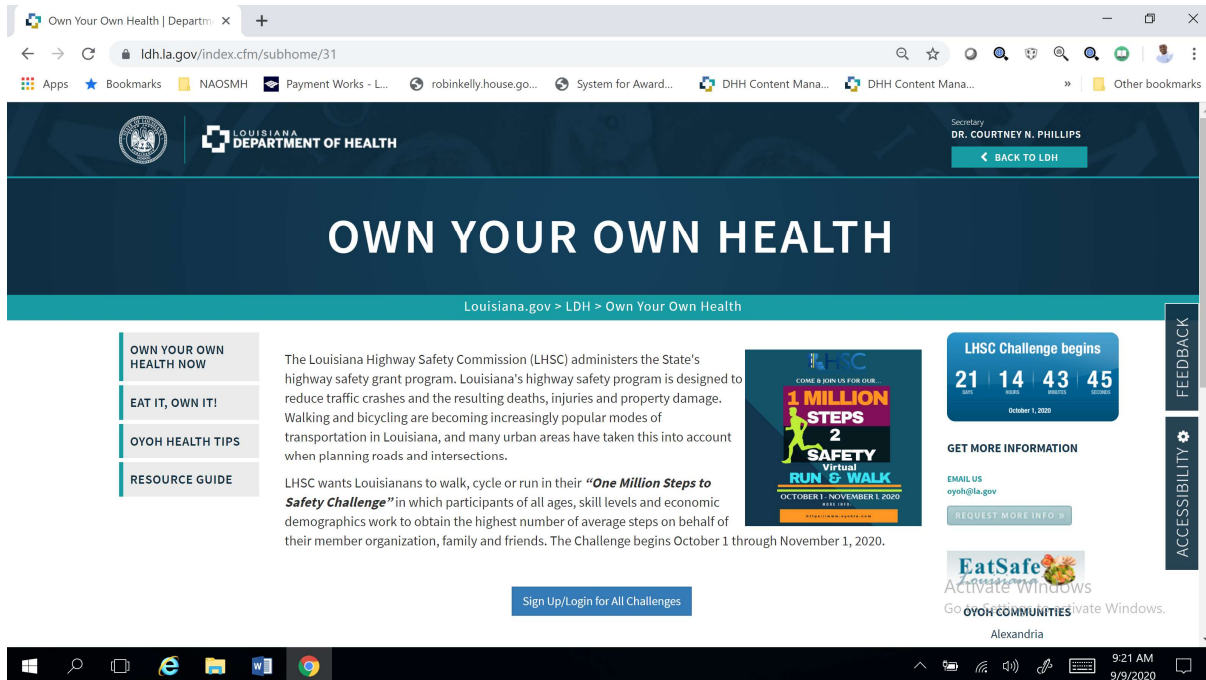


Louisiana Highway Safety Commission 1 Million Steps to Safety Steps Challenge

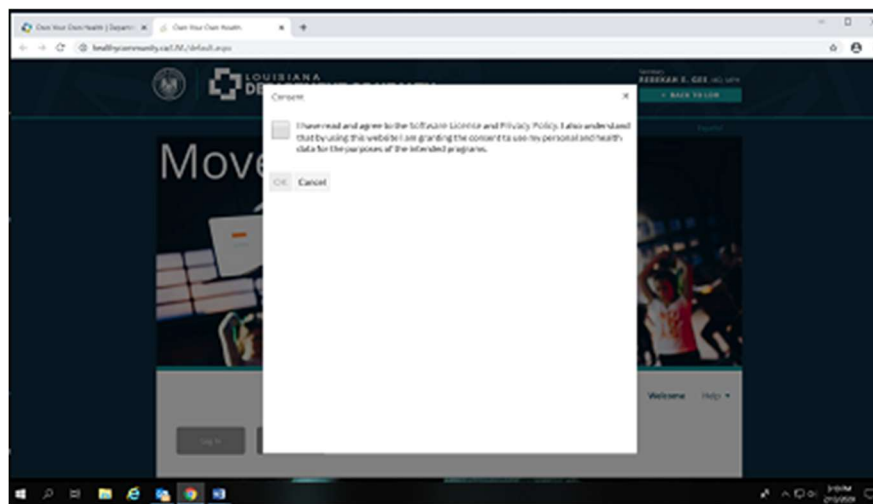
www.oyohla.com

LHSC Registration

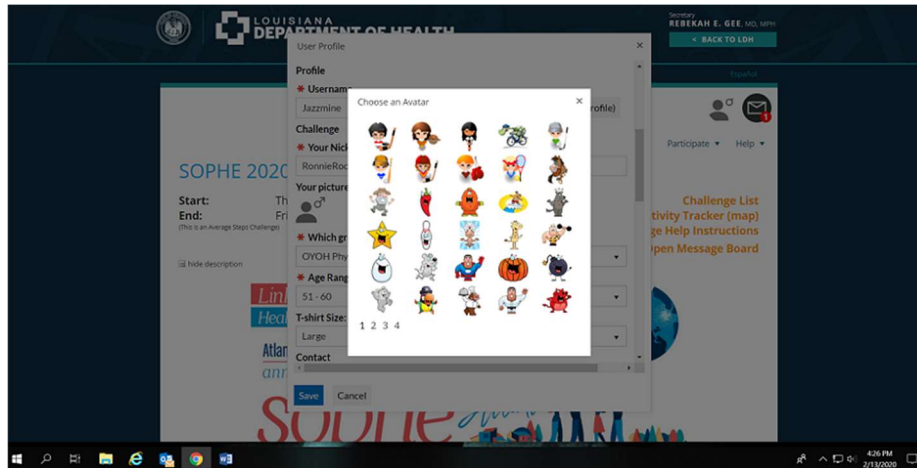
Logon to oyohla.com and click on:
“Sign Up/Login For All Challenges”



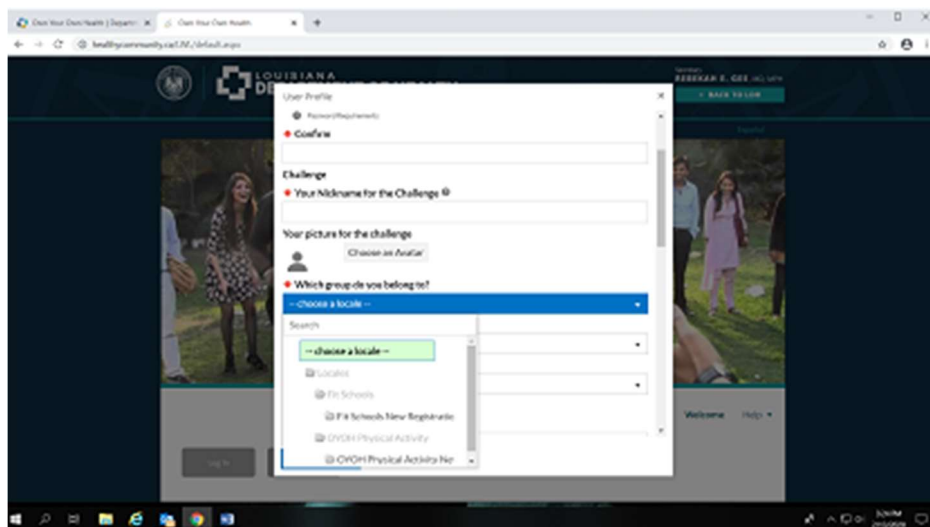
On the next page click the “Sign Up” box and a popup screen will appear. Check box for Consent and click Ok.



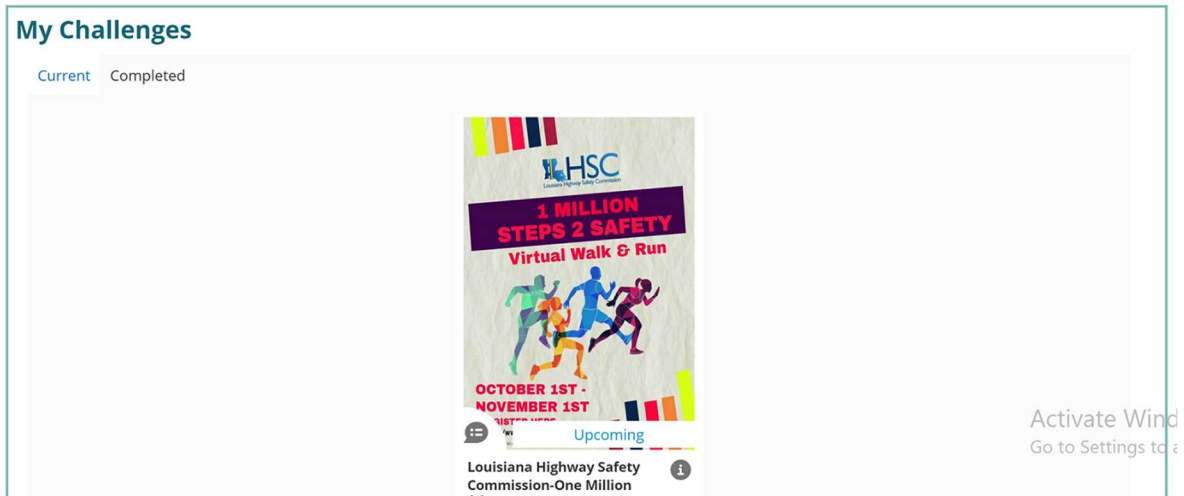
Everyone must complete the ***“User Profile.”*** While completing the Profile form, you may choose an animated Avatar that will show up next to your nickname.



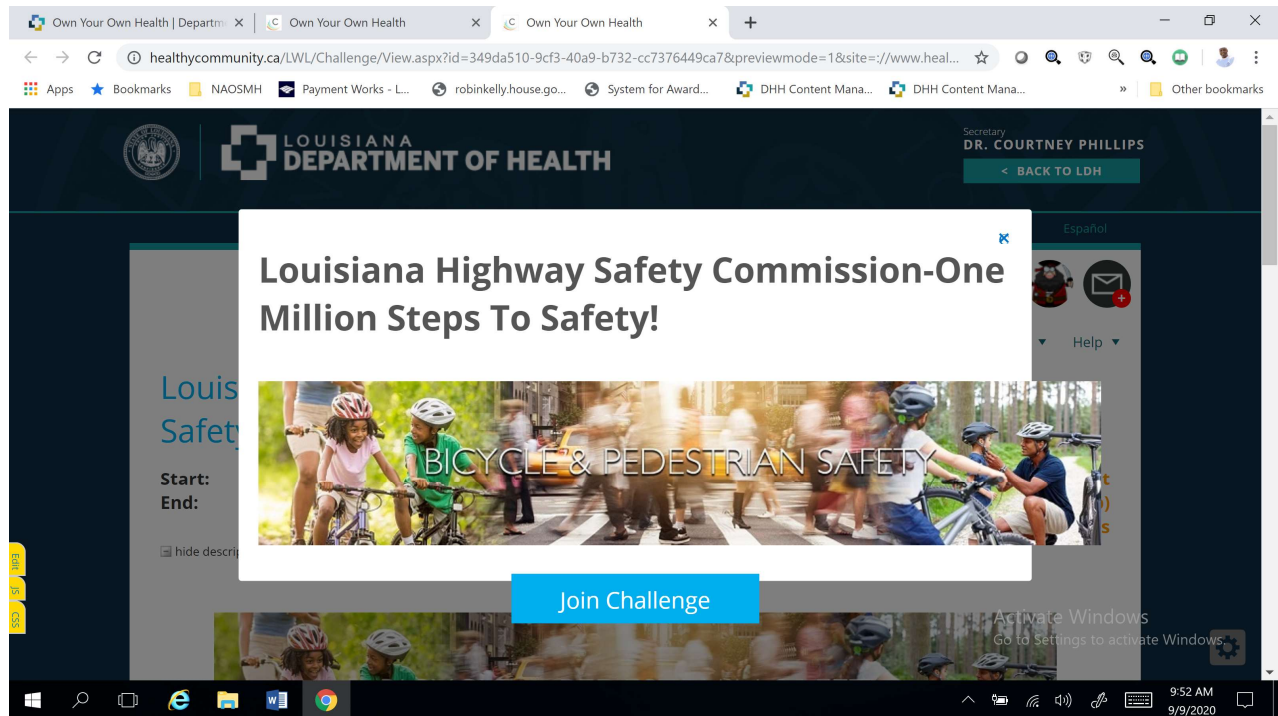
On the Profile Form, you will be asked: ***“Which group do you belong to?”*** Make sure you scroll down the list and choose ***“OYOH Physical Activity New Registration.”*** Complete the entire form then click Save and Continue.



You will then be transported to your *Welcome Page*.
Under ‘My Challenges’, select and click on the *LHSC Challenge image*.



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



You will then be sent to the Challenge page that shows your progress at the bottom of page.

Own Your Own Health | Department of Health & Human Services

healthycommunity.ca/LWL/challenge/view.aspx?id=349da510-9cf3-40a9-b732-cc7376449ca7&ch=102

My challenge progress...

Rank	Name	Progress
1	Dr. J.	Steps: 0 Distance (mi): 0.0
1	KLS	Steps: 0 Distance (mi): 0.0
1	Rudymac	Steps: 0 Distance (mi): 0.0
1	Deb	Steps: 0 Distance (mi): 0.0
1	Kat	Steps: 0 Distance (mi): 0.0
1	PsD	Steps: 0 Distance (mi): 0.0
1	Mickie	Steps: 0 Distance (mi): 0.0
1	Shay	Steps: 0 Distance (mi): 0.0
1	BLACKSTEEL	Steps: 0 Distance (mi): 0.0
1	Neezy	Steps: 0 Distance (mi): 0.0

View more...

How to Enter Steps

On your Welcome or Challenge page, if you have a pedometer, 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:

Pounds

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.

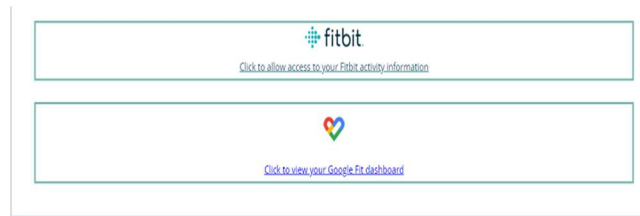
Count Steps
Enter number of steps:
0 Add
Activity Tracker (mg)

Count Activities
Choose an activity:
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:
Pounds

Tracker
Friday Feb 14 Hydration
0 Glasses of Water
Show details

At the bottom of your Welcome page, participants may use the Fit Bit or Google Fit to sync with the OYOH system that will automatically credit your account with steps and miles you accumulate. You must first download Google Fit app before syncing to the OYOH system.



Own Your Own Health has an app where you can enter steps 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.