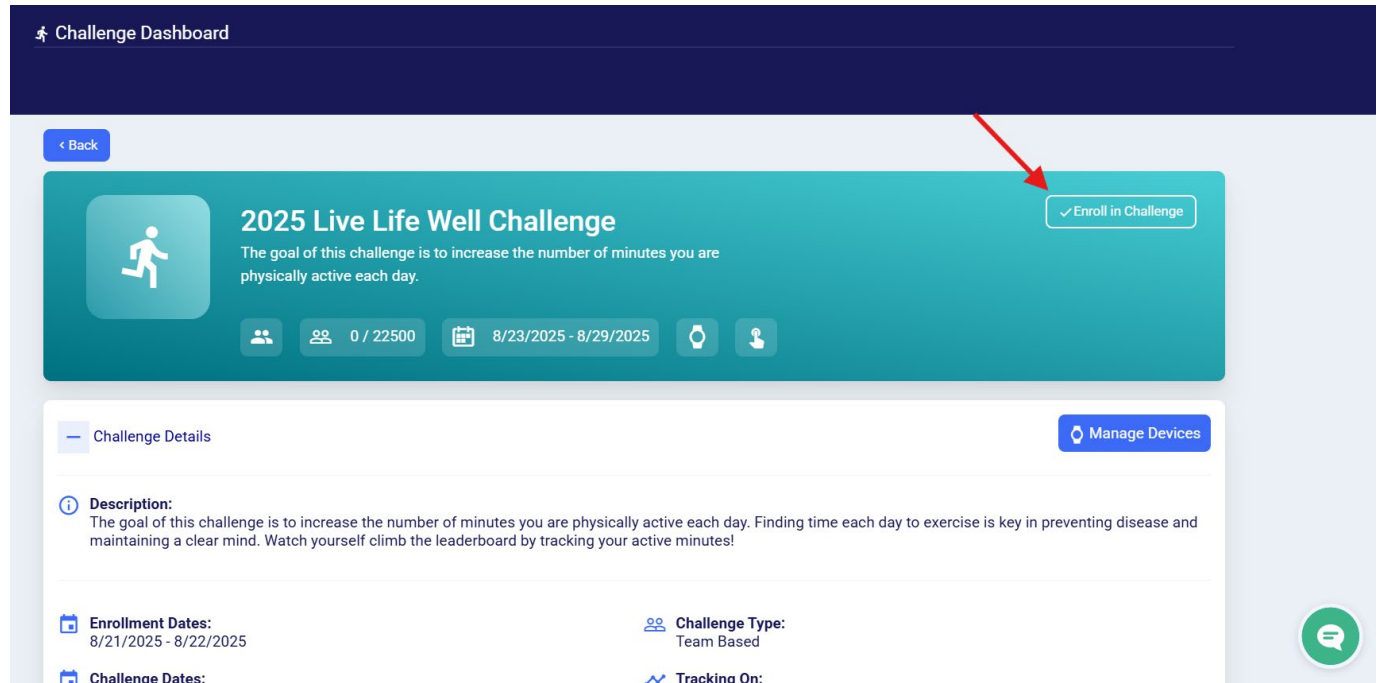


The Extra Mile Challenge Registration & Step Tracking Instructions

The Challenge is for ALL members of the State of Montana Benefit Plan (State Plan).

Registration Instructions

1. Visit LiveLifeWellMT.medikeeper.com and log in.
2. Once you have logged in, click “Wellness Challenges,” then “Upcoming,” then “Select Challenge.”
3. Click “Enroll in Challenge.” The button will change to “Leave Challenge” instead of “Enroll in Challenge.” That’s all you need to do.



4. After registering for the Challenge, please make sure your email is correct on the MediKeeper Wellness Portal and that you are allowing MediKeeper to send you notifications. This is the primary way we will involve you in the Challenge. If you do not have an updated email, you will not receive emails during the Challenge with updates, motivation, ideas, and prize winners.
 - To update your email preferences, log into MediKeeper then click on “My Account.”

Get Moving

Track your activity starting on May 18, 2026.

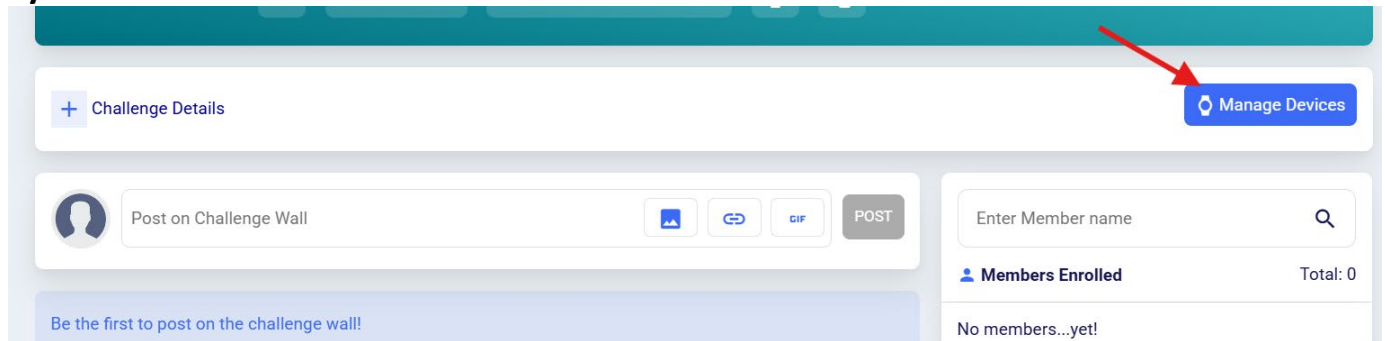
Enter your steps daily or weekly. You can decide if you want to self-report your activity or sync a supported device – or both- with the MediKeeper Wellness Platform.

Depending on the activity you choose, you may need to manually add steps even if you sync a device. Examples of goals that are not well-counted by a step counting device:

- Physical therapy
- Weighted walking (with a backpack or other extra weight)
- Fitness classes like weight-lifting or yoga
- Swimming

Convert an activity to steps: <https://www.wellable.co/activity-converter>.

Sync a Device



Sync a Device with the Wellness Platform

1. Click on “Manage Devices” in the upper right corner of the Challenge page and follow the prompts.
2. **OR** Follow the directions in numbers 3-6 in this section.
3. Within the MediKeeper site, navigate to the TRACKER tile. A "tile" is a square button below the welcome banner.
 - a. You can also navigate the site by clicking on the pull-down menu next to the home button in the top left of the screen.
4. Click the TRACKER tile and/or "View My Tracker."
5. Click on MANAGE DEVICES.
6. Follow the prompts provided.

Devices supported:

- Apple Health*
- MyFitnessPal
- Garmin
- MapMyFitness
- FitBit
- Strava
- Withings
- VitaDock
- Google Fit
- iHealth

*Apple Health

To connect an Apple device (like an iPhone), you must download and use the Alaveda app to access MediKeeper. Alaveda is the MediKeeper app. You cannot connect Apple Health to MediKeeper through a browser on your computer.

1. Use your regular computer browser to create an account on the MediKeeper Wellness Portal. You cannot create your user id and password on the Alaveda app.
2. Download and log into the Alaveda app on your Apple device. Navigate to the Tracker page and tap “Connect/Manage Devices” then “Connect/Manage Apple Health.”
3. From the Apple Health authorization page, tap “Sync Health Data.”
4. One the Apple “Health Access” page, toggle on the Apple Health data you would like to share with Alaveda, or just tap “Turn On All.”
5. Tap “Allow” at the top right corner of the screen.
6. When you are returned to the Tracker page, your Apple Health data automatically begins syncing to Alaveda app under the “Tracker” page. The tracker syncs data from the last 90 days, so there will be some delay while that is in process. You may also tap “Synchronize” as needed to refresh your data.

- Once you have completed the initial sync, your Apple Health data will only sync when you log into the Alaveda app and click “Synchronize.” Alternatively, you can also enable “Background App Refresh” on your Apple device. To access on an iPhone, go into your “Settings,” then “Alaveda,” then toggle “Background App Refresh” to on. If you also have Two-Factor Authentication enabled, your phone will require a “Yes” answer when the dialog box asks, “Remember this device for 30 days?”

Devices not supported:

Samsung Health: At this time MediKeeper cannot sync devices for activity tracking with Samsung Health. There are workarounds that members may be able to use to get their data to sync with MediKeeper:

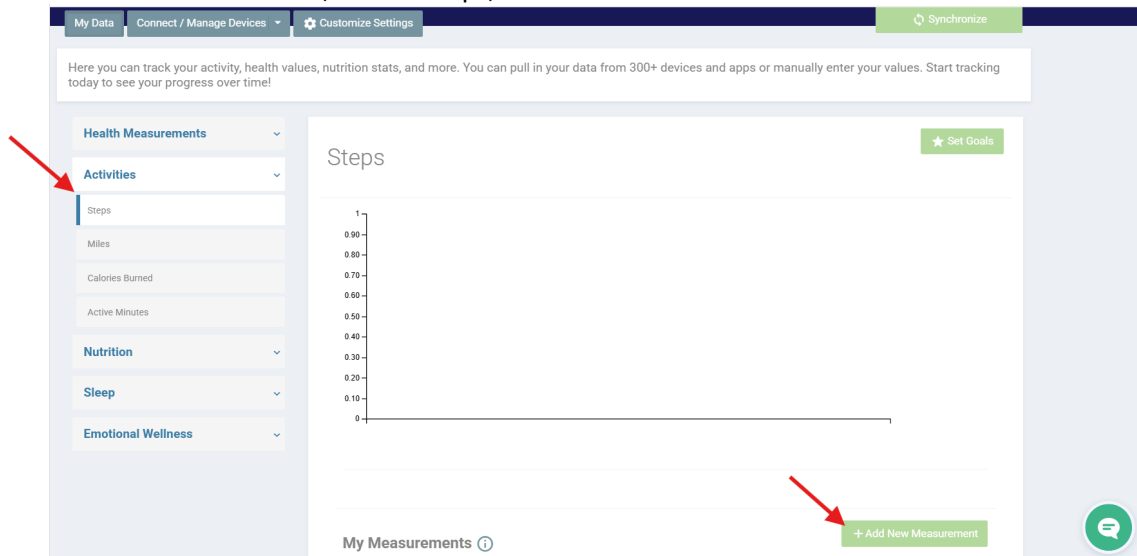
- Fitbit: Syncs activity data like steps, calories burned, and sleep from Fitbit to Samsung Health and vice versa.
- Strava: Enables sharing of GPS-based activities (like runs and bike rides) from Samsung Health to Strava and vice versa.
- Garmin Connect: Can be synced with Samsung Health to bring in activity data.

How to Connect:

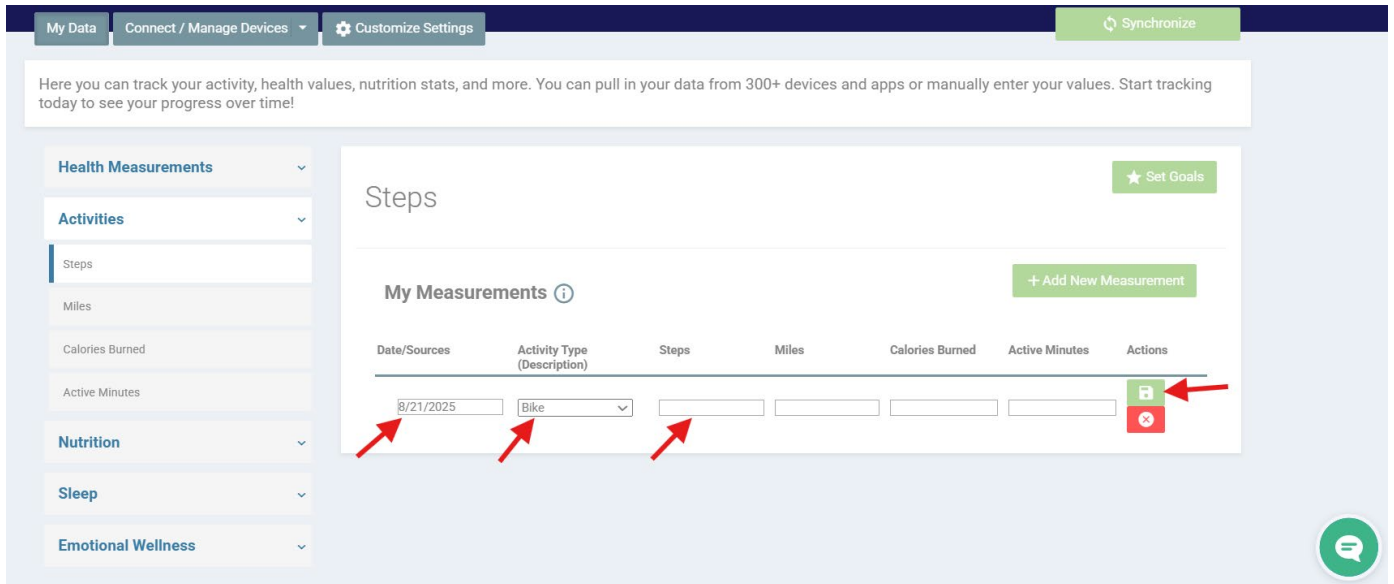
- Open Samsung Health: Go to the "More" or "Settings" section within the Samsung Health app.
- Find "Connected Services" or "App Connections" The exact wording may vary slightly.
- Select the app you want to connect: Choose the app you want to link with Samsung Health from the list.
- Follow the on-screen instructions: You'll typically need to log in to the other app and grant permission for data sharing.

Manual Tracking

- On the MediKeeper Web Portal or Alaveda app, visit the “Tracker” tile.
- Click on “Activities,” then “Steps,” then “Add New Measurement.”



- Enter the date, select the activity type, the number of steps, and click the green save button.



4. You'll need to do this for each date you want to manually enter steps.

Get Rewarded

We know State of Montana employees go the extra mile to make Montana the last best place and we want to recognize agencies who “go the extra mile” in this challenge too. You will not only be working towards better health for yourself, you will also be helping your agency be the agency recognized for going the “extra mile!” The agency with the highest participation percentage and highest average step total will win special recognition and get to keep The Extra Mile plaque in their agency for the year. Every person who joins the challenge and every step they enter into the system counts!

Individuals will also be eligible for prizes. When you enter steps each week, you'll be entered in the weekly and grand prize drawings. **Entering steps more frequently = a better chance to win prizes!**

Choose from cool prizes like a Kindle Fire, wireless ear buds, Bluetooth speakers and more.

Questions

MediKeeper Wellness Portal

Telephone: (888) 721-9231

Email: SupportServices@medikeeper.com.