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Subject: Introducing the "Walking Buddies" Application
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TO: All Faculty, Staff, Trainees, and Students

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Introducing the "Walking Buddies" Application

Mount Sinai has developed a program to connect employees who want to coordinate their walks with other employees as a part of their commute or other daily activity across Mount Sinai campuses. As the weather becomes warmer, many employees will walk more, and we have heard that some people are concerned about walking alone.

In response, we have developed a new desktop application in Sinai Central, "Walking Buddies," that helps you connect with other members of the Mount Sinai family who may be walking in the same direction at the same time. This is a great way to make new friends, reconnect with those you already know, and establish a buddy system for walking. The more users on the application, the more opportunities to connect, so we urge you to sign up soon.

How to Access the Walking Buddies App

1. Log into [Sinai Central](#) with your user name and password
2. On the Sinai Central homepage, click “Employee Self-Service”
3. Click “Walking Buddies”

How to Use the Walking Buddies App

Walks can be a one-time only or a recurring event. The online form will ask the user to enter the starting point, the destination, the days of the week and time, or a unique date/time for a walk. Feel free to add other comments to describe the walk such as:

- *“I work at Mount Sinai Morningside and I live on the East Side. I’m looking for a partner to join me on a walk through the Park every evening at 6 pm”;*
- *“I’m looking for a fellow postdoc who goes in to the Icahn research labs overnight to check on experiments”;*
- *“I walk from the 6 train at Astor Place to MSBI every morning at 7 am. If you’re on the same schedule, let’s connect.”*
- *“I work at NYEE and have a meeting at Mount Sinai West every Wednesday at 1 pm. I use my lunch hour to walk between sites and it would be great to walk with someone, whenever it’s not raining.”*

Adding a Walk

In the “My Events” tab of the Walking Buddies app, create walks you want others to join by clicking on “+ Organize a New Event” in the upper left corner. Fill out the form to provide the details of your walk. If you forget to submit your form, it is saved automatically as a draft. When you do submit your form, the event is posted automatically to the “Public Events” tab for others to see and select. It will also be listed on your “My Events” tab in the “My Organized Events” list. At any time, you can “deactivate” the walks you create, and they will be removed from all views.

Joining a Walk

To find and select walks that others have created, click on the “Public Events Search” tab where you can choose the walks of interest to you. Use the “Request to Join” button to let the organizer know that you want to join the walk. If the organizer accepts your request, you will receive an email from Sinai

Central, and the event will be listed in your “My Events” tab in the “My Participating Events” section.

Learn More About the Walking Buddies App

For further information, follow the step-by-step instructions in the Walking Buddies app or [here](#).

If you have questions about the Walking Buddies app in general, you may contact Brigid Lahiff at brigid.lahiff@mountsinai.org.

For help with technical problems or questions about the online forms of the Walking Buddies app, you may email a description of the issue or include a question in an email to sinaicentral@mssm.edu.

We hope this application provides employees with a safe way to get healthy and connect with colleagues during their commute.

