

Let's Move NYC- 2025 Step Challenge

WellBeing+ App Navigation Guide

Below are links to frequently asked questions on how to navigate the WellBeing+ app. For a full list of [help articles on using the WellBeing+ app](#), please browse through the topics here:

- [Navigating WellBeing+'s Mobile Dashboard](#)
- [Navigating the Different Features of the Challenges Tab](#)
- [How to Join a Challenge](#)
- [How to Join a Team](#)
- [Devices Compatible with WellBeing+](#)
- [Connecting a Fitness Tracking Device](#)
- [How do I connect with Health Connect for Samsung devices](#)
- [Syncing Activity to WellBeing+](#)
- [How to Access Announcements](#)
- [Navigating Content in a Challenge](#)
- [Activity Caps in Challenges](#)
- [How to Leave a Challenge](#)
- [How Do I Delete My Account](#)
- [Using the Chat Feature in WellBeing+](#)
- [Using the Friends Feature in WellBeing+](#)
- [How to Mute a Challenge or Team Chat from the Mobile App](#)
- [Reporting Messages and Users](#)