The Tufts University Wellness Center, with Tufts Human Resources sponsorship, is pleased to offer you a 6-week steps challenge – **Jumbo Steps** which begins on **May 14**. Sign up by following the instructions below:

1. Log in to the Marathon eHealth Portal at [www.my.marathon-health.com](http://www.my.marathon-health.com). You can log in to the portal from any computer that has access to the internet. If you need assistance with your username and/or password, please click the “Forgot Password/Username?” links. **Please note that your username and password for this portal is different from your Tufts University log in.**

2. If applicable, read and accept the Privacy Agreement.

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**The Wellness Center**

Steve Tisch Sports and Fitness Center
161 College Ave.
Medford, MA 02155

Mon.- Thurs. 8:00 a.m. – 6:00 p.m.
Fri., 8:00 a.m. – 4:00 p.m.

**Health Coaching**

**Boston Health Sciences**
75 Kneeland St., room 602
Boston, MA 02111

Thurs., 8:30 a.m. – 5:00 p.m.

**Boston SMFA**
Telephonic Coaching Available

**North Grafton**
6 Captain O’Brien Rd., room 206
North Grafton, MA 05136

Mon., (Bi-weekly) 8:00 a.m. – 4:30 p.m.
Wed., 8:00 a.m. – 4:30 p.m.
3. Click on “Sign up now for Jumbo Steps: Tufts University Step Challenge starting 5/14/2018.”

4. Click the “Sign-up” button to register as an individual or team.
5. Register by choosing a team name. **All registrations must be completed by Friday, May 18.**

**Individuals:** Create a team of one. Select “Create Your Own Team” and enter a nickname. Next, select “Register for Team.” Please note that nicknames will appear as they are entered and may be highlighted during the challenge.

**Teams:** You can form a team with up to 5 participants. Each team should designate a team captain who will log in to the portal to create a team name by selecting “Create your own team”. **Once the team captain creates the team name, other members can join by selecting the team name under “Register for Team.”** Note that team names will appear as they are entered and may be highlighted during the challenge.

You’re all set! Thank you for registering for the Jumbo Steps Challenge. Please call the Wellness Center at 617-627-0467 with any questions.