



Safety Matters®

benovate
Inspiring a healthy, total well-being.

How do I sign up for Benovate?

Step 1: Visit <https://portal.benovate.com/#register/general/SMOHIT12> and fill out name, email, and Date of Birth

Step 2: Open the Verification email from info@benovate.com. Click the button in that email to verify you have access to that email account - this verification is unique for each individual.

Step 3: Clicking that Verify link will take you to a page to complete the verification process by setting up a password and security questions. I recommend completing this step on a computer rather than phone.

Once these three steps are completed, log into <http://portal.benovate.com> or the Benovate app using the credentials set up.

Once I create my account, how do I log into Benovate?

Log into <http://portal.benovate.com> using the credentials set up during the signup process (see above). You can log in on a computer, or download the Benovate app to use on your phone or tablet.

How do I join the Contest?

Once you've signed up for Benovate (instructions above), log into <http://portal.benovate.com>. After you log into your account, click the blue Join Contest button on the Contest card. Agree to the Privacy Policy & Contest Rules and click the Join button. **Example:**

1 SPRING STEPS CHALLENGE

SMOHIT
SPRING STEPS CHALLENGE
March 15 - April 30, 2019

You should join the other members in this *individual* steps challenge to get healthier and train for the Fall Teams Steps Challenge!

- 1st - \$200 Gift Card
- 2nd - \$175 Gift Card
- 3rd - \$150 Gift Card
- 4th - \$125 Gift Card
- 5th - \$100 Gift Card
- 6th - \$75 Gift Card
- 7th - \$50 Gift Card
- 8th to 10th - \$25 Gift Card

**You must have a [tracker connected](#) to Benovate in order to participate in the Steps Challenge.

JOIN CONTEST

Contest starts in 4 days

Spring STEPS Challenge
68 participants in the contest
Contest starts in 4 days

SMOHIT
SPRING STEPS CHALLENGE
March 15 - April 30, 2019

Individual STEPS Contest

At SMOHIT our mission, in addition to our health screening program, is to provide industry-leading health and safety solutions that minimize occupational illnesses and injuries for our members in the sheet metal industry.

As an added benefit of membership, we are hosting a little friendly competition -- a STEPS Challenge. For the spring, this will be an individual contest.

**You must have a [tracker connected](#) to Benovate in order to participate in the Steps Challenge.

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- 2nd - \$175 Gift Card
- 3rd - \$150 Gift Card
- 4th - \$125 Gift Card
- 5th - \$100 Gift Card
- 6th - \$75 Gift Card
- 7th - \$50 Gift Card
- 8th to 10th - \$25 Gift Card

By checking this box, you agree to our [Privacy Policy](#) and [Contest Rules](#)

JOIN



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How do I know if I've joined the Contest?

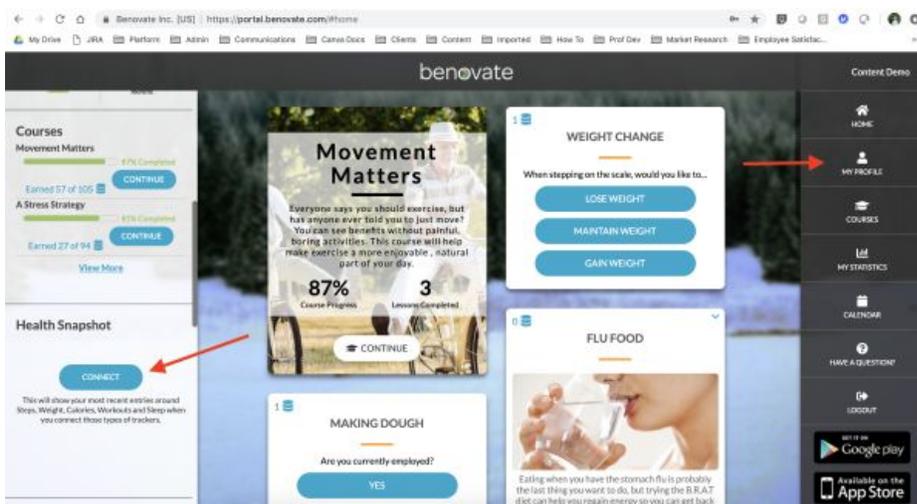
Once you've joined, the button will change to an orange View Contest button with a larger countdown, and a bolded line indicating that you are signed up for the individual STEPS Contest. To participate, you must connect a compatible steps tracker (see below for instructions).



How do I connect a Tracker?

To participate in the Contest, you will need to connect a compatible step tracker. If you are having trouble with your tracking device, **as long as you are registered for the Contest before the 15th** we can still help you get synced up after the 15th and your steps will be counted back to the start of the challenge.

1. Click My Profile or Connect in the Health Snapshot Tile

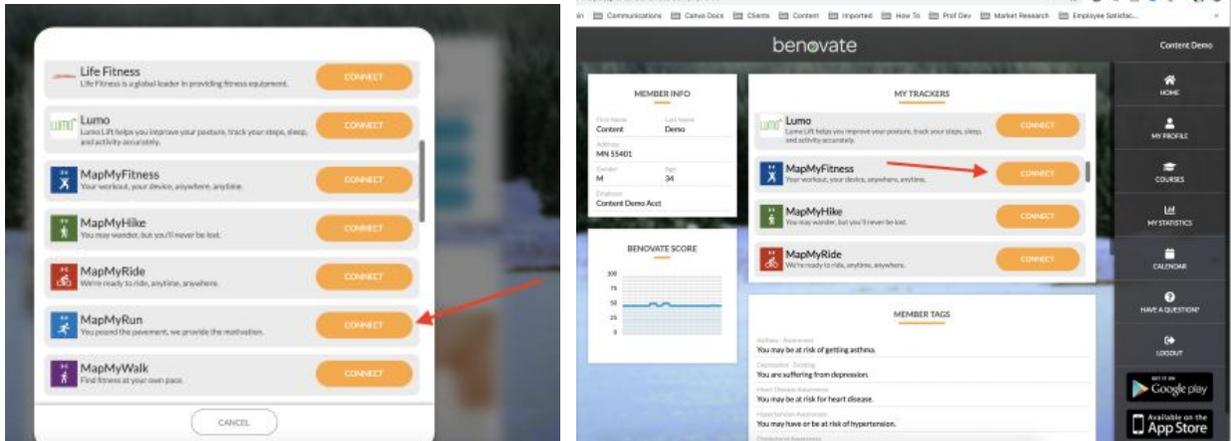




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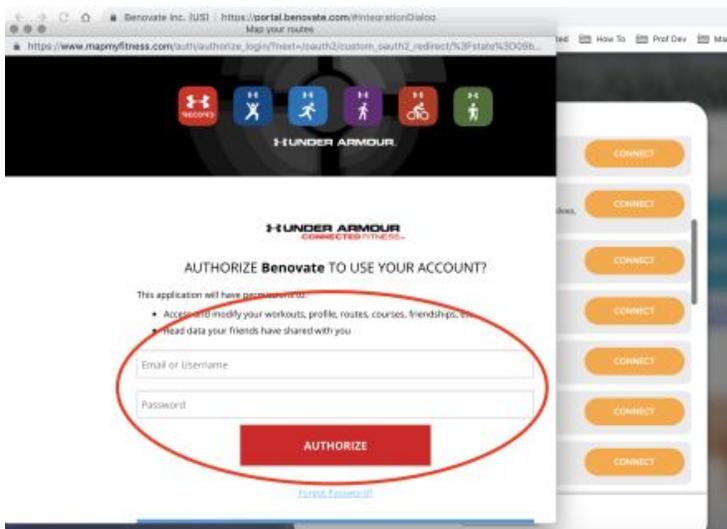
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2. Click Connect next to the desired tracker. If it says "Use Device" or "Disconnect", then it is already connected.



Note: Google Fit, Samsung Health and Apple Health sync with Benovate a little differently. **To use Google Fit or Samsung Health**, download the HealthMate app from the Google Play Store. Once you have the Health Mate App set up and an account created, first connect your Google or Samsung Device to HealthMate, then log into Benovate and look for the "Withings" to "Connect". **To use Apple Health**, open the Apple Health app, select Benovate in Sources, and Turn All Categories On.

3. A box will pop up asking you to enter your app or device login information, giving it permission to push the information to Benovate.





Why don't I see Apple, Samsung or Google Fit in the devices list?

Google Fit, Samsung Health and Apple Health sync with Benovate a little differently.

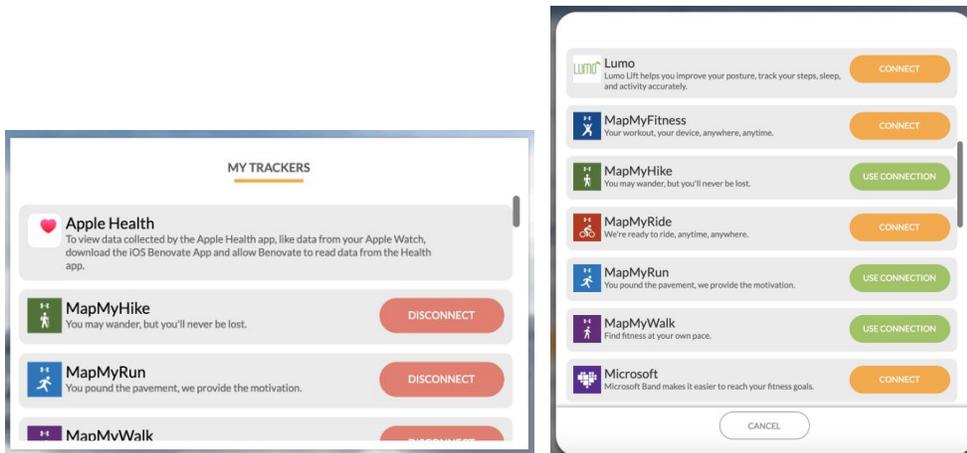
To use Google Fit or Samsung Health, download the HealthMate app from the Google Play Store. Once you have the Health Mate App set up and an account created, first connect your Google or Samsung Device to HealthMate, then log into Benovate and look for "Withings" to "Connect".

To use Apple Health, open the Apple Health app, select Benovate in Sources, and Turn All Categories On.

How do I know if my tracker is connected?

Click My Profile or Connect in the Health Snapshot Tile. If you see "Use Device" or "Disconnect" next to your tracker, then you are connected. Log into your tracker app and Benovate regularly for steps to sync.

Examples:



How do I know if my steps are syncing?

Yes, if steps are syncing, step data will be shown in the Health Snapshot tile (on the left on desktop, or opened by clicking the "person" icon in the upper left on mobile).

Note: If you are not seeing your data after a couple of days, you may need to log into your tracker app to sync your device.





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What do I get if I finish in the top 10 ten?

- 1st - \$200 Gift Card
- 2nd - \$175 Gift Card
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- 5th - \$100 Gift Card
- 6th - \$75 Gift Card
- 7th - \$50 Gift Card
- 8th to 10th - \$25 Gift Card

If I'm not in the top 10, how will I know my ranking?

Once the contest has begun, log into <http://portal.benovate.com> to view the Contest card. Your rank alone will show on the front of the card, regardless of where your place. The list of the top ten will appear when you click the button on the Contest card.

Will tracking be in real time?

Sync time varies between trackers. The Contest card ranking updates as soon as we get the data, but this is dependent on individuals logging in to allow for the syncing of the data.

Why can't I join a team?

The Contest will be an individual contest this Spring. This is individual effort without the pressure to perform, but will allow you to be able to walk and get healthy at your own pace.

Do I have to fill out the Health Risk Assessment (HRA) to participate in the STEP Contest?

No. Although completing the Benovate survey is **not** required to participate in the STEPS Challenge, we would encourage you to do so, as this will give you the best information and lessons to work through for addressing your individual needs and getting the most out of this NEW platform. Benovate is a HIPAA compliant site and the individual information that you provide can only be view by you only, and will never be shared with anyone else.

Why should I participate in Benovate other than the STEPS Contest?

Through this platform you can earn up to \$50 as you complete each Lesson or Card, which you can redeem through the site in the way of gift cards. Once you reach your \$50 earnings, you can still continue to use Benovate to help you improve health & life balance.

What if I still have questions or issues?

Benovate Member Support can help troubleshoot (M-F, 9am-5pm CST) - email helpdesk@benovate.com for assistance.