



***Go the Extra Mile* is an activity challenge in which teams compete for top place on the leaderboard by earning “gems” for daily activity.**

## Join the Challenge

### **Eligibility**

- All Castlight-eligible employees are eligible to participate.
- An employee’s spouse who is covered under a General Dynamics medical plan is eligible to participate.

### **Registration**

- Register for the activity challenge starting March 25. You can join at any point during the challenge, but joining before it begins on April 1 provides the maximum days to track your activity and steps.
- Look for the *Go the Extra Mile* tile on the Castlight home screen and click *Join Now*. If you don’t have a Castlight account, visit [mycastlight.com/general-dynamics](http://mycastlight.com/general-dynamics) or download the Castlight Mobile app to register and get started.
- Encourage your colleagues and spouse to participate in the challenge by sending them a Castlight referral. You will receive 50 points for each referral that registers for Castlight using your referral link, up to 150 points! Go to Castlight’s main menu and click on *Ways to Earn* under *Rewards* and select *Refer for Rewards*.

## Be Part of a Team

- *Go the Extra Mile* is a team-based activity challenge. Team up to earn gems together to climb the leaderboard. You’ll also have a chance to earn sweepstakes entries for meeting individual and team milestones.
- You can view the leaderboard each day to see which teams have earned the most gems.
- Once enrolled, you’ll have the opportunity to create your own team, join an existing team, or have Castlight pick your team.

### **Create a team**

To create your own team:

- Click *Create your own team* on the team selection screen.
- You’ll then be prompted to create a team name, choose a photo that represents your team, and invite others to join your team.

By creating a team, you become the team captain. You will be able to invite individuals to join your team or individuals can search your name or your team name and request to join.

### ***Join an existing team***

To join a team:

- Click *Join a team* on the team selection screen and send a request to join a team.
- You'll be notified if the team captain approves your request. Note that you can send multiple requests, which will be removed once one is approved.
- To find a specific private team:
  - Go to *Invites* to see any invitation you may have to join a team.
  - Go to *Teams* to see all the teams in the challenge.
  - Go to *Players* to search for specific users and join their team.

### ***Get placed on a team***

To have Castlight pick your team:

- Click *Pick a team for me* on the team selection screen.
- Castlight will automatically search for a team that has open spots, place you on it, and notify you right away.

## **Track Steps and Other Physical Activity**

### ***Use a tracker***

You can track your steps automatically using a linked activity tracker. View a list of compatible tracking app services (including free phone apps) [here](#).

Get started by linking your activity tracker:

- Before the challenge has started, click *Link a tracker* on the countdown screen and follow the onscreen instructions.
- After the challenge has started, click *Tracker not linked* on the top left of the challenge screen and follow the onscreen instructions.
- To ensure that your tracker syncs properly and is updated in the challenge, you must first make sure that your data is updated in your activity tracking service. For example, you need to sync your Fitbit wearable to the Fitbit app for your steps data to be current before that information will be reflected in the challenge.

### ***Track manually***

*Go the Extra Mile* is designed to encourage physical activity of all types. You can use the *Get Active* function of the Castlight Mobile app to enter time spent stepping or doing other physical activity.

Each activity will be converted to steps to be counted in the challenge. For example:

- Entering 25 minutes on a stationary bicycle will be converted to 6,150 steps.
- Entering 30 minutes of swimming will be converted to 5,880 steps.

You can track a variety of daily activities, such as biking, golf, gardening, yoga and many more.

## Earn Gems and Climb the Leaderboard

- In the *Go the Extra Mile* activity challenge, as each individual on the team reaches daily step milestones, they earn gems. Gems are used to calculate a team's standing. Teams climb the leaderboard based on the combined gem total of all team members.
- Each day, you as an individual can earn up to 29 gems. You must complete at least 5,000 steps in a day to earn any gems.
- If you are using a linked activity tracker to track steps, you should sync your steps daily.

Earning Gems as an Individual	
Daily Step Total	Daily Gem Reward
5,000	10
10,000	20
15,000	24
20,000	27
25,000	29

## Earn Healthy Rewards Points

In addition to gems, you can earn Healthy Rewards points during the challenge. You earn 25 points for registering for the challenge and 25 points for joining a team. You will continue to earn points for tracking steps daily as you normally would.

You can also earn Healthy Rewards points by referring your colleagues and spouse to join Castlight. Go to Castlight's main menu and click on *Ways to Earn* and then *Refer for Rewards* to send a referral. If your friend or spouse registers for Castlight using your referral link, you will earn 50 points. You can earn up to 150 points (three referrals) through the referral program.

## Enter to Win a Prize

When you as an individual reach and/or your team as a group reaches a milestone, you earn entries into sweepstakes drawings to win a Visa gift card.

There will be 200 winners and each challenge participant can win one raffle prize. There will be two drawings with 100 winners in the team sweepstakes and 100 winners in the individual sweepstakes.

### **Reach milestones to enter individual sweepstakes**

- When you as an individual complete 100,000 steps, you will earn one entry into the sweepstakes.
- When you as an individual complete 200,000 steps, you will earn a second entry into the sweepstakes.
- When you as an individual complete 300,000 steps, you will earn a third entry into the sweepstakes.

### **Reach milestones to enter team sweepstakes**

- When your team as a whole earns 750 gems, each team member earns one entry in the sweepstakes.
- When your team earns 1,500 gems, each team member earns a second entry in the sweepstakes.
- When your team earns 2,250 gems, each team member earns a third entry in the sweepstakes.

### **Taxes**

- The value of any prize will be added to an individual winner's paycheck following the close of the challenge and taxed accordingly.
- If an employee's spouse wins a prize, the value of the prize will be added to the employee's paycheck and taxed accordingly.