed to participate. However, if they leave state employment during the challenge, their spot cannot be filled by another employee unless it occurs within the first two weeks of the challenge.

Can family members participate?

Family members cannot be on a team unless they are employees, retirees, or temporary/contract employees of state government.

How do I enter information in the Captains Spreadsheet?

Go to the “Team Roster” tab on the Captains Spreadsheet to enter your team information. The information will auto-fill onto the Captains Tracking sheet. The only thing you can directly enter on the Captains Spreadsheet (Tracking Tab) are the step totals of your team members.

Can I make changes to my team roster?

Yes. You can make changes to your roster through Week 2 of the challenge. Changes only need to be made on the Team Roster tab on your Captains Spreadsheet. After Week 2, substitutions and additions cannot be made.

Will I get an email response when I register my team?

That is dependent on two things. First, the box asking to receive a confirmation email must be checked at the bottom of the registration form. Second, upon checking that box and when prompted to provide your email address, if that email address entry is not typed correctly, then the confirmation email will not be delivered.

Are team members required to wear fitness trackers?

No, fitness trackers are not required, but they are very helpful in tracking daily activity step totals. If you walk/run a known distance, those steps would not require a tracker, i.e., 2,000 steps = 1 mile. If you do want to purchase a fitness tracker, there are many options available for most budgets, such as phone apps, pedometers, Fitbits, Jawbones, etc. Using the conversion function on the Activity Log for walking is also an option.

Can I wear my fitness tracker during a conversion activity?

No. You should either use the tracker or the conversion for the specific activity. Using both conversions and step counts for the same activity is “double dipping,” and it does not provide a fair or accurate step count.

What if I forget my fitness tracker or the battery runs down?

Use the step count of one of your other days that had a similar level of activity.

How do I access the Activity Log to enter my steps or conversions?

Click the appropriate weekly heading on the Participants Weekly Log. You will be taken to the Activity Log for that week. Click in the yellow box to add steps or in the first space under Daily Steps to find the drop-down list of activities for conversions. Provide the minutes of the activity and the sheet will convert that time to steps.

What types of activities are allowable for conversion?

Any exercise or physical activity is allowable.

I don't see my activity listed under the Activity Log drop down.

Use whatever activity listed there is closest to the intensity of the activity you performed.

How do I determine if an activity is high, medium, or low impact/intensity?

Please refer to the "Physical Activity Guidelines" on the website, <https://oshr.nc.gov/state-employee-resources/benefits/wellness/fitness>, for additional information.

What do teams get for winning their divisions?

Teams are awarded a traveling trophy, certificate of accomplishment, framed certificate for your place of employment, a personal trophy presentation by the Statewide Wellness Coordinator, and OSHR website recognition with your team photo. And, of course, bragging rights!

Who can I contact for more information?

There are two ways you can contact the Statewide Wellness Coordinator:

Email: milesforwellness@nc.gov

Phone: 919-807-4800