

# Own Your Own Health

## FREQUENTLY ASKED QUESTIONS

### **What is Own Your Own Health?**

Own Your Own Health (OYOH) is a “3-month” competition that encourages Louisianans to develop healthy activity and eating habits. Louisianans can form teams or sign up as individuals and engage in friendly competition, or if you do not like competition, you may still participate and track your progress.

### **How many people can be on my team?**

Adults and youth can have as many team members as they wish. Can't find a team? With the new OYOH you can join any team you wish and be on multiple teams.

### **How much does OYOH cost?**

There is no cost at all. The program is absolutely free.

### **What does my registration include?**

Weekly activity and nutrition tips and a chance to win prizes.

### **Where do I get an entry form?**



Entry forms can be downloaded from the OYOH Web site: [www.oyohla.com](http://www.oyohla.com) or **you can register online**. For more details see page 6 of this handbook.

### **When is the deadline?**

Entries will be honored anytime during the program.

### **Is there team competition?**

Team and individual competition will recognize achievements in two areas: weight loss (due to healthy, appropriate diet and physical activity while achieving Milestones. Remember, If you don't prefer competition, you may still participate as an Individual Participant.

### **What does the winning team receive?**

Winners in each category will receive a certificate of completion and an OYOH T-shirt for accumulating 200,000 steps or ore.

### **Who to contact?**

If you need more information not found in this handbook, email us: [oyoh@la.gov](mailto:oyoh@la.gov) or call 225-342-4886. Use our toll free number: 1-866-562-9015.

### **What are the requirements for the weight loss division?**

Each member of a team submits an anonymous 'honor' weight when they register on-line. Participants may update their weight any time. Winning teams or individual participants are those that lose the highest percentage of weight over the 3-month program. You may submit your honor weight on the OYOH website.

### **What are the requirements for the accumulated activity division?**

Teams and Individual participants will qualify for prizes by reporting your totals to the OYOH website. Winners will be determined by the order of finish. Totals may be entered on the website or e-mail them to us at [oyoh@la.gov](mailto:oyoh@la.gov).

**How do we report our team's progress?**

Participants can report their progress directly to the Web site by logging in with his/her username and password. Step-by-step directions on how to report team or individual progress are on page 7 of this handbook.

**What are the responsibilities of the team captain?**

The team captain is the motivational leader of the team. He/she is responsible for sharing the weekly nutrition and activity.

**What happens if a team member quits the team? Is our team out of the program?**

Not to worry...you can now make adjustments to your team roster or e-mail us: oyoh@la.gov.

1. Have the member Logon to the OYOH website
2. Click on your challenge
3. Locate your team at the bottom of the page under Rankings
4. Click on your team and select "Leave."