Buddy Challenges

1. 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.

2. **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. This is where you can also view your buddies, invitations sent, and invitations waiting for your approval.

3. **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.

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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