



FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



The March Mayhem Challenge is here!

Be active, build connections, and have FUN by joining the March Mayhem Challenge. Activity logs and points accumulation will determine which team wins the “championship!”

What is the March Mayhem Challenge?

The March Mayhem Challenge is for teams of 5 and is inspired by the exciting spirit of the annual NCAA Division I basketball tournaments. This 6-week activity challenge is designed to help you and your teammates stay active into the Spring while building connections and having fun. Throughout the competition, you'll have access to a 'Team Challenge Center' where your personal progress, as well as the team standings, can be seen.

When is it?

March 2, 2015- April 10, 2015

How do I participate?

To participate, you just need to have a Virtual Wellness @ DCMA account and to log all of your physical activity from March 2 – April 10.

If you do not have a Virtual Wellness @ DCMA account, please follow these [instructions](#) to get started!

What exactly do participants do?

1. Log in or create your personal Virtual Wellness @ DCMA account at: <https://dcma.foh.hhs.gov>.
2. Click on MMC: Enroll Here. (MMC = March Mayhem Challenge)
3. Type in your name, your team name, and the name of your teammates.
 - a. Each participant will have to register him/herself.
 - b. Only teams of 5 will be accepted.
 - c. We will assign teammates to complete your team if there are less than a total of 5 team members.
4. Log in daily, and click on 'Activity Log' to record your physical activity each day. When you log your activity at the end of each day, we'll add them to those of your teammates and compute your standing relative to the other teams in the competition.

Who should I contact if I have additional questions?

Please contact: Jami Zanetta at jami.zanetta.ctr@dcma.mil or 804-734-2327, or

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