

WELLQUEST™

Your Journey to Better Health

GUIDE FOR NATIONAL DPP LIFESTYLE COACHES

WellQuest™ is a match-3 style game set within a community garden and is designed to facilitate supportive community learning about diabetes prevention.

Gameplay is designed for the individual but also encourages play among the larger team. When players attend National DPP sessions together, whether in-person or virtually, they are encouraged to team up to “grow together.”

Players can have up to 3 other players’ avatars available in their team at once. Playing with other members will boost each other’s scores.

Lifestyle coaches may use the chat feature to motivate their participants outside of class. For participants who feel motivated by seeing others’ progress, leaderboards of participants’ scores are available.

The game is designed for play on iOS or Android mobile phones and will not be accessible or playable from other platforms (eg, website or gaming console).



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CHALLENGES AND AWARDS

Players will receive a random power-up and a seed every day they log in to the game. At the end of each month, players are awarded power-up bonuses based on the number of daily seeds they have gathered over the month.

Power-Ups:

Power-ups can be awarded during gameplay and by completing challenges. See below for how to achieve power-ups and their actions:

Power-Up	How to Get Power-Up	Power-Up Action
Hand cultivator	Clear 4 tiles in a row vertically	Clears vertical line of tiles
Wheelbarrow	Clear 4 tiles in a row horizontally	Clears horizontal line of tiles
Hand shovel/trowel	Clear 4 tiles in a square	Clears tiles in a small cross shape
Large shovel	Clear 5 tiles in an "L" or a "T" shape	Clears tiles in a large cross shape
Scythe	Clear 5 tiles in a line	Clears all tiles of a certain type

Weekly Challenges:

Weekly challenges are focused on the 5 components of a healthy lifestyle—physical activity, nutrition, sleep/rest, mindfulness, and support—to allow participants to choose the area they wish to focus on. At the end of the week, participants can indicate that they completed the activity to receive power-up bonuses.

Monthly Challenges:

Monthly challenges correlate to the biometric data that is logged within WellQuest™. These challenges show progress throughout the month and allow participants to focus on a goal that is realistic for them.

Monthly Challenges
Walk 150,000 steps (5,000 steps/day)
Walk 225,000 steps (7,500 steps/day)
Walk 300,000 steps (10,000 steps/day)
Climb 60 floors (15 flights of stairs/week)



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BIOMETRIC DATA

When players log in to the game for the first time, they will then be asked which of the 3 following health platforms they would like to sync to WellQuest™:

Fitbit

Google Fit

Apple Health

Players who do not have a wearable fitness tracker can select to connect to Google Fit or Apple Health (iOS users only) via their mobile device.

Players will have access to their daily, weekly, and monthly steps and flights of stairs.

Please be assured that all data shared is anonymous to protect your privacy.

