



WorkWell NYC's Step Challenge – Let's Move NYC 2025!

Official Rules, Prizes, and Recognition

Thank you for joining WorkWell NYC in the **Let's Move NYC 2025 Walking Challenge!**

The following rules and guidelines will help to ensure the challenge is fun and fair.

If you have any questions about the challenge rules and guidelines, please email the WorkWell NYC Team at workwell@olr.nyc.gov.

General

- **Eligibility:** This challenge is exclusively for City of New York employees.
- **Registration deadline:** City employees can enroll in the Let's Move NYC 2025 step challenge until March 16th at 11:59 pm or until all slots are filled. [Click here](#) to register!
- **Ways to participate:**

Note: All participants will be automatically enrolled in the individual challenge and can opt into the team challenge if desired. View Registration Instructions for information on how to join your agency's team at nyc.gov/letsmove-nyc

 - **In a group – Teams category:** Represent your agency on a team with 10-15 of your co-workers or join a citywide team with team members from multiple agencies.
 - **Individually – Top Stepper category:** Compete to be amongst the individuals with the highest average daily step count.
 - **Individually – Stick-To-i' category:** Choose a daily goal between 6,000 to 35,000 steps and stick-to-it for 80% of the duration of the challenge (24 out of 30 days).
- **Step cap:** To ensure healthy participation in Let's Move NYC, the number of daily steps counted will be capped at 35,000 steps per day. If your daily step total

exceeds this amount on any day, additional steps beyond 35,000 will not count towards your challenge participation.

- **Reasonable accommodation:** For questions, concerns, and/or requests for reasonable accommodations, please email workwell@olr.nyc.gov.
- **Note:** Other forms of physical activity not involving steps (biking, swimming etc.) are not applicable for this challenge.

About the Teams Challenge

If you would like to join a team, you can join an **agency team** or a **citywide team**.

- Agency teams:** Teams have been allocated based on agency size and participation in previous WorkWell NYC walking challenges, but new teams can be added by submitting your request at workwell@olr.nyc.gov with your agency and desired team name.
- Citywide teams:** A citywide team **is open to everyone**. Staff from any agency can join it.
- Team Size:** All teams are required to have 10-15 members to be eligible to participate in Let's Move NYC. Note: Participants on teams with less than 10 members will be moved to another team within their agency before the challenge begins.
- Creating a new team:**
 - If you don't see your agency team or all of your agency teams are full, and you would like to have a new team created, please send us an email to workwell@olr.nyc.gov.
 - Once the team is created, you can recruit colleagues from your agency to join the team.

Note: You don't need to have 10 people in order to join a team. You can first join a team and then encourage others to join you by giving them the name of the team you have joined.

- Changing your team profile picture:** You can submit your agency logo or a team photo to workwell@olr.nyc.gov and WorkWell NYC will update your team profile picture to reflect the change.
- Changing team name:** If your team wants to have a unique name, email your request to workwell@olr.nyc.gov along with the current and the new name. (i.e. ACS - Metrotech Walk it Like we Talk It; OCME- Walking Dead; DOE – 333 Insanity)

Additional Notes:

- **Participating in a team with co-workers:** To join the same team as your coworkers, let them know the name of the team to join and try to join around the same time before it fills up. Try to reach the minimum of ten team members to avoid the chance of being reassigned to another team when teams are consolidated.

- **Switching teams:** Participants can switch teams (within their agency or to [a](#) citywide team) during the registration period as often as desired before the challenge begins. Once the challenge begins on April 1, participants won't be able to switch teams.
- **Team consolidation:** After registration closes on March 16th at 11:59 pm, teams with less than 10 members will be consolidated before the challenge begin on April 1st. Team consolidation may occur through one of the following methods:

Note: The only way to stay an unchanged team is to reach the 15-member maximum.

- **Removal of inactive team members:** An “inactive member” is defined as a participant who has not opened the WellBeing+ app and has not had their steps counted from their step tracking device. **To keep the competition fair for all team members**, inactive members will be removed at regular intervals during the duration of the challenge. Removed team members will still be able to participate in the Let's Move NYC step challenge as individual steppers.

Challenge Platform

- **WellBeing+ Account & Step Tracking Device:** To participate in the challenge, users must complete the following:
 1. Create an account on the WellBeing+ app on your mobile device.
 2. Connect a step tracking device such as a smart phone or [wearable device](#) (Fitbit, Apple Watch, Garmin, etc) to their WellBeing+ account. Without this, your steps will not get tracked.
- **Syncing:**
 - To make sure [your steps are counted by the WellBeing+ app](#) to the WellBeing+ app, you must open the app on your phone.
 - While the app can pull up your step count from the last five days at once, opening the WellBeing+ app regularly is important because it ensures a team's steps are shown in real-time, and any issues with accounting for your steps can get resolved in a timely matter.
- **Push Notifications:** Participants are encouraged to keep **push notifications turned on** to receive alerts when updates/messages are received. View these [instructions](#) on how to adjust your notifications.
- **Chat:**
 - **Etiquette:** The chat will be monitored, and participants who misuse the chat feature run the risk of being removed. Please [click here](#) to learn how to report inappropriate messages or users.
 - **Chat Rooms** available:
 - a. **Challenge Chat:** Anyone participating in the challenge can view all messages in the challenge chat.
 - b. **Team Chat:** Each team has their own chat. Members of the team are the only users who can view messages in their team chat.

- c. **Individual Chat:** One-on-one messages can be sent to anyone who has accepted your “friend” request on the app.
- **Photo Release:** WorkWell NYC reserves the right to use any messages and/or images shared in the group chat during the Let’s Move NYC step challenge.

Prizes

Breakfast of Champions - An awards ceremony will be held at the end of the challenge. Prizes will be awarded to:

- The top teams with the highest average step count at the end of the challenge.
- Top individual steppers with the highest average step count at the end of the challenge.
- A limited number of steppers who met their daily step goal for 80% of the duration of the challenge (24 out of 30 days). These steppers will be chosen via a random selection.

Recognition

- **Team category:** Top teams will be emailed a certificate recognizing their achievement.
- **Individual – Top stepper:** Top individuals will be emailed a certificate recognizing their achievement.
- **Individual - Stick-To-It category:** Individuals who achieve their step goal for 80% of the duration of the challenge (24 out of 30 days) will be emailed a certificate recognizing their achievement.

Support

• **Technical/WellBeing+ App related Support:** If you have reviewed the [WellBeing+ App Navigation Guide](#) and are still having technical issues, you can contact WellBeing+ tech Support:

- **In the app:** Click on menu in the top left-hand corner of the screen, then scroll down to the bottom and select the green “Message Support” button. An in-app chat box will then appear for you to message the app support team.
 - **Online:** Sign in to your WellBeing+ account via the web and click on the chat icon in the lower right-hand corner.
 - **By email:** Send an email to WellBeing+ Support at wellbeinghelp@rewardgateway.com.
- **General Support** – Email workwell@olr.nyc.gov for any general challenge related questions.