

BEAUMONT GETS WALKING WITH CARROT

MOVEMENT IS MEDICINE

Walking is one of the most powerful things you can do to support your own health. It can reduce your risk for heart disease, high blood pressure, stroke, Type 2 diabetes and colon cancer. Walking can help you lose weight and gain energy. It can help improve your sleep and even slow down the aging process.

Beaumont is partnering with CARROT to help you take steps to a healthier future.

- CARROT is a free mobile app that rewards users for walking.
- Just walk to earn points and redeem your “CARROT currency” for rewards.
- Unlike any other program, CARROT gives each user a personalized activity goal that updates each day.
- Activity goals are based on the participant’s personal step history, rather than pre-defined goals.
- Participants earn one Reward Point for each step taken and one Goal Coin each day they meet their personalized activity goal.
- Use Reward Points and Goal Coins to play games, compete in challenges and purchase gift cards and rewards available right on the app.

JOIN OUR PROGRAM ON CARROT

Getting started is easy – just follow these simple steps to join the “Beaumont Gets Walking” program:

- 1 Download the free CARROT Wellness mobile app from the Apple or Google Play store. Search “carrot wellness.” (Here’s a shortcut: onelink.to/CARROT.)
- 2 Open CARROT and log in. Log in using your phone number (recommended) or Facebook.
- 3 Swipe left to the “BEAUMONT” tab, tap on the “Join the Program” reward item, and “purchase” your free entry into the program.

IMPORTANT TIPS:

- iPhone users: Allow CARROT to “write” and “read” your steps data in Apple Health and allow “Location Services” (so you can see the Beaumont rewards).
- Android users: Link a valid Google account (typically Gmail) to get credit for steps data in Google Fit and turn on GPS (to see Beaumont rewards).

After completing registration, you’ll have access to Beaumont’s exclusive rewards right on the app, so start walking and enjoy.



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BEAUMONT GETS WALKING

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EARN REWARDS FOR OTHER HEALTHY BEHAVIORS

In addition to earning rewards for steps, those enrolled in the Beaumont Gets Walking program on CARROT can earn rewards for participating in other healthy Beaumont activities, such as healthy cooking classes. Special beacons at these activities will track your participation.

Using a Fitbit or other wearable fitness tracker with CARROT

CARROT is designed to work solely with your smart phone, but if you own a fitness tracker, you can use your device with CARROT. To link your Fitbit, tap on the CARROT menu (top left), go to "Settings" and tap on the "Link Fitbit" button.

To use any other tracker, you'll need to go to the wearable device's app and then connect/share your steps with Apple Health (iPhone) or Google Fit (Android). You should open your device's app to sync steps data before opening CARROT each day.

WHAT IF I HAVE A QUESTION ABOUT USING CARROT?

Just visit the "FAQ'S" page, where you'll find answers to common questions from CARROT users. Just tap on the menu button (top left) on the CARROT app or go to help.carrotwellness.com/.



BROUGHT TO YOU BY BEAUMONT COMMUNITY HEALTH,

Beaumont Gets Walking is a community based walking initiative designed to help you "take steps" for a healthier future. For information on more opportunities to walk your way to health, visit beaumont.org/getswalking.

