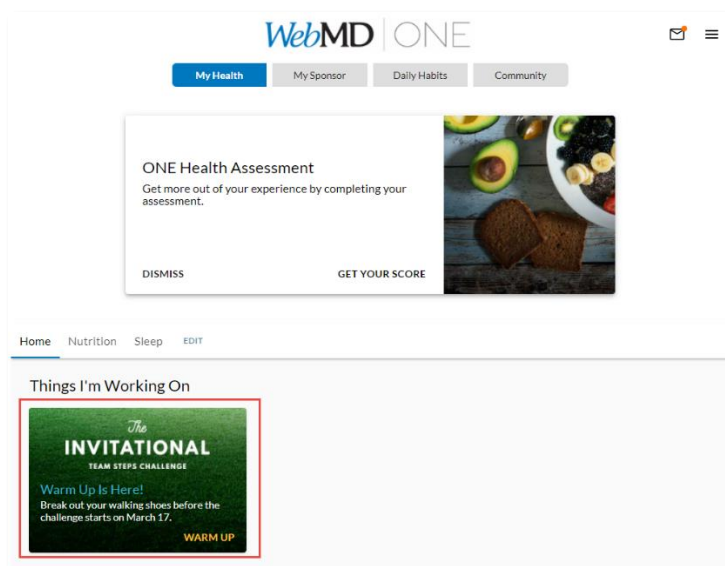
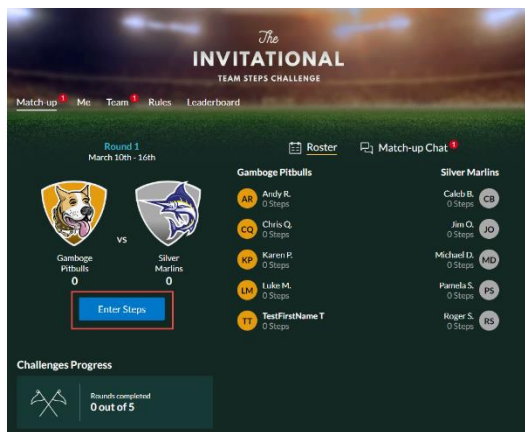


## How to Track your Steps for The Invitational Team Steps Challenge

1. Go to <https://webmdhealth.com/hcasmarthealth/>
2. Select "The Invitational" card in the "Things I'm Working On" stream.



3. Select "Enter Steps" for manual entry. If you are tracking via a device, confirm you can see your step count.



- After you've entered your steps, you'll see your progress tracked in the areas outlined in red below.

**Round 1**  
March 10th - 16th

**Gamboe Pitbulls** vs **Icterine Mallards**

**Gamboe Pitbulls**  
11,830

**Icterine Mallards**  
0

[Enter Steps](#)

**Roster** **Match-up Chat**

Gamboe Pitbulls	Silver Marlins
TT TestFirstName T 11,830 Steps	Angela R. 0 Steps
AR Andy R. 0 Steps	Charlie S. 0 Steps
CQ Chris Q. 0 Steps	David K. 0 Steps
KP Karen P. 0 Steps	Dwight O. 0 Steps
LM Luke M. 0 Steps	Leonard R. 0 Steps

- After each round has ended, you'll have one additional day to enter your steps for that round. If you are tracking steps via a device, this is a good time to check to make sure your steps have been tracked.

**The INVITATIONAL**  
TEAM STEPS CHALLENGE

[Match-up](#) [Me](#) [Team](#) [Rules](#) [Leaderboard](#)

We're tallying the scores for Round 1 now. Make sure you [Enter your steps](#) for Round 1 by the end of the day, then get started on the current round!

**Round 1**  
March 10th - 16th

**Gamboe Pitbulls** vs **Silver Marlins**

**Gamboe Pitbulls**  
364,850

**Silver Marlins**  
328,672

[Enter Steps](#)

**Roster** **Match-up Chat**

Gamboe Pitbulls	Silver Marlins
LM Luke M. 77,064 Steps	Jim O. 71,848 Steps
KP Karen P. 75,721 Steps	Caleb B. 70,505 Steps
AR Andy R. 73,336 Steps	Roger S. 68,121 Steps
CQ Chris Q. 70,950 Steps	Pamela S. 60,964 Steps
TT TestFirstName T 67,779 Steps	Michael D. 57,234 Steps



6. Need to convert activity minutes to steps? Select the "Steps Conversion Worksheet" card in the "Featured" stream on the Benefits and Resources page.

A screenshot of the Smart[Heart]Health website's "FEATURED ACTIVITIES" section. The header "Smart[Heart]Health" is at the top right. Below it, the section is titled "FEATURED ACTIVITIES". There are three activity cards: 1. "Steps Conversion Worksheet" with a photo of runners, description "Convert your activity minutes to steps for the Invitational Challenge", and a "CLICK TO DOWNLOAD" button. 2. "Webinar: What's Your Gut Telling You?" with a photo of a person on a video call, description "Register for the webinar.", "50 POINTS", and a "REGISTER NOW" button. 3. "Strong Start" with a photo of a person climbing, description "Create a Strong Start Developmental Screening System account.", "50 POINTS", and a "LEARN MORE" button.

Have any questions? Scroll to the bottom of the page and select "Contact Us" to reach out to WebMD's Customer Service team.

A screenshot of the WebMD ONE footer. It includes the "WebMD ONE" logo, links for "Policies" and "Contact Us" (the latter is circled in green), and a "Language: English" dropdown. Below these are copyright and disclaimer notices: "© 2021 WebMD Health Services Group, Inc. All rights reserved. WebMD does not provide medical advice, diagnosis or treatment. See additional information."