

VCS Vitality



2021 One Step at a Time Challenge

Participant Sign-up Directions for FHCP and non-FHCP Members

Sign-up between January 25 – February 5

Employee with FHCP:

1. Go to FHCP.com
2. Click on member portal (upper left corner)
3. Login in (or create your account if you have not done so in the past)

Once you are in member portal:

4. Click on Welcome to Wellness (on left side of page)
5. A new page will open up welcoming you to VCS Vitality Wellness Page
6. Scroll down until you reach challenges
7. Under the One Step at a Time challenge you will see View and/or Enroll
 - If you see enroll, click on enroll
 - If you see only view, click on view
8. This will take you to the page to join
9. Click on join – begin to type in school name and your team should show up for you to join
10. Once your team school name appears click on the request button

Once Request Accepted by Team Captain:

11. Main challenge page will show up on your wellness page
12. Select Tracker to begin tracking activity

To log data:

1. follow directions above 1-7
 - click on view
2. click on members
3. you can enter your data

Employee without FHCP:

- Please reach out to your wellness champion, or me, for a manual tracker.

Questions? E-mail Carla Cosio at ccosio@fhcp.com or cccsoio1@volusia.k12.fl.us or call 386-676-7100 ext. 7247



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