

# Choose to Move



## Registration Instructions

**Step 1: Register as a member at [www.mywellcall.com](http://www.mywellcall.com)**

### Returning users:

1. Go to [www.mywellcall.com](http://www.mywellcall.com)
2. Under Returning User, enter your email address and password
3. Select “Log-In”
4. Go to step 2

### If this is your first visit:

1. Go to [www.mywellcall.com](http://www.mywellcall.com)
2. Under New User, click “Register.”
3. Enter your company password **apswellness** and select “continue.”
4. Follow the online instructions and complete the registration process. Once your account has been activated, go to [www.mywellcall.com](http://www.mywellcall.com) and log in with your email address and password.

**Step 2: In the box on the far right, select “Join a wellness challenge” or choose “My competitions” from the “My Stuff” drop down bar at the top of the page.**

WellCall  
A Healthy Change

lristest03  
Log Out

HEALTH COACHING PERSONAL HEALTH PROFILE WELLNESS RESOURCES ONSITE SERVICES MY STUFF

Text size: AAA

My Competitions

Take the First Step

Whether you are looking for information on healthy eating or tips to be more physically active, find the resources to help you look and feel great.

Schedule an appointment

Call your health coach  
888-493-5522

Sign up for healthy lifestyle reminders

Join a wellness challenge

Health Coaching  
Award-winning health coaching programs  
Get Started

Personal Health Profile  
Confidential questionnaire for better health  
Get Started

Wellness Challenge  
Compete against others in your organization  
Enter competition portal

“This program is available to anyone who is out there searching for information on staying healthy. Thank you for the...”  
— Doug from San Jose, California  
read more ...

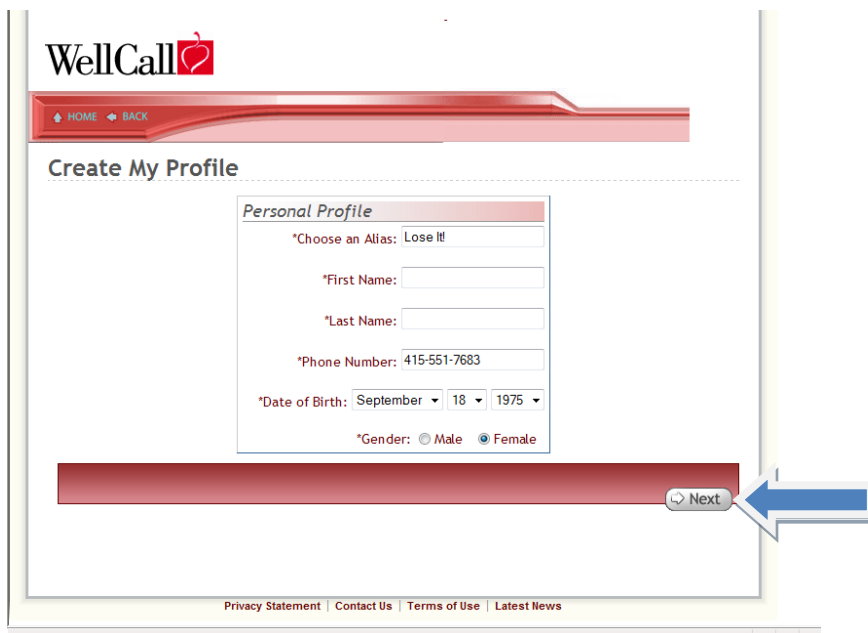
Your privacy is very important to us. All consultations with our health coaching staff, personal health profile results, and personal health information are confidential.

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**Step 3: Read the WellChallenge homepage and click the “Get Started Now!” button.**



**Step 4: Create your competition profile. Your alias will be seen by others on the leaderboard so do not include any personal information. All other information (name, DOB, weight) will be confidential.**





**Step 7: Check the box to the left of the Choose to Move challenge. Then, click on the “Join Selected Competitions” box.**

WellCall logo | Logged in as: sbsadmin | Manager Tools | Log Out | Company Announcements: Welcome! | See all announcements

HOME | BACK | My Home > My Competitions > My Available Competitions

### My Available Competitions

Strategic Benefit Solutions

ID #	Title	Start Date	End Date	Style	Scoring Method
<input checked="" type="checkbox"/> 261	<b>Choose to Move</b>	Mon 5/16/11	Mon 7/11/11	Group-vs-Group	

Join Selected Competitions

Links:  
· Calculators  
· FAQ  
· Announcements  
· Resources  
· Help

**Step 8: Click the “Compete” tab and click on the title of the challenge.**

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HOME | BACK | My Home > My Competitions

### My Competitions

my home | **compete**

Competitions I Am In Hide

ID	Title	Style	Ends
261	<b>Choose to Move</b>	Group-vs-Group	Mon 7/11/11

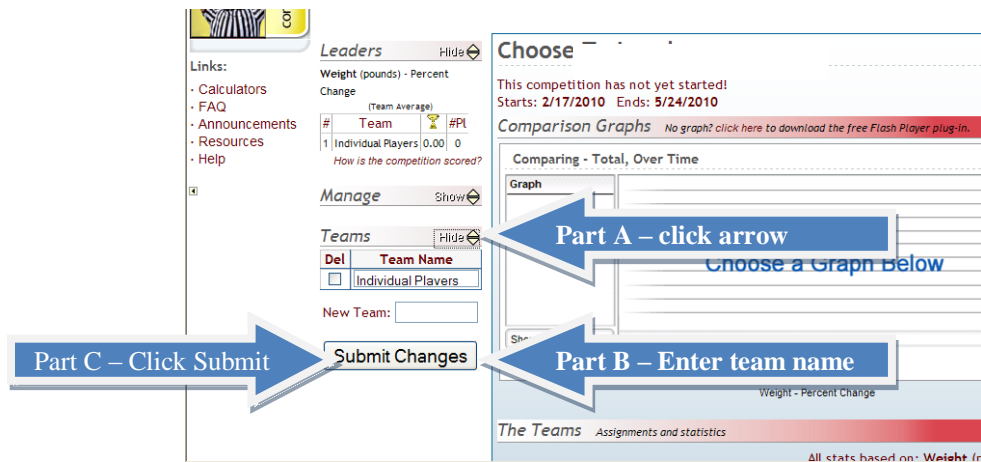
Competitions I Have Started Hide

Links:  
· Calculators

## Step 9: Create a team. If you are not a team leader, skip to step 10.

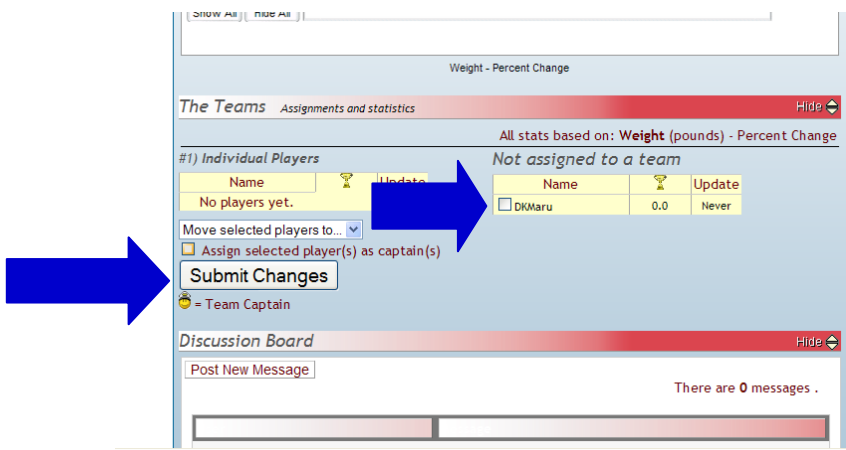
### To create a team: (*team leaders only*)

- Click on the up and down arrows listed next to Teams
- Enter the name of your team in the empty text box. **You should include the activity level for the team (novice, intermediate, advanced) in the title. Example: "Let's Move It – Advanced."**
- Click Submit



## Step 10: Join a team (everyone)

- Scroll down to the bottom of the competition page.
- Look for your alias name listed under "Not Assigned to a Team."
- Check the box next to your alias name.
- Look for the drop down box *Move selected players to*, click the arrow next to the drop down box, and select your team name.
  - \* **If you are the team captain**, check the box: Assign selected player(s) as captain(s).
  - \* **If you are an individual player**, look for the "individual players" team and select your preferred fitness category (individual-novice, individual-intermediate, or individual-advanced).
- Click "submit changes."



Look around, view the leader board, view the graphs, etc. You can also click on the “Post New Message” button to leave a message on the discussion board.

**Step 11: Select the tab “Home” to see your profile and to record your exercise minutes. To track your minutes, click on the box and enter your minutes under the appropriate date. Then click “save updates.”**

You can modify your profile by clicking on Update my Profile. To set your personal goals, scroll down to the bottom and select Click here to update now. To track additional information such as weight, click Add new tracking category.

The screenshot shows the 'My Home' page on the WellCall website. At the top, it says 'Logged in as: usfadmin' and 'Manager Tools: Log Out'. Below that, it says 'You have 20.00 pounds left to reach your goal. You are a member of 1 competition.' The main content area is titled 'My Home - Update Stats' and features a table for logging exercise minutes. The table has columns for days of the week (Sunday through Saturday) and rows for 'Distance Exercised (Miles)' and 'Time Exercised (Minutes)'. A blue arrow points to the 'Save Updates!' button, and another blue arrow points to the 'Add a New Tracking Category' button. On the left side, there are links for 'Calculators', 'FAQ', 'Announcements', 'Resources', and 'Help'.

	Sunday 3/18/12	Monday 3/19/12	Tuesday 3/20/12	Wednesday 3/21/12	Thursday 3/22/12	Friday 3/23/12	Saturday 3/24/12
Distance Exercised (Miles)							
Time Exercised (Minutes)							

**Step 12: When you are finished logging in your exercise minutes, make sure to log out of the competition page and log out of [www.mywellcall.com](http://www.mywellcall.com).**

**Be sure to log back in starting February 4, 2013 to track your exercise minutes.**

**Contact a WellCall health coach at (888) 493-5522 for support with your wellness goals!**