



feel like a million

Frequently Asked Questions

What is Feel Like a Million?

It's a 4-week challenge designed to help you feel your best and improve overall health. In this fun, interactive retro game show-themed challenge, you'll learn health habits to reduce stress and sustain energy for work and play. Registration is Sept. 18 through Oct. 1. Challenges runs Oct. 2 through Oct. 29.

How does it work?

Your goal is to accumulate a virtual \$1 million in 4 weeks by practicing healthy habits — rituals — in 5 core areas:

- Moving Matters
- Food to Fuel
- Better Balance
- On Purpose
- Potpourri — miscellaneous important actions.

Some activities, like exercise and eating vegetables, allow you to deposit \$\$ every day, while writing your personal mission statement you do just once. Different activities are worth more or less \$\$, based on their impact on increasing energy and decreasing stress.

Who can participate?

Everyone! ALL teammates including DKC, DMG, International, DaVita Rx, Paladina and other SBI s, along with family, friends...and pets!

Where do I register or log healthy activities?

Go to MatchtheMayor.ifeellikeamillion.com to register and log healthy activities.

Am I supposed to do all the activities every day?

Not necessarily. There are more than a dozen ways in 5 categories to earn \$\$ each day. If you did them all you'd accumulate over \$51,000 a day.

How much \$\$ do I have to earn each day to achieve \$1 million?

To reach the \$1 million goal you'll need to earn \$36,000 a day if you record 7 days a week. If you record just 5 days a week, you can achieve the goal averaging \$45,000 a day plus \$300,000 for completing your personal mission statement.

Can I back log my progress?

Healthy activities need to be logged within 3 days of completion in order to earn virtual dollars.

What are "virtual dollars"?

Virtual dollars that are earned and burned in *Feel Like a Million* represent the value of an activity — not actual, legal tender.

How can I interact with KT and other participants?

Go to MatchtheMayor.davita.com to view KT's journal. Comment and share your thoughts along the way.





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How does the team competition work?

All teams of 5-10 members must be formed by Friday, October 6. The team competition will end on Sunday, October 29, to have your activity count toward your team's score, you must log by Tuesday, October 31. Scores are based on the team's average dollars.

How do I form a team (club)?

After you register, join the *Millionaire's Club*, a friendly team competition. *No team changes can be made after Friday, October 6.*

To form a team:

When you start a team (club), you are the team (club) leader.

- 1) Navigate to the *Millionaire's Club* tab along the top of the page
- 2) Navigate to the Start a Club tab
- 3) Create a club name and motto (motto is optional)
- 4) Invite others using their email address or name (must send at least 3 invitations at a time)
- 5) Add a message (optional)
- 6) Ensure that at least 3 other participants have accepted your invitation

To join a team:

You will receive an email if you have been invited to join a team.

- 1) If not yet registered, register for *Feel Like a Million*
- 2) If already registered, log into your *Feel Like a Million* account
- 3) Navigate to the *Millionaire's Club* tab along the top of the page
- 4) Navigate to the Invitations tab
- 5) Click Join for the team you would like to join

Prize FAQ – more details coming soon!

Weekly Individual Prize Drawings:

- There will be weekly prize drawing per "Group" (Palmer, DMG, SBI, *International)

Who's eligible for individual prizes?

- Teammates who achieve the challenge goal of earning \$225,000 (virtual dollars), per week, are eligible.
- If you're on a team, you are still eligible for the individual weekly prize drawings.

Grand Prize Team Drawing:

- There will be grand prize winners per "Group" (Palmer, DMG, SBI, *International).

How does my team become eligible to win the team grand prize?

- Every person on the team must achieve the challenge goal of earning \$1 million (virtual dollars) to be eligible.





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Contacts:

Feel Like a Million Questions: MatchtheMayor.ifeellikeamillion.com, click "Contact Us" at the bottom of the page

General Questions, comments and stories: Village.Vitality@DaVita.com

