

Own Your Own Health

2021 Conquering Covid-19

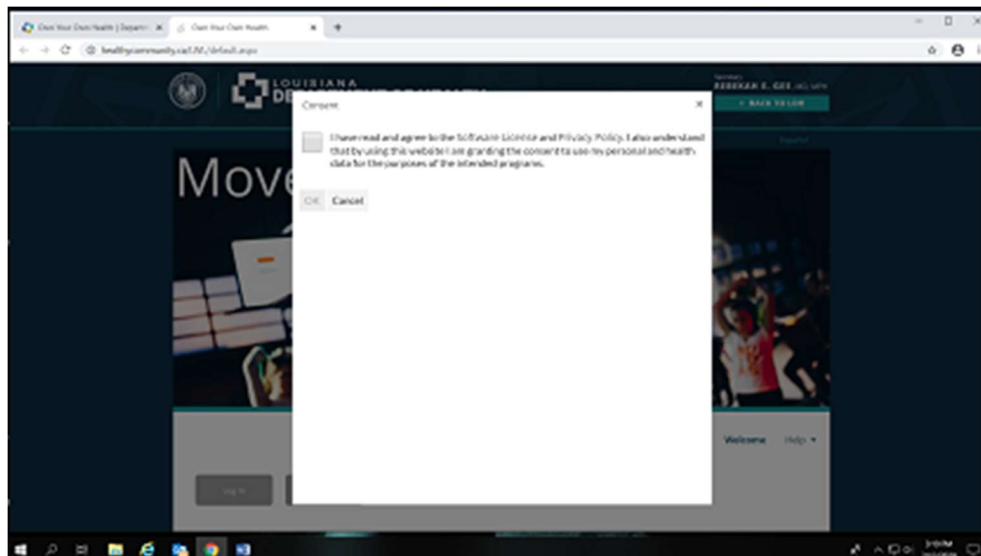
Individuals Step Challenge Registration

www.oyohla.com

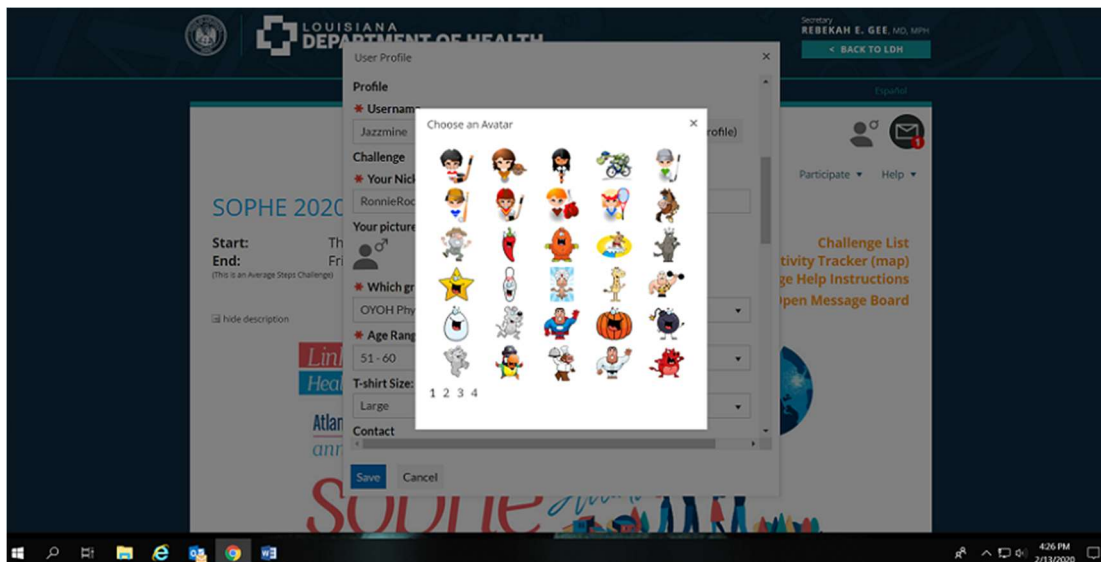
Logon to oyohla.com and click on
“Sign Up For All Challenges Here”



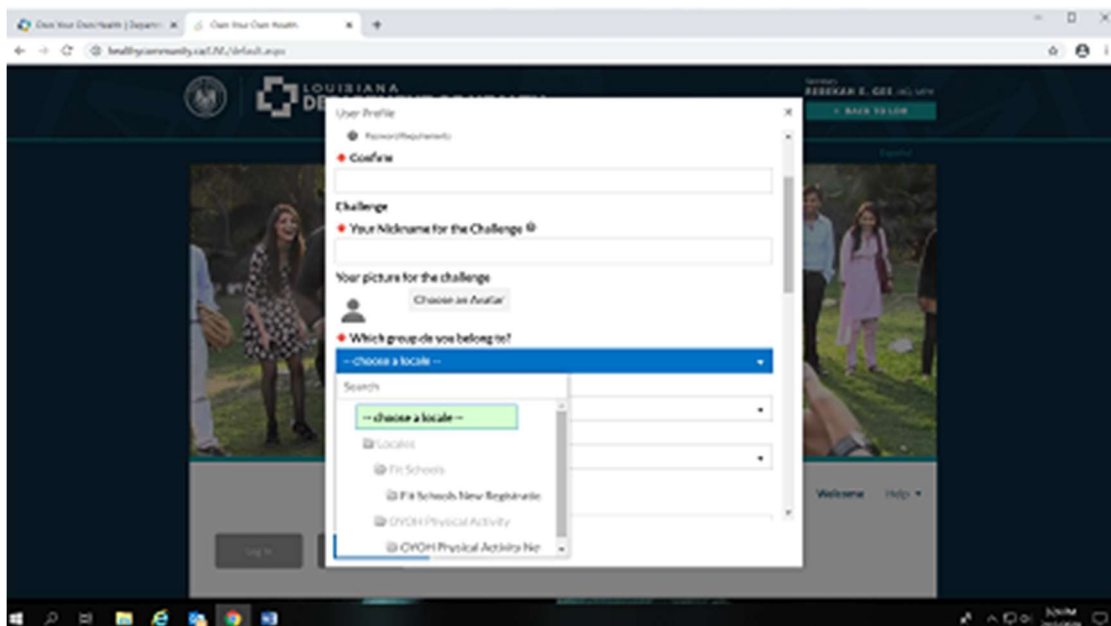
On the next page click the “Sign Up” box and a popup screen will appear. Check box for Consent and click Ok.



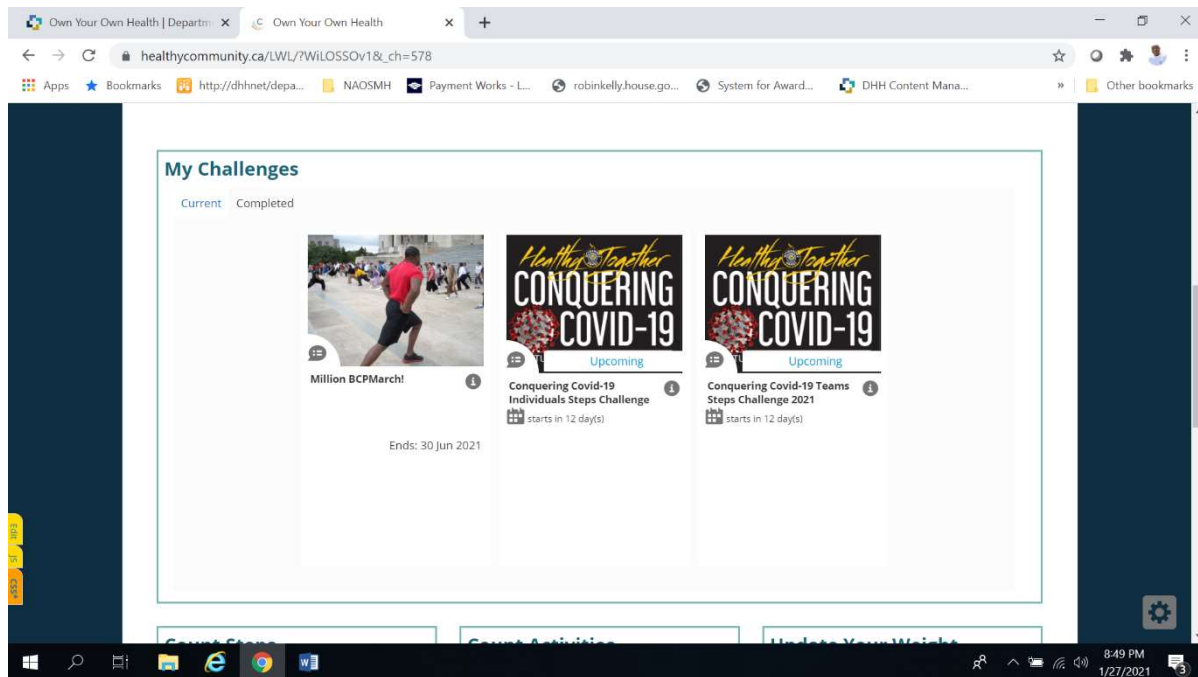
Everyone must complete the “*User Profile.*” While completing the Profile form, you may choose an animated Avatar that will show up next to your nickname.



On the Profile Form, you will be asked: “*Which group do you belong to?*” Make sure you scroll down the list and choose “*OYOH Physical Activity New Registration.*” Complete the entire form then click Save and Continue.



You will then be transported to your *Welcome page*.
Under 'My Challenges', select and click one of the *Covid-19* Individuals Steps Challenge.



On the next page click "Join Challenge." in the blue box.



You will then be sent to the Challenge page.

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healthycommunity.ca/LWL/challenge/view.aspx?id=1394e642-557c-439b-a751-c2ee9d96b902

Apps Bookmarks http://dhhnet/depa... NAOSMH Payment Works - L... robinkelly.house.go... System for Award... DHH Content Mana... Other bookmarks

Conquering Covid-19 Individuals Steps Challenge 2021

Start: Monday, February 8, 2021
End: Saturday, May 8, 2021

[Challenge List](#)
[Activity Tracker \(map\)](#)
[Challenge Help Instructions](#)
[Open Message Board](#)

I no longer want to participate in this challenge!

☐ hide description

Monday, February 8

9:21 AM 1/28/2021

You should see your nickname at the bottom under 'My Challenge Progress.'

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healthycommunity.ca/LWL/challenge/view.aspx?id=1394e642-557c-439b-a751-c2ee9d96b902

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☐ hide description

Monday, February 8

My challenge progress...

Rank	Name	Progress
1	Rudymac	Steps: 0 Distance (mi): 0.0

[View more...](#)

9:46 PM 1/27/2021

How to Enter Steps

On your Welcome page, If you have a pedometer or smart device, you may enter steps in the **Count Steps** box and click ADD.

Count Steps

Enter number of steps:

Activity Tracker (img)

Count Activities

Choose an activity:

Enter minutes:

Update Your Weight

Enter weight:

In the **Count Activities** box, you may choose an activity and enter the number of minutes it took to complete your activity and click ADD. The Minutes you enter will be converted into Steps and Miles.

Count Steps

Enter number of steps:

Activity Tracker (img)

Count Activities

Choose an activity:

Walking

Walking

876 Steps/10 min

Aerobics-high impact

1,760 Steps/10 min

Aerobics-low impact

1,320 Steps/10 min

Badminton (Competitive)

1,749 Steps/10 min

Badminton (Recreational)

1,375 Steps/10 min

Baseball

625 Steps/10 min

Basketball

2,000 Steps/10 min

Update Your Weight

Enter weight:

Tracker

← →

Friday
Feb 14
Hydration

0

Glasses of Water

[Show details](#)

Participants may use the Fit Bit to sync with the OYOH system, or click on the Google Fit Dashboard at the bottom of the Welcome page to see which smart devices Google supports.

Own Your Own Health has an app called, “MyWell App” by Core Health that looks exactly like the website and will sync with the online site.



How to Sync the MyWell App

Step One: Download the MyWell by Core Health app to your smart phone.

Step Two: Logon to your account with username and password. At the top of your Welcome page, click on your animated avatar and select “**Mobile Access**” and click “New.” A code will appear. Then copy the code and put it into the app on your smart phone. Give it a minute or two to successfully sync with your device.