Buddy Challenges

From the homepage, scroll down to find the Challenges block. Click on the red arrow at the bottom of the block and you will be brought to the Challenges page. You can also click on the hamburger menu in the top left corner of the homepage and click on Challenges.

On this page, you will have the ability to create, participate in, and view your Buddy Challenges.

Create Your Buddy List
To create your buddy list, click Add a Buddy in the buddy list box. Buddies must be UC employees with access to this portal, but they do not have to have previously registered on the portal in order to receive your invitation. This is where you can also view your buddies, invitations sent, and invitations waiting for your approval.

Create a Buddy Challenge
To create a buddy challenge, click Create under Buddy Challenges and enter the required information below:
- Name of challenge
- Choose step challenge or dare. Dare challenges can be customized
- Duration of challenge
- Start and end date
- Set reminders
- Description
- Enter emails for challenge invitation to be sent to your selected buddies
- Click Create. Your selected buddy will get an email once the challenge is created.
- Begin tracking your challenge! For steps challenges, you can track your steps manually or connect your step tracking device. For Dare challenges, simply enter the Start Date and check the box “I completed this challenge” when you have achieved the challenge goal!
- Please note: your points will not display until after the designated challenge end date. You must complete the tracking in order for the points to be awarded.

If you would like to reach a member of the Be Well UC Team, please email wellness@uc.edu.
If you need assistance or help with using the Alyfe Wellbeing portal, please contact Alyfe via email at bewelluc@alyfewellbeing.com or by phone (844) 384-0500.

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