

USC WorkWell Center

Sept. 22 - Nov. 6, 2023

USC Mission: Possible

A six-week, team-based wellness challenge for USC faculty and staff

Your mission, should you choose to accept it...

Visit: workwell.usc.edu/events/mission-possible/



Are you ready, agents?

Here are the instructions:

Create a team of four agents,

 from inside or outside your school or unit.

 Assign your team's lead agent.
 Have the lead register your team by following the instructions on the following slide.

Ready with a team of 4? Great! Still need a team? Feel free to ask in the chat or stay after this session to meet other potential team members! You can also reach out to Suzzane Huynh at <u>sanhuynh@usc.edu</u> for assistance in forming your team.

Lead Agent Instructions - Creating a team

LEAD AGENTS ONLY follow the instructions below:



2b. Click "Serve as lead agent and create my own team."

2c.

 Create your team name
 and enter your information (first name, last name, USC email, 10 digit ID, and create a password).



Mission Possible Summer 2023 [SH], Jul 12, 2023 - Aug 4, 2023

USC Miss	sion: Possible
	cess your account
Haven't joir	ned ye <mark>?</mark> Sign Up
* Email/USC Net Id	
* Password	
	Ø
	Forgot your password?
Sign ir	n with Email

Participant Regi	stration
What would you lik	e to do?
Serve as lead agent and create my own team	Request to Join Existing Team

Write your team name	
First Name	* Last Name
Email	• USC Id (10 digits)
* Password	* Confirm Password
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Lead Agent Instructions – Inviting agent team members

LEAD AGENTS ONLY follow the instructions below:

2d. Navigate to the "Manage My Team" tab.

- **2e.** Click on the "Invite an Agent" button.
- 2f. Type in your teammates' complete **10-digit ID or USC email** and
 - click the red "Search" icon.
- 2g. Click the radio dial button by the contact and press the "Send Invitation" button.

Repeat for all your team members. Your team members will receive an email invitation to join your team.

Manage M: ream You may and use to your Team Name and use to		
	ne "Invite an Agent" button to inv	ite friends to join your team (up to 4 total team members)
Team Information		
Team Name Health & Well-being Team		ad Agent
Current Team Members		
Suzzane Huynh		Karla Sifuentes (Lead Agent)
Sanhuynh@usc.edu Last Login: Aug 23, 2023 Remove Activ	e Member?	w ksifuent@usc.edu Last Login: Aug 23, 2023
		ad usus kontik 8 undi - Encolis ususional Pouse a du
Visit the <u>WorkWell website</u> for more information about p being.	ograms, services, and resources to supp	ort your health & well- Email: workwell@usc.edu Phone: (213) 821-0800
	ograms, services, and resources to supp	
being.		
being.		Phone: (213) 821-0800 riends to join your team (up to 4 total tea
being.	end" button to invite f	Phone: (213) 821-0800 riends to join your team (up to 4 total tea
Name and use the "Invite a Fr	end" button to invite f	Phone: (213) 821-0800 iriends to join your team (up to 4 total tea ember

Instructions

Once your lead agent registers the team, you
will receive an email to join the challenge.

* You may decline the invitation here as well but make sure you let your lead know so they can search for another member.

Click on the Mission Possible Portal
link from that email to create your account and join that team.

5. Your team, first, and last name will be prepopulated. Complete the fields with your USC email, USC 10-digit ID, and create and confirm a password to finish registering.



USC Mission: Possible

Hello Karla

You have been invited to join Lead Agent Julie Chobdee's team, Healthy Team, for this year's Mission Possible Wellness Challenge. For more information about the challenge, visit the Mission Possible webpage.

To register and accept this invitation click here.

You may decline this invitation click here. Once you decline the invitation you may search for another team to join or create and captain your own team.

If you have any questions please email Suzzane Huynh

USC Missi	ion: Possible
	ne of these options
Already have a	in account? Sign In
You are invited to joined team	
Maricris Team	
First Name	* Last Name
UAT	Four
Email	• USC Id (10 digits)
* Password	* Confirm Password
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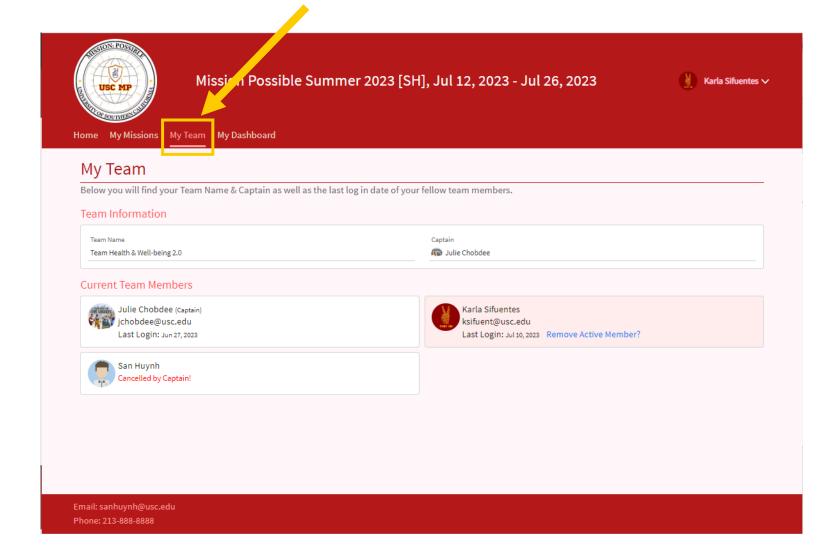
Sign up with Email

Instructions - View your team



Once you are registered on a team, you can view your team's status in the "My Team" tab.

Start tracking your missions by navigating to the "My Missions" tab!



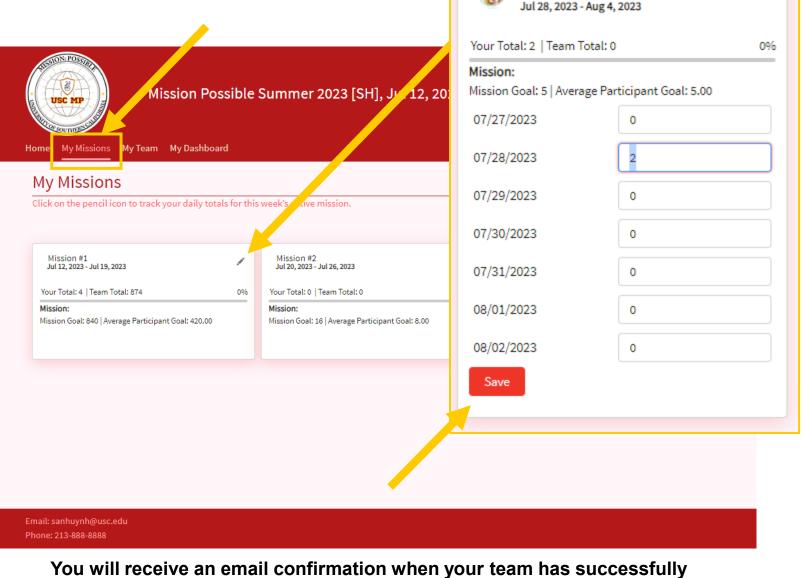
Instructions - Updating your mission totals

- View your missions* in the "My Missions" tab.
- 2. Edit missions by clicking on the "pencil" icon.

2a. Update your mission progress each time you work on the mission.

3. Press "Save".

* Missions will be **released each Friday**. Keep an eye out for the weekly email transmission from WorkWell Mission Command for more details and resources to help you complete the mission.



Mission

You will receive an email confirmation when your team has successfully completed a mission but continue to update your contributions to exceed your team goal. ×

Instructions - View your team's progress

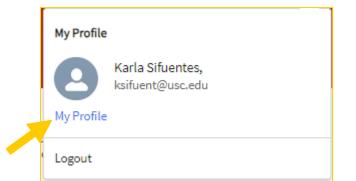


Check your team's progress by visiting the "My Dashboard" tab.

The more missions your team completes, the greater the reward!

		, Jul 12, 2023 - J	ut 20, 2020		Karla Sifuentes 🗸
ome My Missions My Team My Dashboard					
My Dashboard					
Score Matrix					
This is the complete history for all missions.					
Missions	Julie Chobdee (Captain)	Karla Sifuentes	Team Total	Mission Goal	Completion
Mission 1	870	0	874	840	•
Score Bar					
Mission:		Mission:			
Julie Chobdee	870				
Karla Sifuentes 4					
	800 1.000	0 0.1 0.2 0.3	0.4 0.5 0.6	0.7 0.8 0.9	9 1.0

Instructions - Changing your profile picture



- Click on the carat next to your name in the upper right hand corner.
- 2. Click on the "My Profile" hyperlink.
- 3. Upload a file in the "Profile Picture" component and click "Submit."

This solution to solution of the solution of t	mmer 2023 [SH], Jul 12, 2023 - Jul 26, 2023
ly Profile	
etail	· · · · · · · · · · · · · · · · · · ·
Name Karla Sifuentes	Captain Captain Name
Email ksifuent@usc.edu	USCID
Old Password	Profile Picture
New Password	Upload a profile pic or avatar
Confirm Password	1. Upload Files Or drop files
	Supported file that you can upload (.jpeg.,jfif,.png.,pjpeg.,pjp,.webp.,svg)

Instructions – Update your password

- 1. Navigate to the <u>Mission</u> <u>Possible portal</u> login page.
- 2. Click on "Forgot your password?"
- 3. Enter your USC email or 10-digit ID to receive an email with a verification code.
- 4. Enter the verification code from your email and update your password.

Sign in to access your account Haven't joined yet? Sign Up	
* USC Email/USC Id	
1257074	Mission: Possible
	rd, we'll need your username. reset instructions to the email
address associated w	
Forgot your password? * Verification Code	
Sign in with Email	
* Password	
	Ý
* Confirm Password	
	Ø
	Reset Password

USC Mission: Possible

Lead Agent Instructions - Managing the team

LEAD AGENTS ONLY follow the instructions below:

Updating the team name:

- 1. Navigate to the "Manage My Team" tab.
- 2. Edit the team name by clicking on the "pencil" icon.
- 3. Enter the new team name and press the "Update Team" button to save.

and a state of the	ole Summer 2023 [SH], Jul 12, 2023 - Aug 4, 2023 ge My Team Missions My Dashboard	🚨 Karta Sifuentes ∨
	nvite a Friend" button to invite friends to invite a Friend (up to 4 total team members)	
Team Information		
Team Name Karla's MP Team 2023	Captain	
Current Team Members Karla Sifuentes (Captain) ksifuent@usc.edu Last Login: Aug 2, 2023 Invite a Friend		
	Team Information	
Footer Test goes here, Footer text can be compose o If you have questions, please email <u>Julie Chobdee</u> , A Center.	Team Name Karla's MP Team 2023 Cancel Update Team	

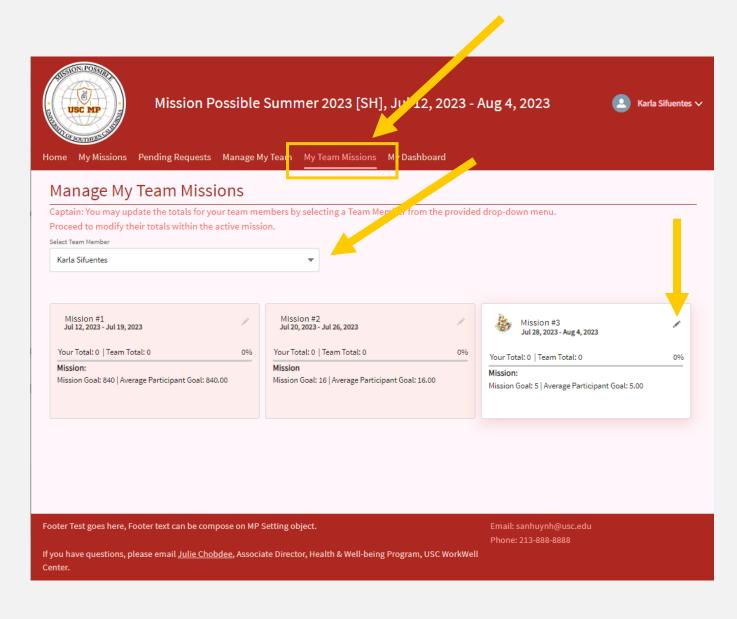
Lead Agent Instructions - Managing the Team

LEAD AGENTS ONLY follow the instructions below:

Editing team member's missions:

- 1. Navigate to the "My Team Missions" tab.
- 2. Select your team member from the dropdown menu.
- Edit their missions by clicking on the "pencil" icon. Press the "Save" button to save.

*Lead agents can edit their team member's totals during the week that the mission is active.





Don't have a team?

Your options:

- 1. Choose an incomplete team to join via the portal.
- 2. Create and lead your own team (for any "loose agents" to join).
- 3. Reach out to Suzzane Huynh to be placed into a team.

Here are the instructions:

Instructions- Joining an incomplete team

1 Navigate to the <u>Mission</u> <u>Possible Portal</u> and click "sign up." Mission Possible Summer 2023 [SH], Jul 12, 2023 - Aug 4, 2023	2. Click "Request to Join S. Existing Team" button.	Choose a team from the drop-down menu, then enter your information (first name, last name, USC email, 10 digit ID) to sign up.
USC Mission: Possible Sign in to access your account Haven't joined ye ² Sign Up *Email/USC Net Id	Participant Registration What would you like to do?	USC Mission: Possible Sign up using one of these options Already have an account? Sign In Team Select an Option
* Password Forgot your password? Sign in with Email	Serve as lead agent and create my own team Request to Join Existing Team	* Email * USC Id (10 digits)

The team's lead agent will receive an email of your request.

Lead Agent Instructions - Accepting team members

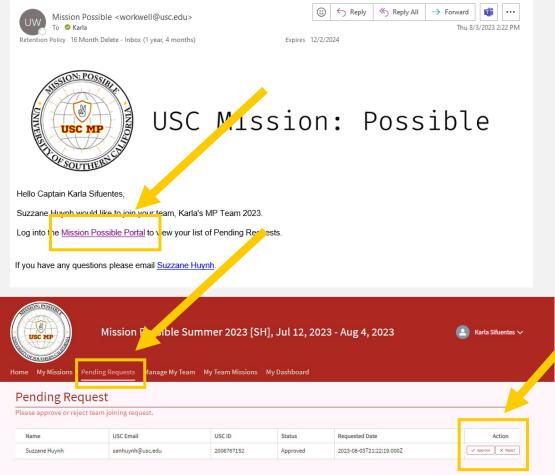
LEAD AGENTS ONLY follow the instructions below:

If someone requests to join your team, you will receive an email.

- 1. From the email, follow the link to navigate to the Mission Possible Portal.
- 2. Sign in to the portal, if you haven't already.
- 3. Navigate to the "Pending Requests" tab.
- 4. Click "Approve" or "Reject" under the "Action" tab.

Remember you need 4 people to complete a team.

Sandbox: USC Mission: Possible - Suzzane Huynh has requested to join your team



oin	SOUTHERNS		
	Hello Suzzane Huynh The request to Captain Karla Sifuentes to join their te If you would like to be assigned a team to join, pleas		to ne <u>Mission Possible Portal</u> to complete your registration.
ssible ail to d join			USC Mission: Possible Sign up using one of these options Already have an account? Sign In
		* You are invited to joined team	
		Maricris Team	
		* First Name	* Last Name
t name w	ill ha	UAT	Four
e your US		* Email	• USC Id (10 digits)
and creat	e and	* Password	Confirm Password
monregi	stering.		
			Sign up with Email

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UNIVERS

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USC Mission: Possible

If your request is approved by

Instructions- Joining an incomplete team

 If your request is approved by the lead agent, you will receive an invitation to join the team.

5. Click on the Mission Possible Portal link from that email to create your account and join that team.

6. Your team, first, and last name will be prepopulated. Complete your USC email, USC 10-digit ID, and create and confirm a password to finish registering.

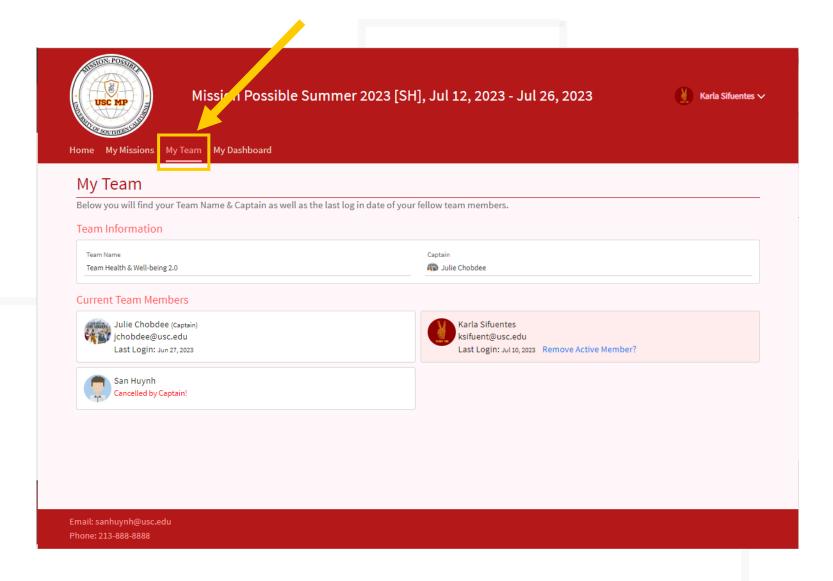
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Instructions- if you do not have a team



Once you are registered on a team, you can view your team's status in the "My Team" tab.

Start tracking your missions by navigating to the "My Missions" tab!





Questions?



USC WorkWell Center



For more information, contact:

JULIE CHOBDEE, MPH

Associate Director, Health & Well-being Program

jchobdee@usc.edu

