

Own Your Own Health

2021 Conquering Covid-19

Teams Step Challenge Registration

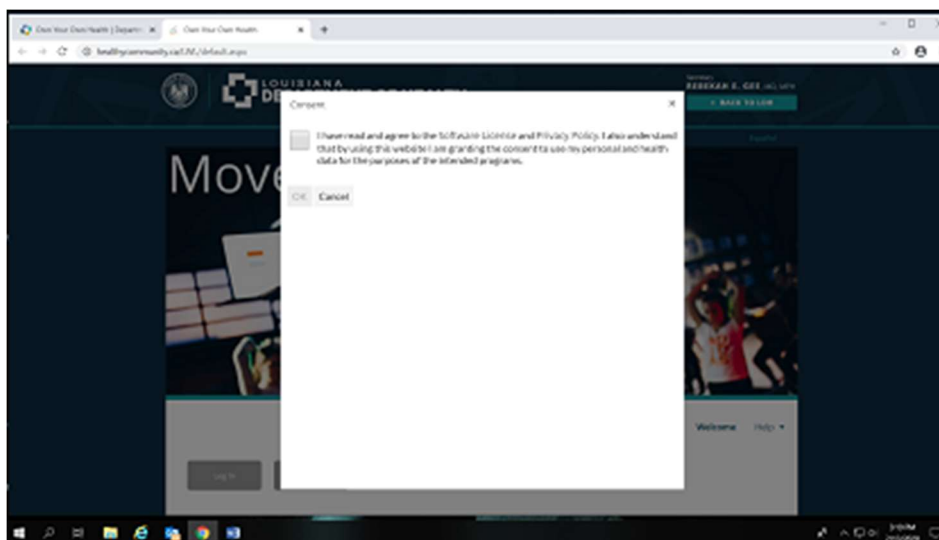
www.oyohla.com

Team Registration (Captains) Step One:

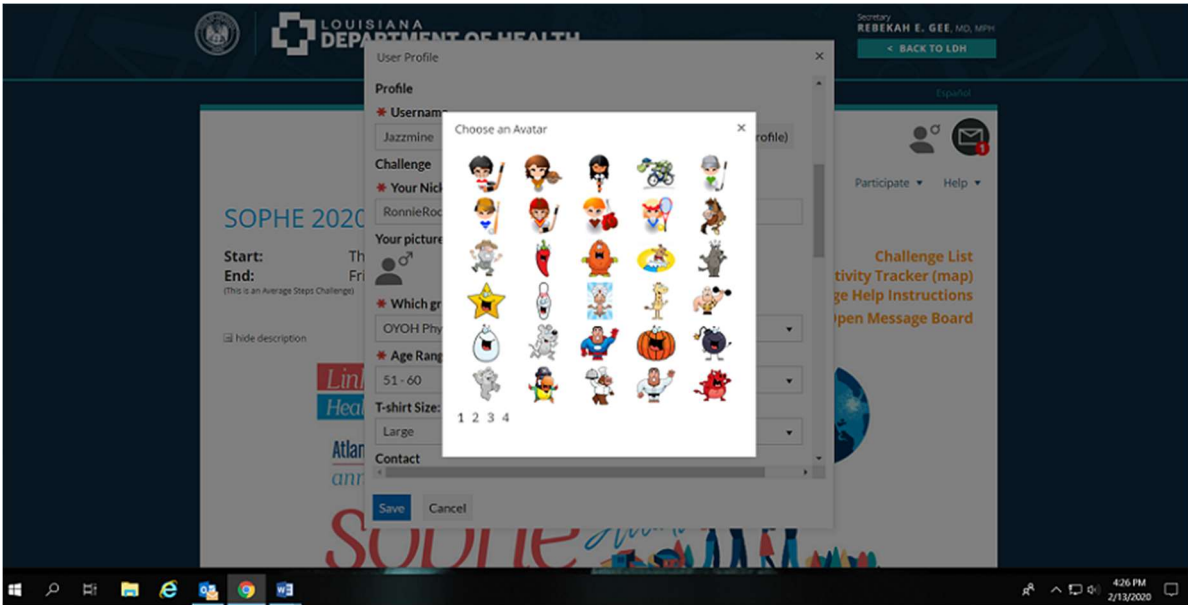
Captains must register first by logging onto oyohla.com and click on
“Sign Up For All Challenges Here”



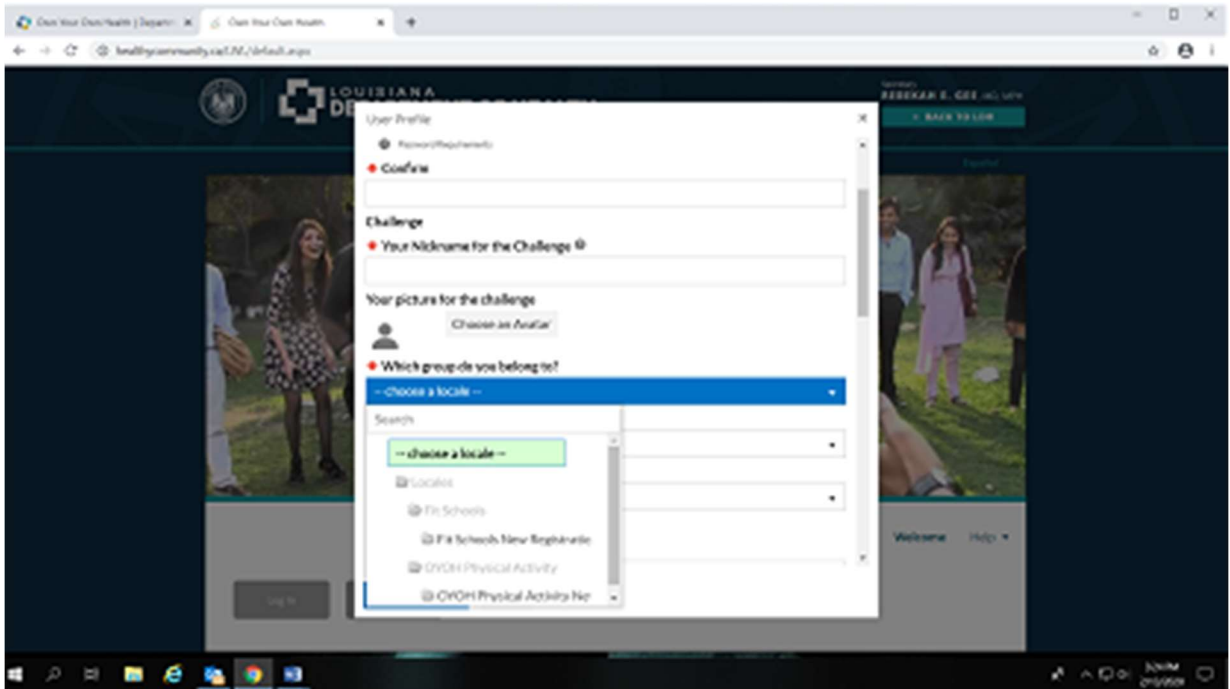
On the next page click the “Sign Up” box and a popup screen will appear. Check box for Consent and click Ok.



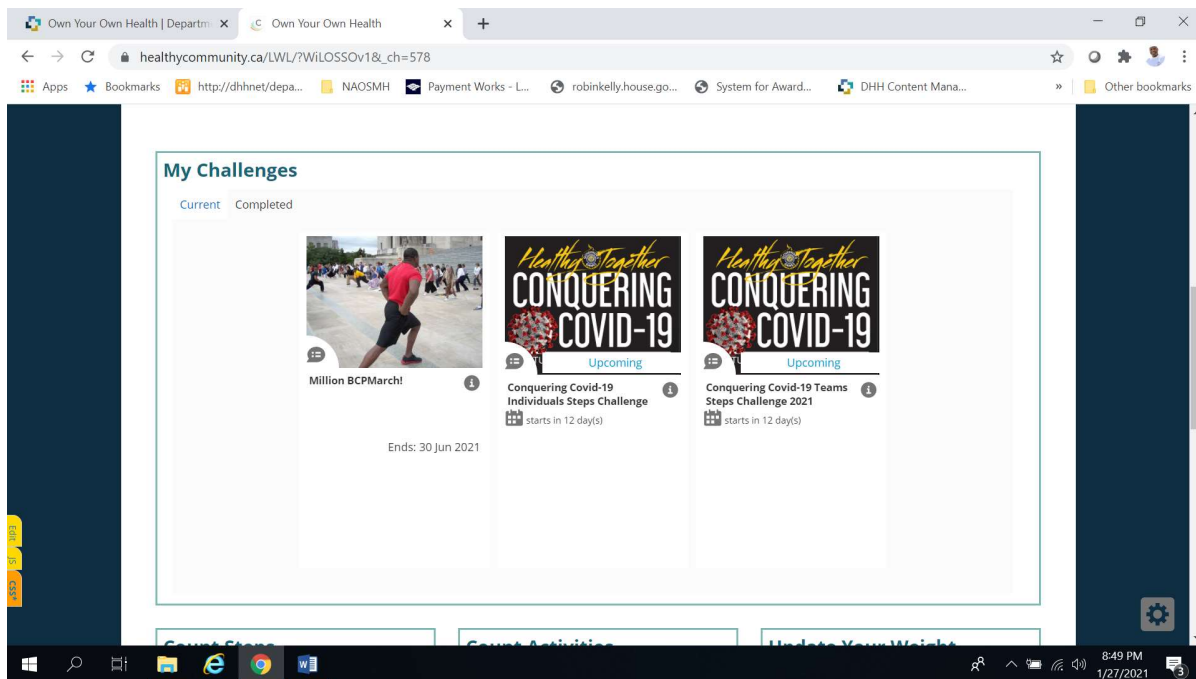
Everyone must complete the “*User Profile.*” While completing the Profile form, you may choose an animated Avatar that will show up next to your nickname.



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.



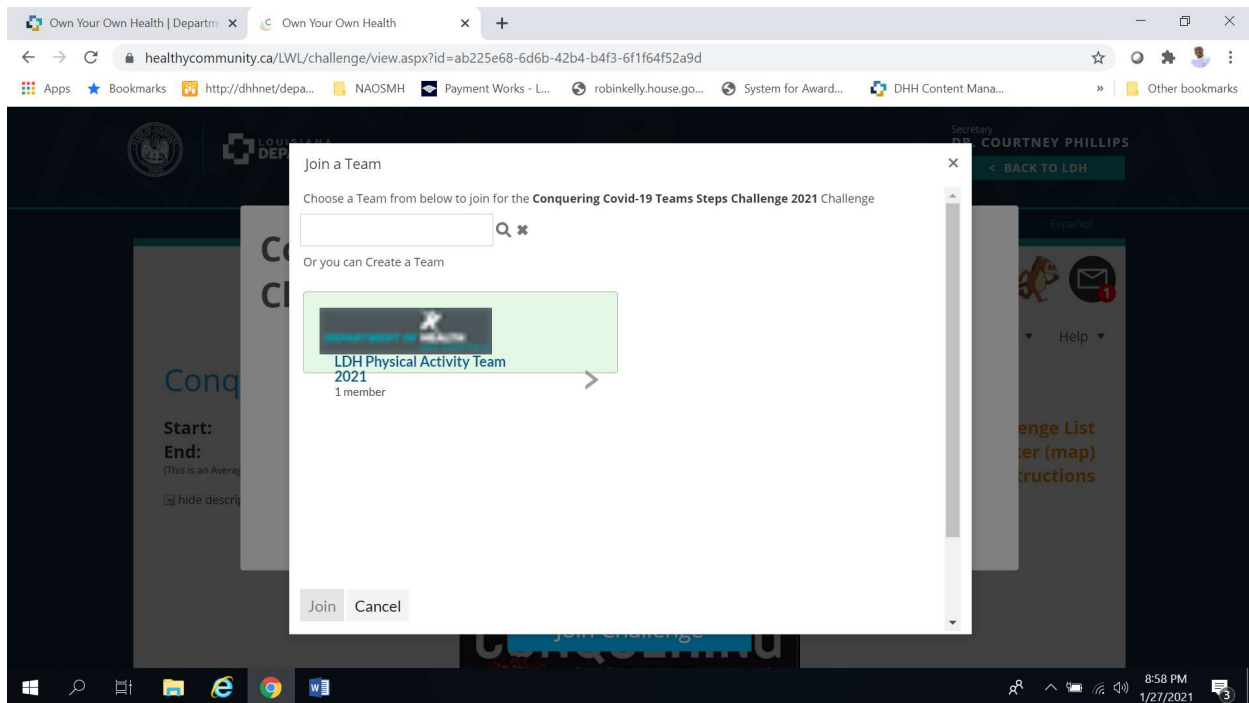
You will then be transported to your *Welcome* page.
Under ‘My Challenges’, select and click on *Covid-19* Team Steps Challenge.



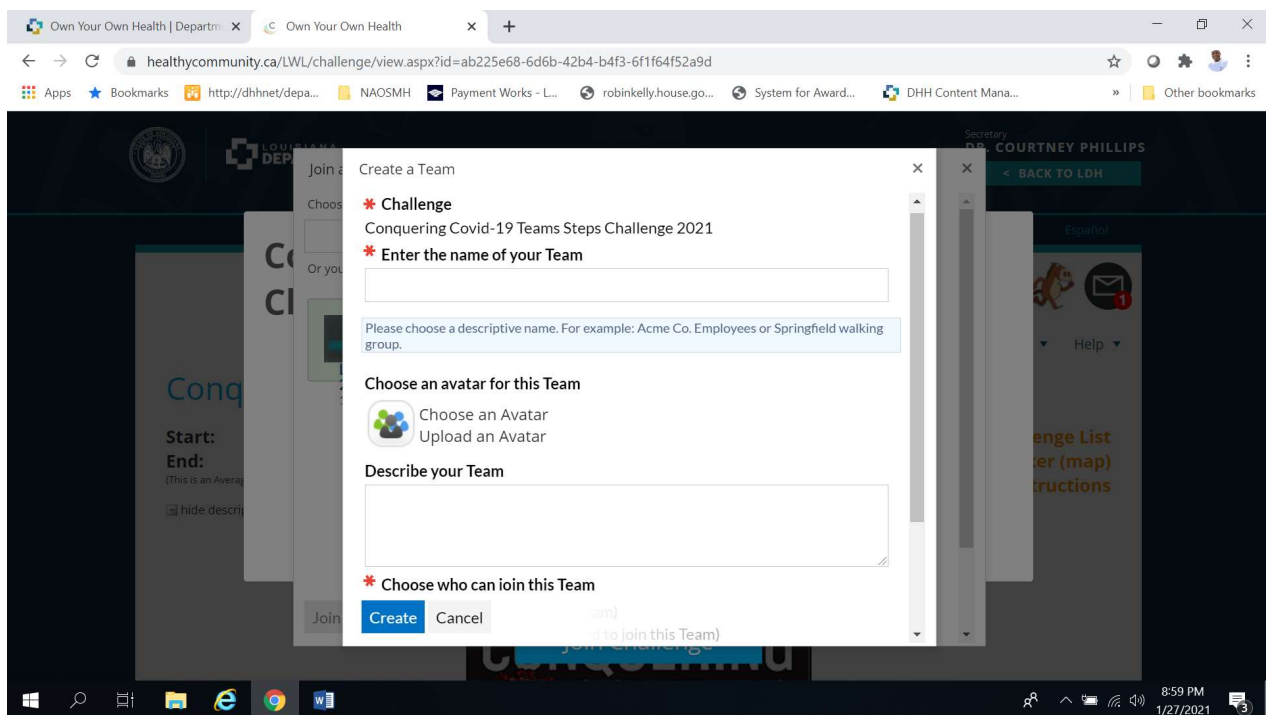
On the next page click “Join Challenge.” in the blue box.



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.

The screenshot shows a web browser window with the URL `healthycommunity.ca/LWL/challenge/view.aspx?id=ab225e68-6d6b-42b4-b4f3-6f1f64f52a9d&_ch=658`. The page title is "Conquering Covid-19 Teams Steps Challenge 2021". The start date is Monday, February 8, 2021, and the end date is Saturday, May 8, 2021. A note indicates "(This is an Average Steps Challenge)". On the right, there are links for "Challenge List", "Activity Tracker (map)", "Challenge Help Instructions", and "Open Message Board". A central graphic features the text "Healthy Together CONQUERING COVID-19 VIRTUAL STEPS CHALLENGE" with a virus icon. The browser's taskbar at the bottom shows the time as 9:02 PM on 1/27/2021.

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

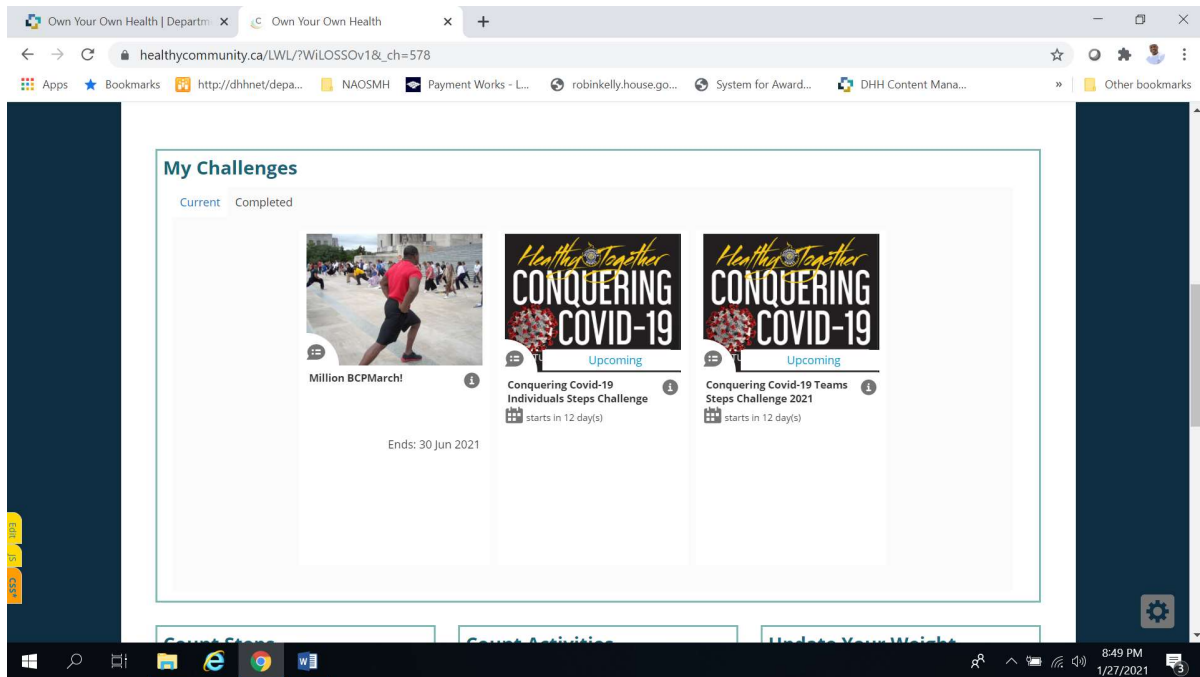
The screenshot shows the "My challenge progress..." section of the challenge page. It features a table with the following data:

Rank	Name	Progress
1	LDH Physical Activity Team 2021	Steps (Ave): 0 Distance (kms): 0.0
1	MAD Dog's Crew	Steps (Ave): 0 Distance (kms): 0.0

Below the table is a "View more..." link. Above the table, there is a date selector showing "Monday, February 8" with a right arrow. The central graphic from the previous screenshot is also visible at the top of this section. The browser's taskbar at the bottom shows the time as 9:03 PM on 1/27/2021.

How to Sign up Team Members

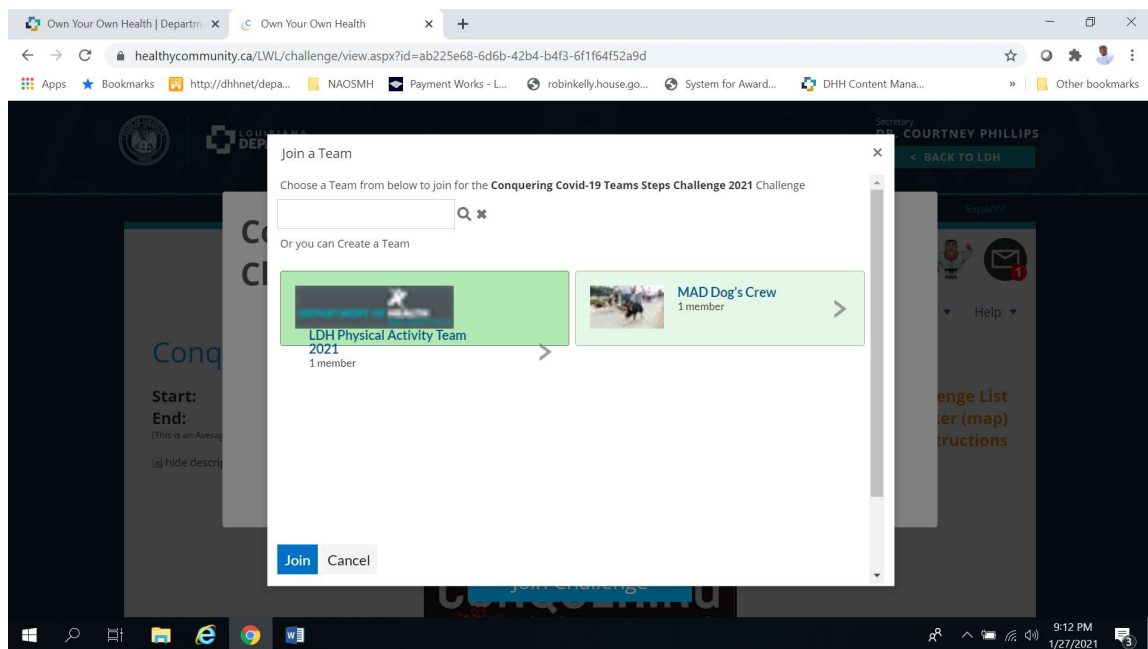
All team members must sign up individually the same as captains. Make sure they remember their username and password. On their Welcome page “Under My Challenges,” select and click **“Covid-19 Teams Steps Challenge.”**



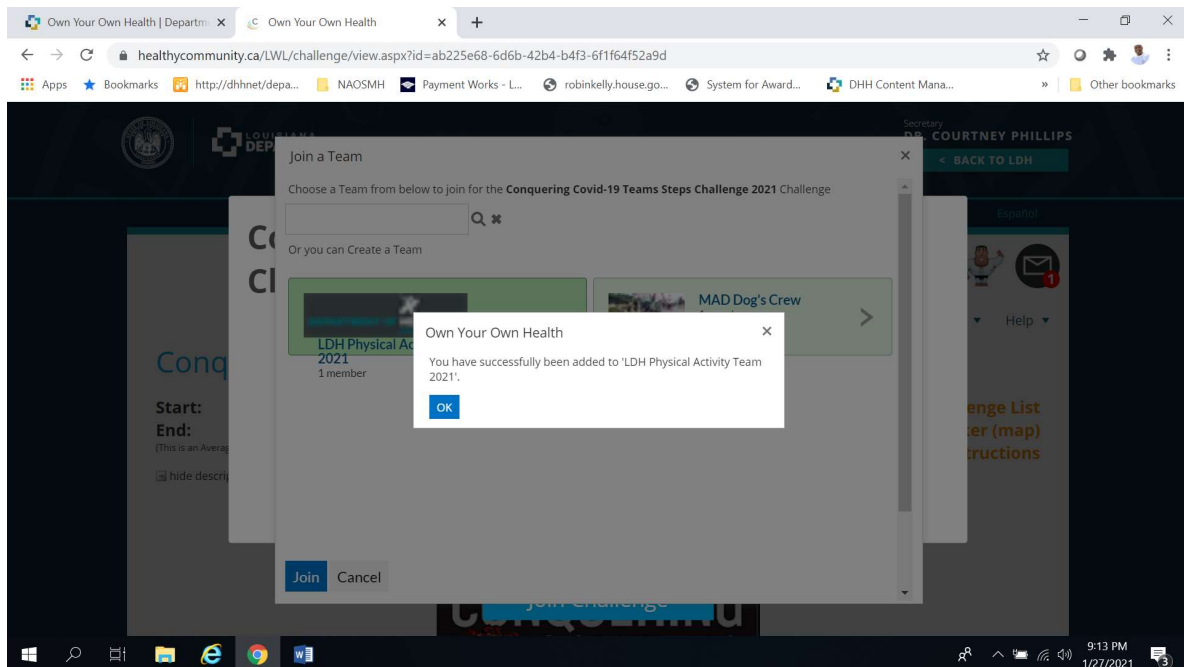
Click on **“Join Challenge”** in the blue box



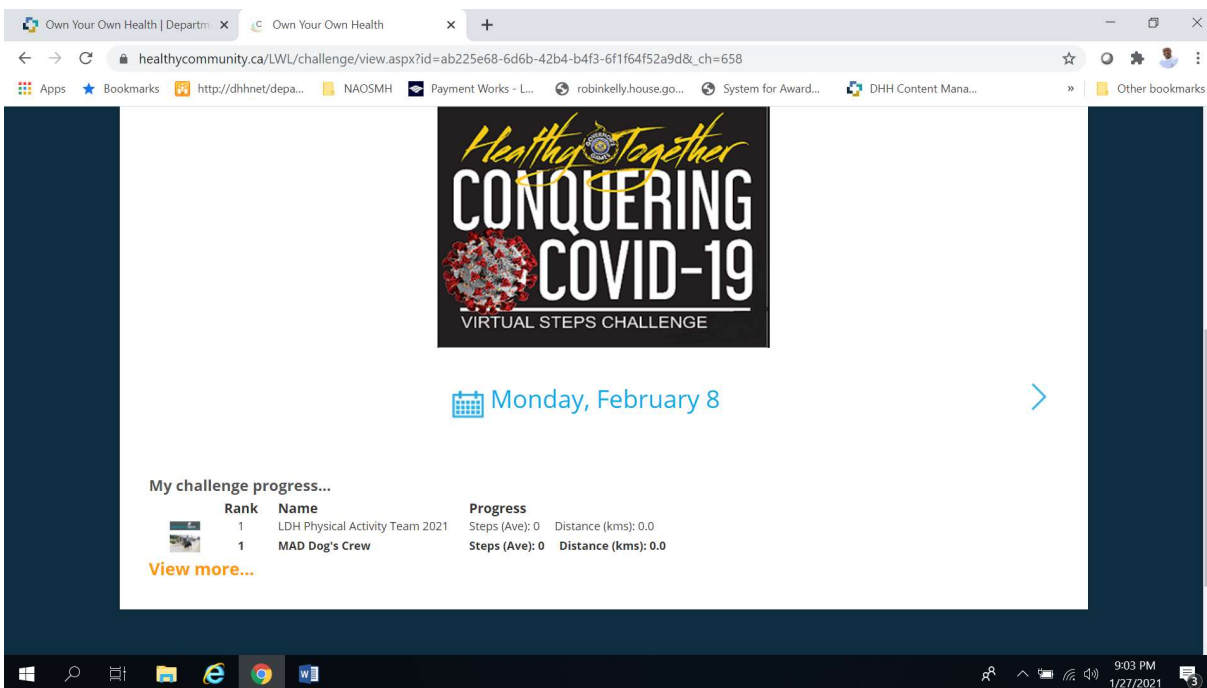
Search and click on your team. Then, click “Join” at the bottom of the page.



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 pedometer or smart device, you may enter steps in the *Count Steps* box and click ADD.

Count Steps

Enter number of steps:

Activity Tracker (map)

Count Activities

Choose an activity:

- 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.

The screenshot displays the OYOH website interface with four main sections:

- Count Steps:** Includes a text input for "Enter number of steps:" with the value "0" and an "Add" button. Below it is a small clock icon and the text "Activity Tracker (mg)".
- Count Activities:** Features a dropdown menu labeled "Choose an activity:" with "Walking" selected. A list of activities and their corresponding steps per 10 minutes is shown:

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:** Includes a text input for "Enter weight:" and a dropdown menu set to "Pounds". A small clock icon is present on the right.
- Tracker:** Shows a hydration tracker for "Friday Feb 14" with a goal of "0 Glasses of Water". It includes a red circle with "0" and a glass icon.

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.

