Own Your Own Health

2021 Conquering Covid-19

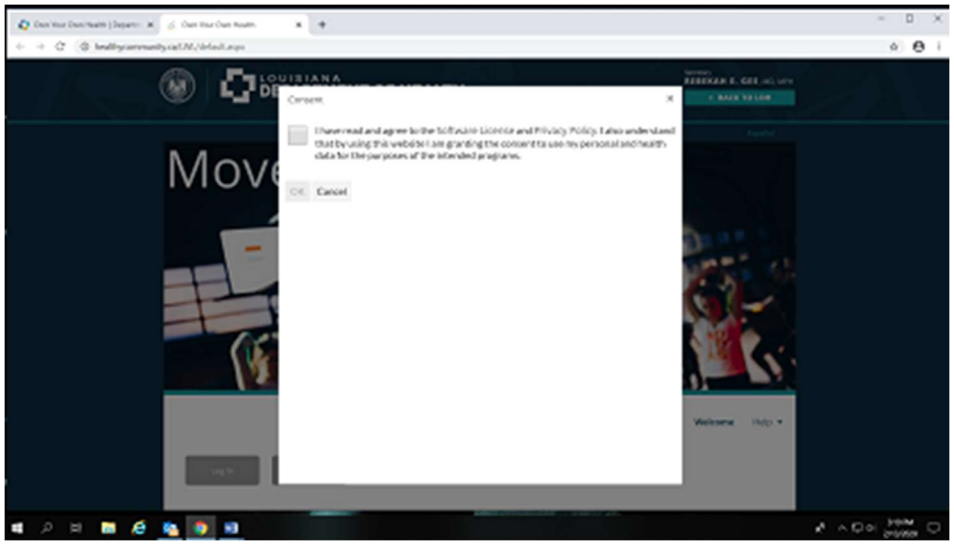
Teams Step Challenge Registration

www.oyohla.com

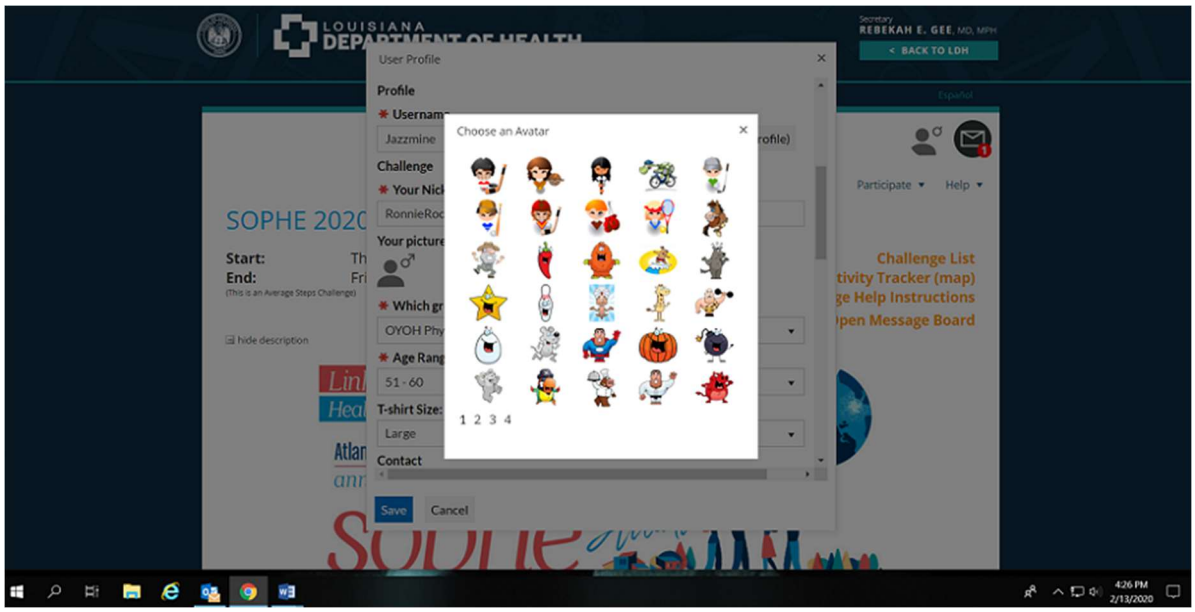
Team Registration (Captains)
Step One:

Captains must register first by logging onto oyohla.com and click on
"Sign Up For All Challenges Here"

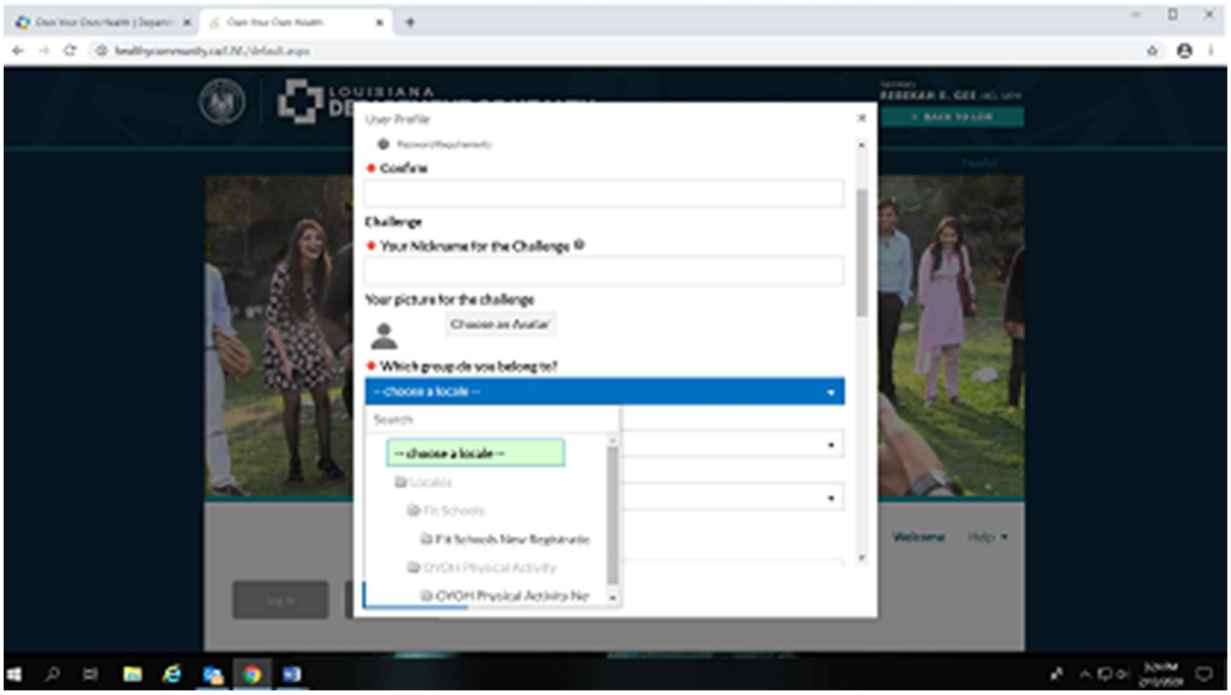
On the next page click the "Sign Up" box and a popup screen will appear. Check box for Consent and click Ok.



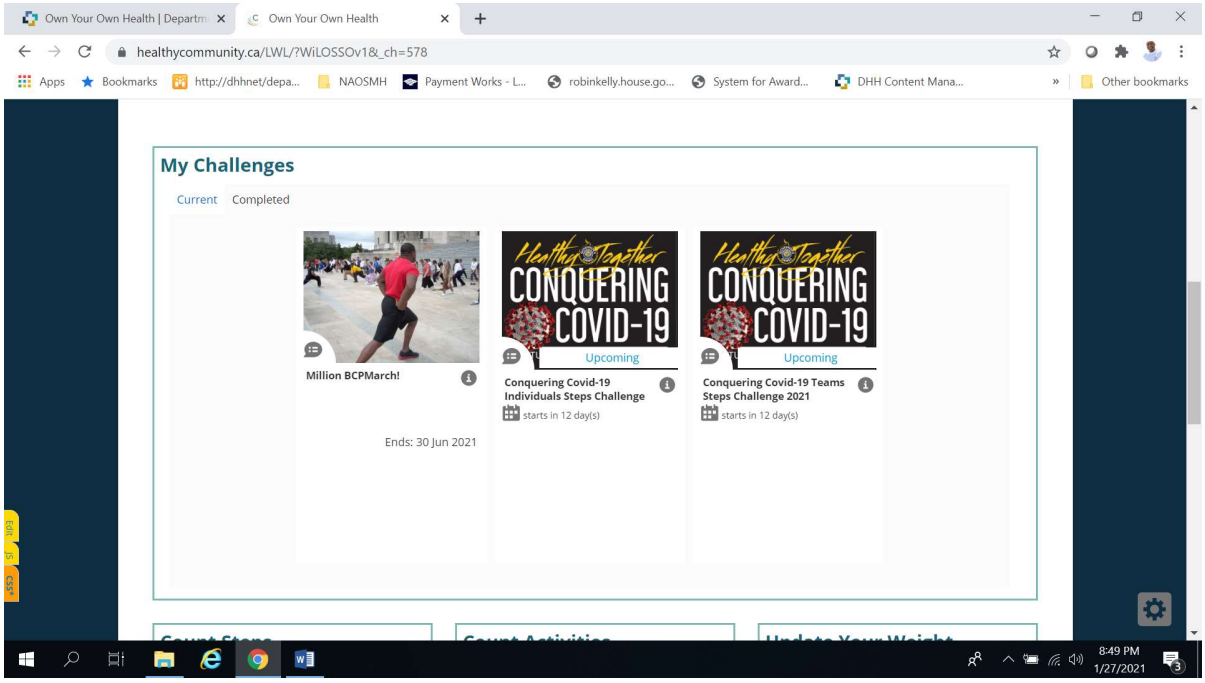
Everyone must complete the "*User Profile.*" While completing the Profile form, you may choose an animated Avatar that will show up next to your nickname.



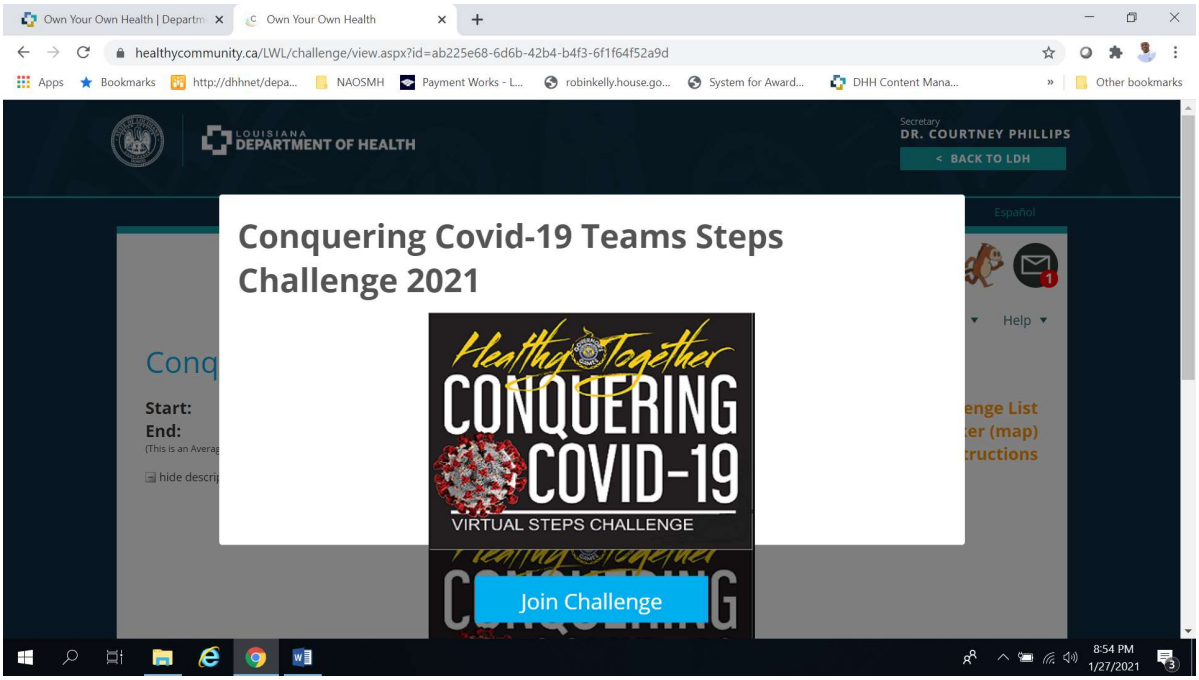
On the Profile Form, you will be asked: ***"Which group do you belong to?"*** Make sure you scroll down the list and choose ***"OYOH Physical Activity New Registration."*** Complete the entire form then click Save and Continue.



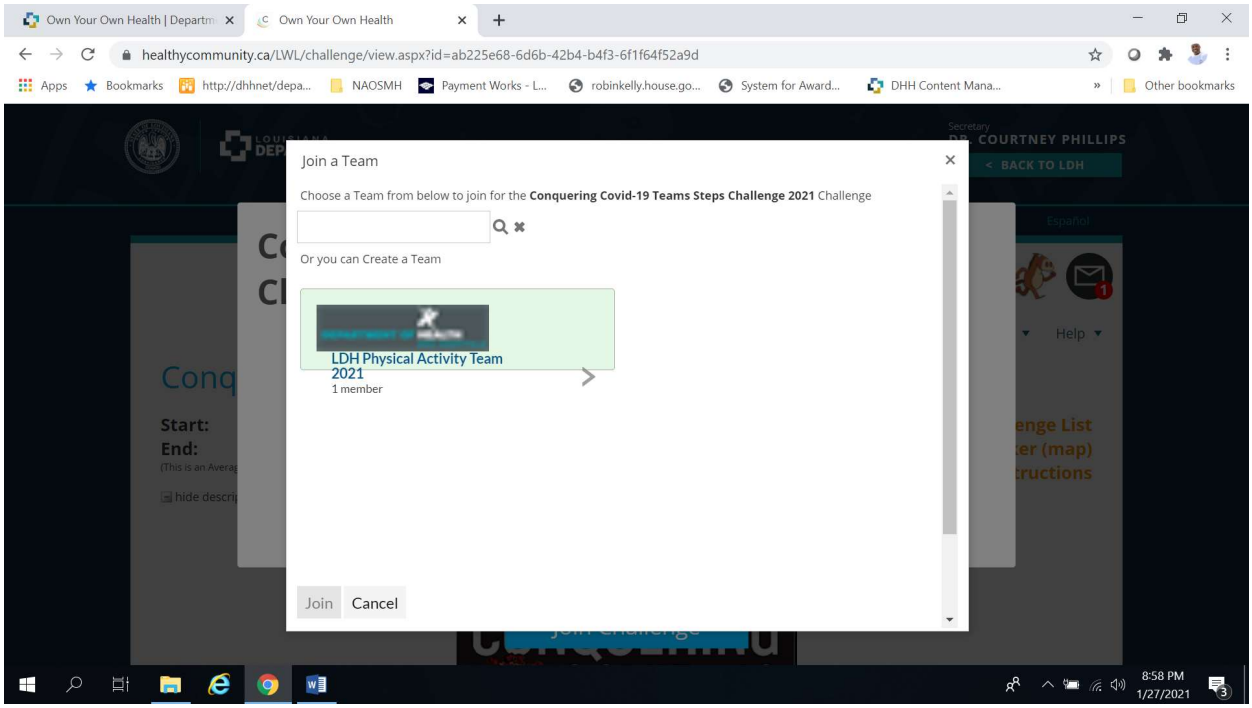
You will then be transported to your *Welcome page.*
Under 'My Challenges', select and click on *Covid-19* Team Steps Challenge.



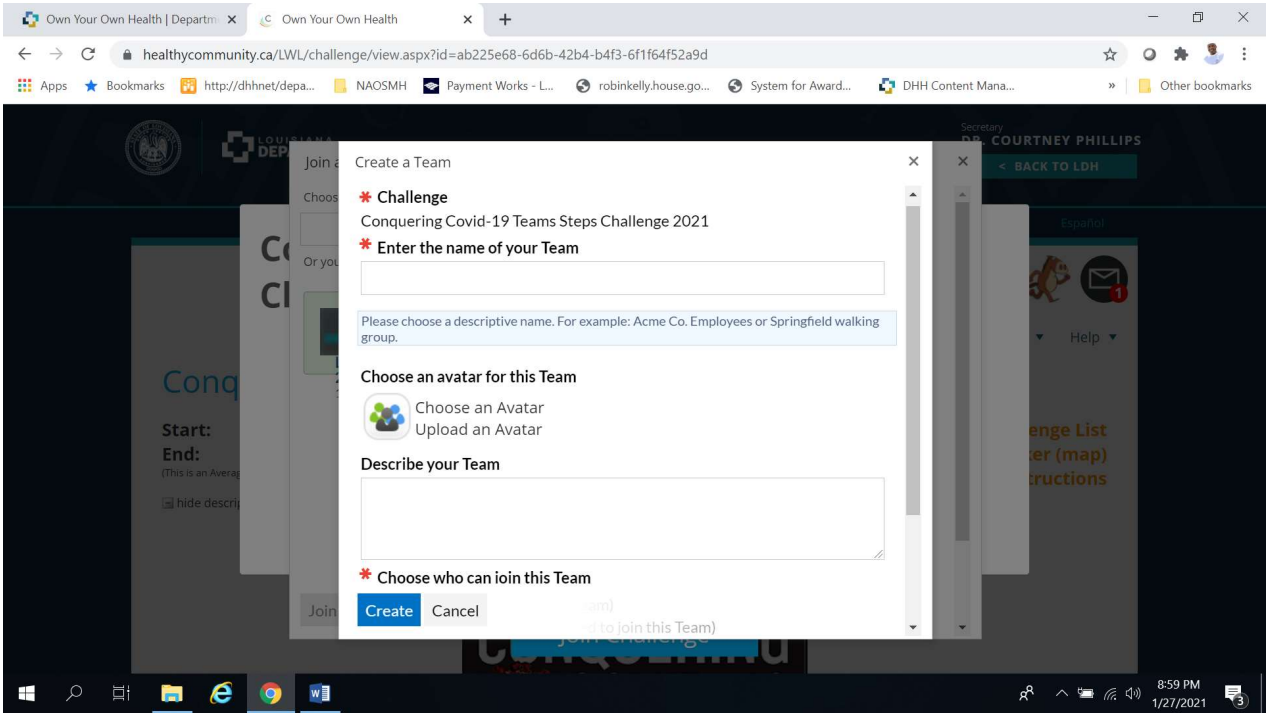
On the next page click "Join Challenge." in the blue box.



To create a team, after clicking "Join Challenge" in the blue box, a pop-up screen will appear. Click on *"Create A Team"* link.'

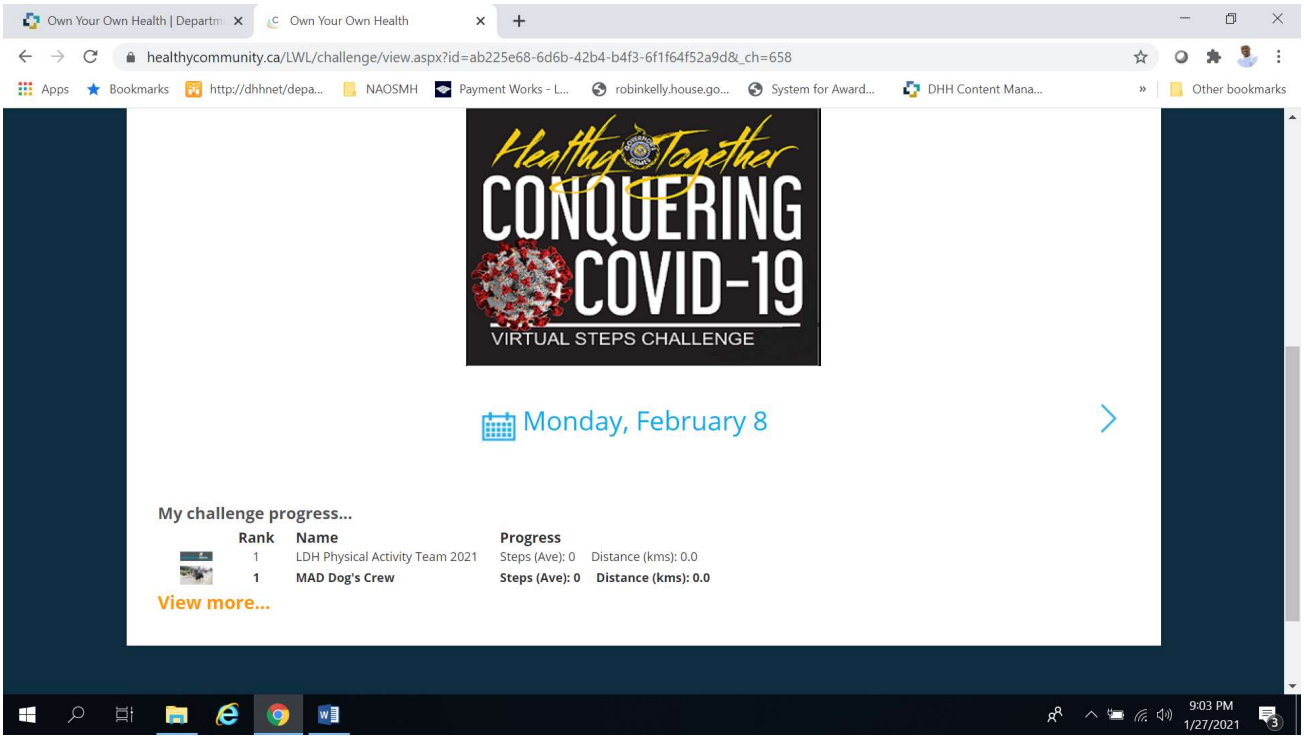


Complete the team form and click "Create" at the bottom of page.



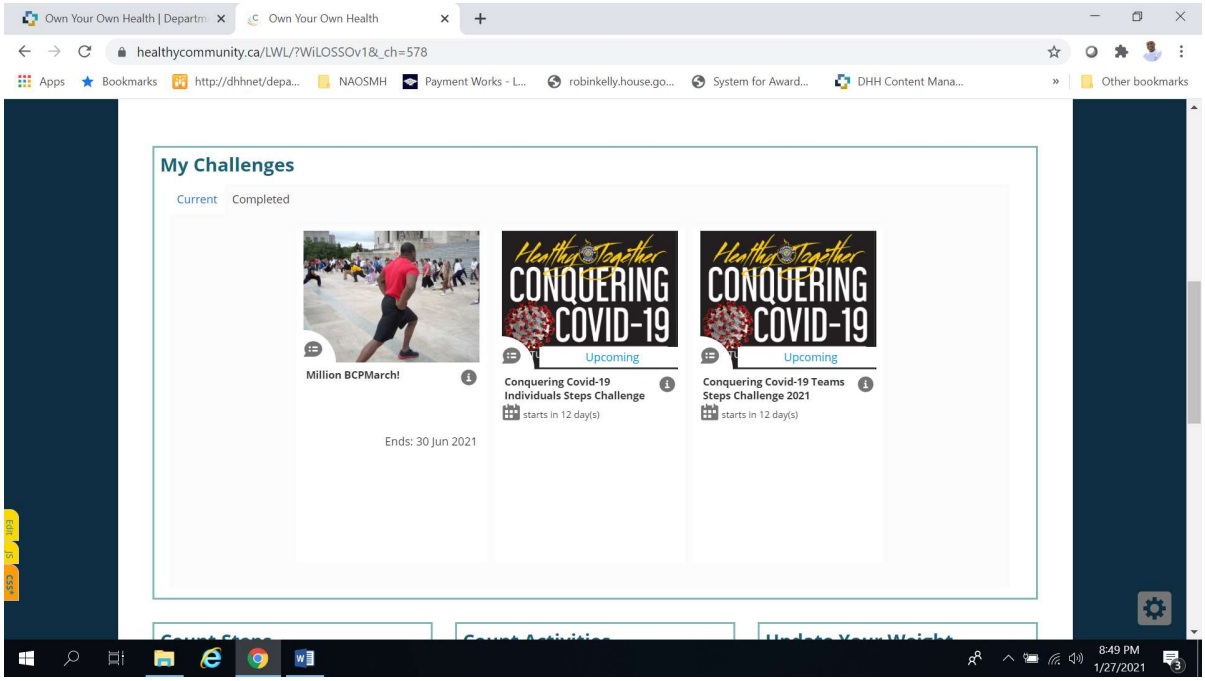
You will then be sent to the Challenge page.

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

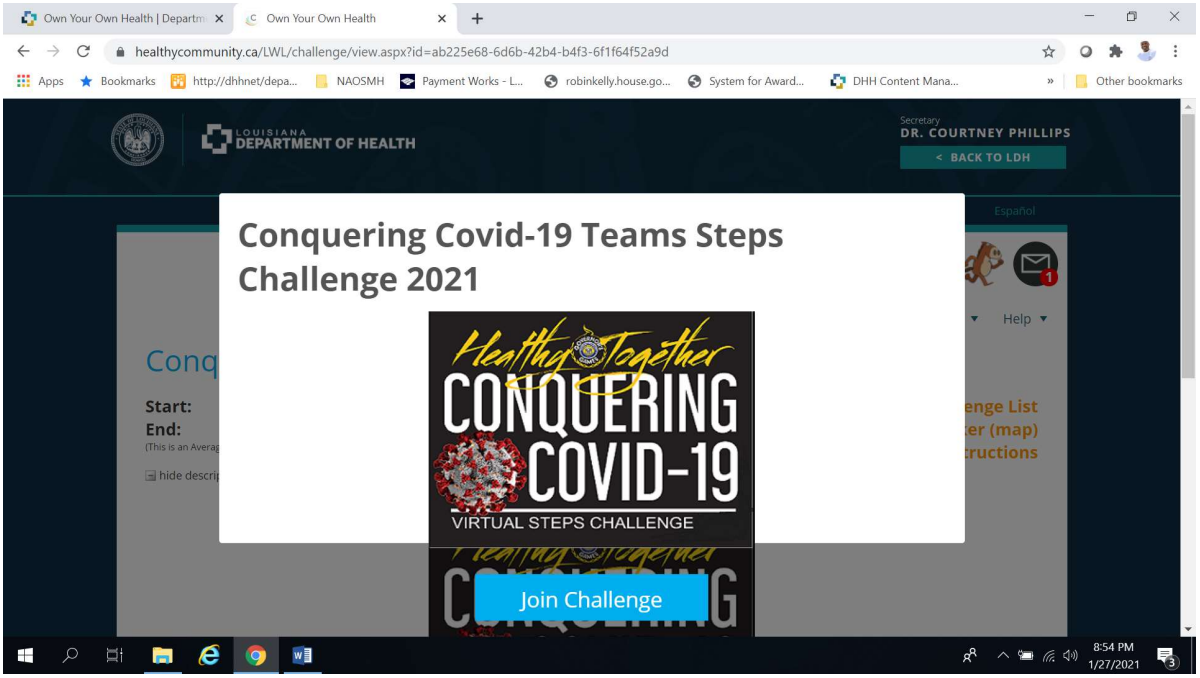


How to Sign up Team Members

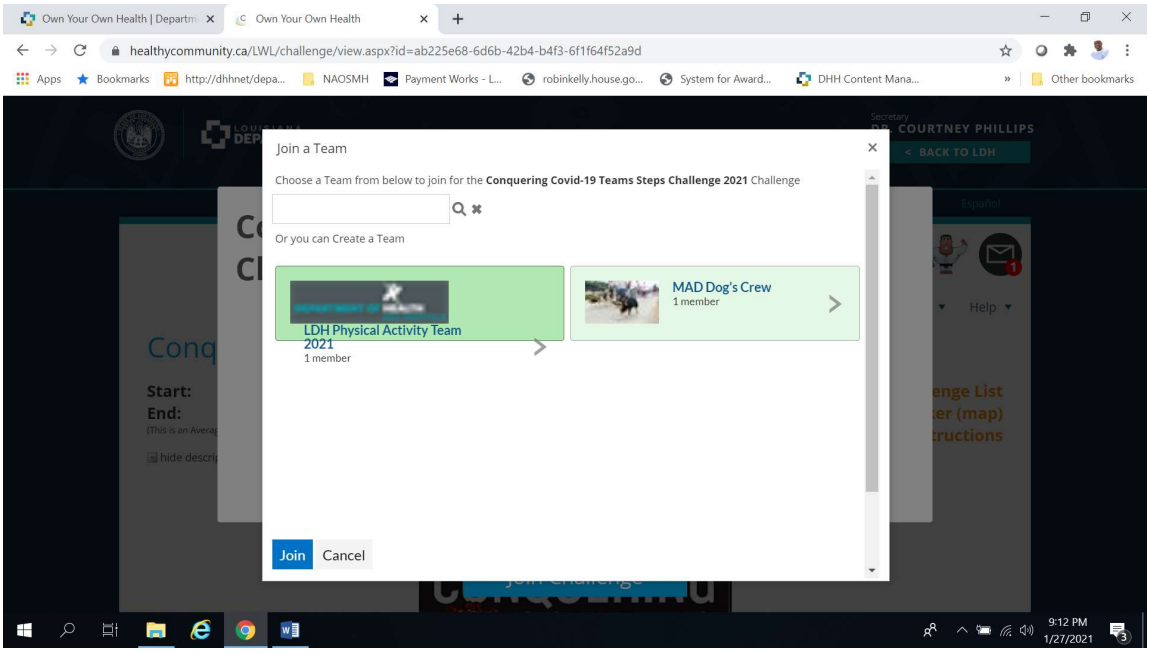
All team members must sign up individually the same as captains**.** Make sure they remember their username and password. On their Welcome page "Under My Challenges," select and click **"Covid-19 Teams Steps Challenge."**.



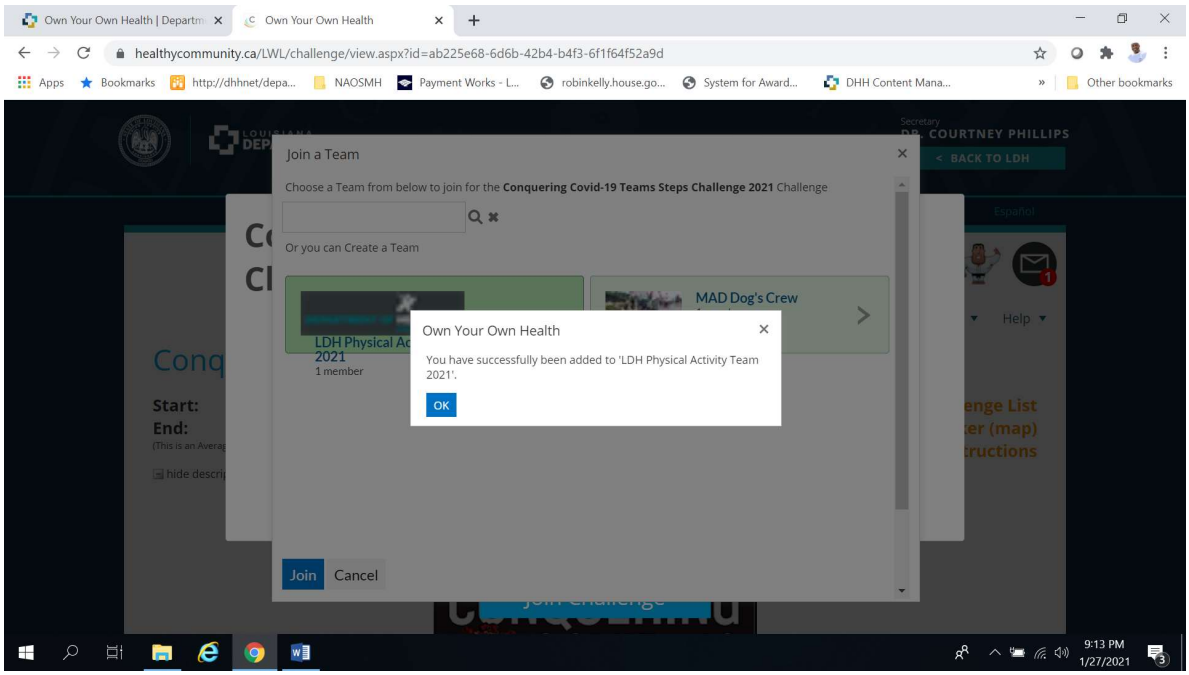
Click on "Join Challenge" in the blue box



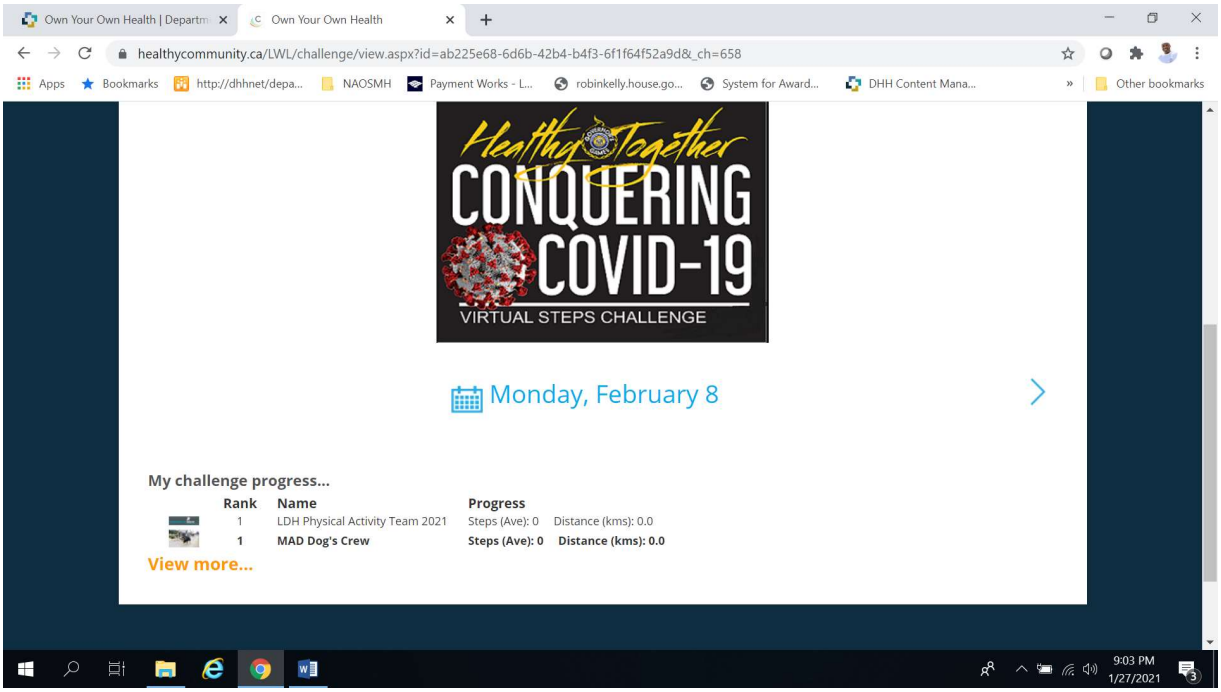
Search and click on your team. Then, click "Join" at the bottom of the page.



Once you click Join, you will see the message: "You have successfully been added to your team."

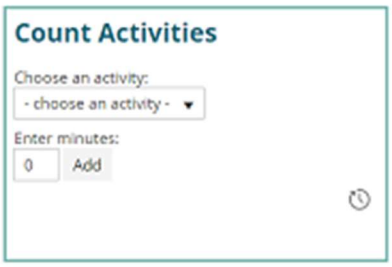


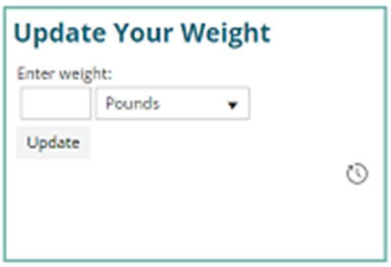
To verify that you joined the team successfully, scroll to the bottom of the page and look for your team. Click team avatar on the left and see your team mates.



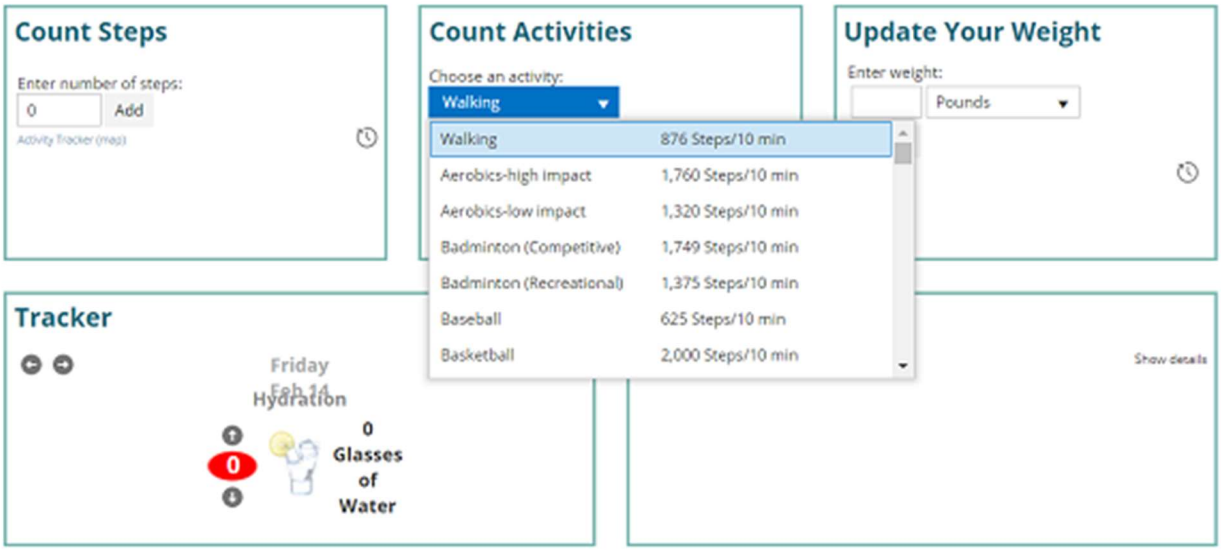
How to Enter Steps

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





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.



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.