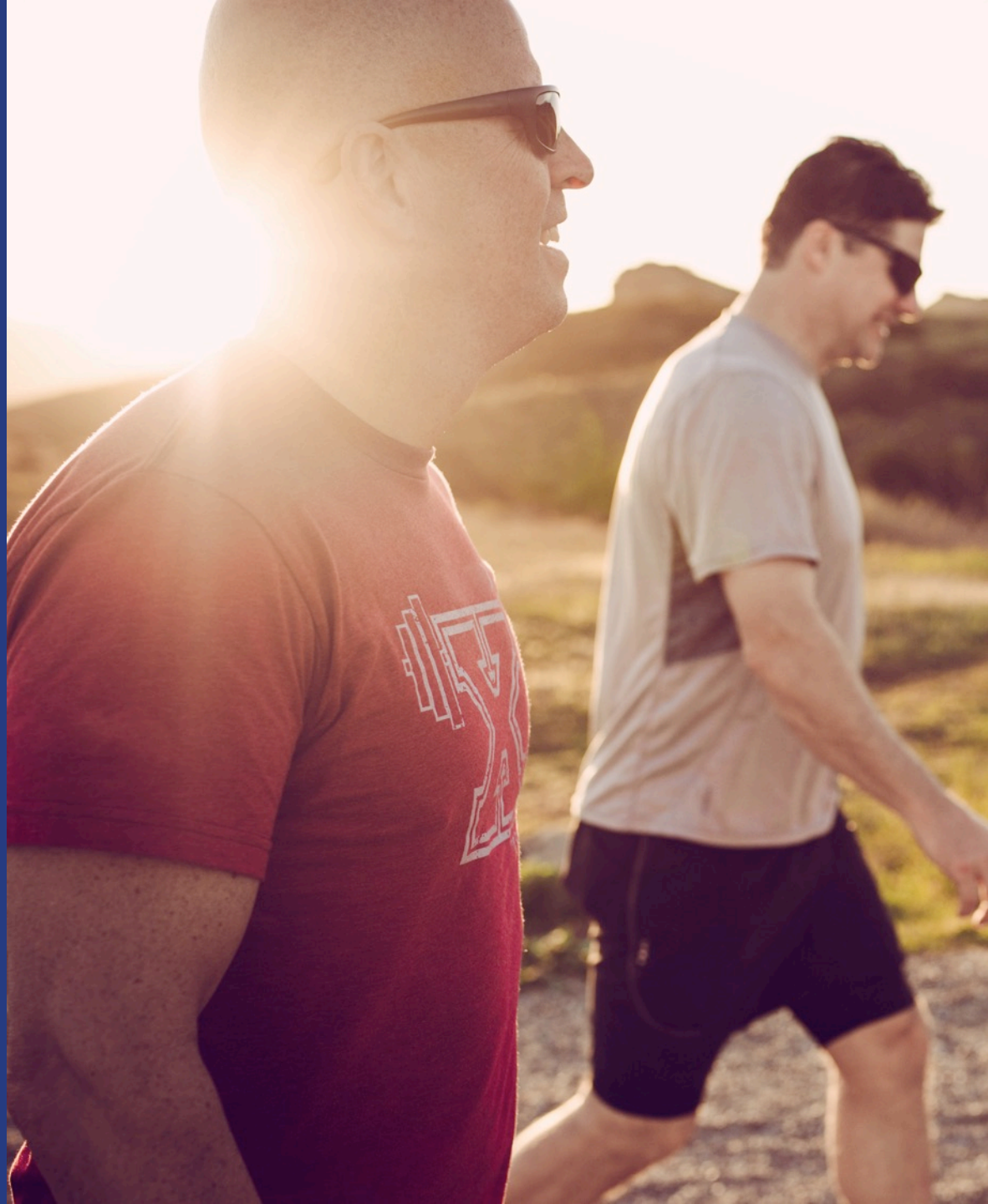




Instructional Guide: How to join challenges





Online Instructions

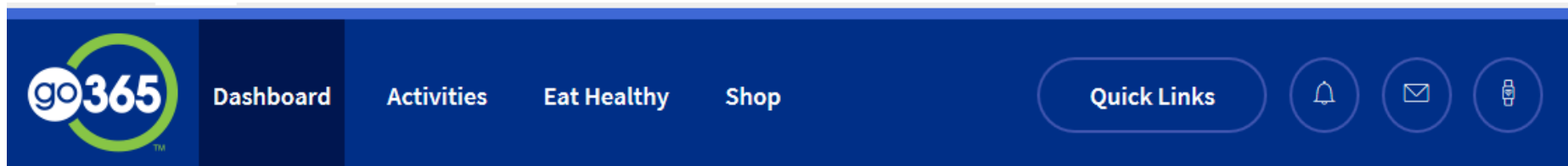
Go to www.Go365.com and sign into your account.*



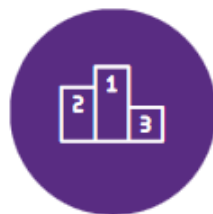
The screenshot shows the Go365 website interface. At the top left is the Go365 logo, and to its right is the URL www.Go365.com. Below the header, there is a navigation bar with the text "Get started, stay inspired!". To the left of the navigation bar is a photograph of a man and a woman riding bicycles. Below the navigation bar, there is a sign-in form with the following elements: a "Username *" field with a green arrow pointing to it, a "Remember my username" checkbox, a "Password *" field, a "Forgot username or password?" link, a blue "Sign in" button, a "Need a Go365™ account?" section with a "Register now" link, and a footer with the text "EXPLORE MORE !" and a downward arrow icon.

** If you have previously created a HumanaVitality account, you will NOT register for Go365, you are already registered, sign in with the same username and password.*

From your Dashboard, scroll down to the “Challenge Yourself” tile, click on “Check out Challenges.”



CHALLENGE YOURSELF



Challenges are a great way to enjoy a little healthy competition - solo or with a team. Find your next Challenge or see how you're doing in a Challenge you're already part of.



[Check out Challenges](#)

Or click on “Quick Links” and click on “Challenges.”



3,051 Shop the Go365 Mall

Quick Links



Connect and manage devices

Track your workouts and earn Points.



Participating fitness facilities

Get special rates, automatic workout tracking or other benefits at select fitness facilities.



Challenges

You can work to improve your personal best or beat the competition in a solo or team Challenge.

Once on the Challenges Page, scroll down under “My Challenges” and click on “View details” for the SCPS Spring Stepathon.

My Challenges



Step Away from Stress

During Stress Awareness Month increase your physical activity and decrease your stress.

10 days left to join or create a team

Starts: 04/01/2017 Ends: 04/15/2017

[View details](#)



Scroll down and select “Join team” next to the appropriate team for your school.

Find a team

Search teams *

Search

north stars

1 members [View details](#)



Join team

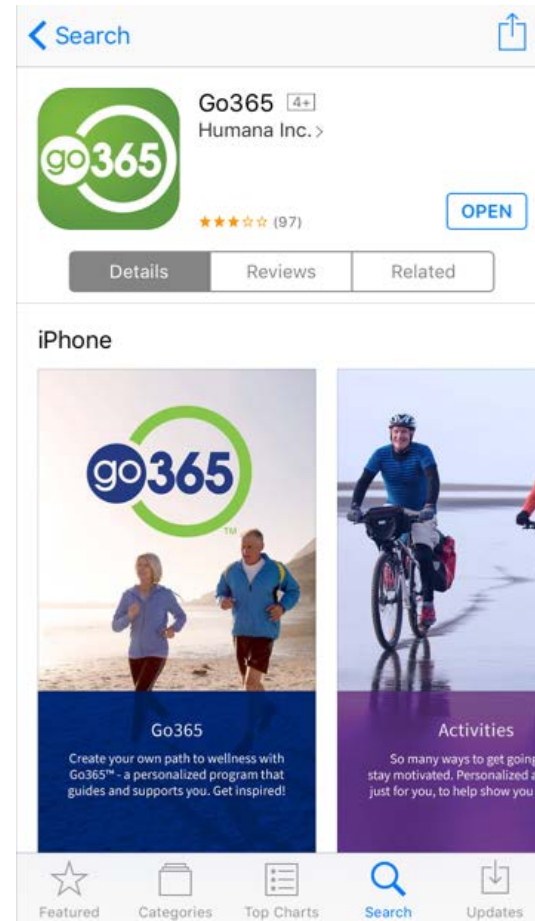


Mobile App Instructions

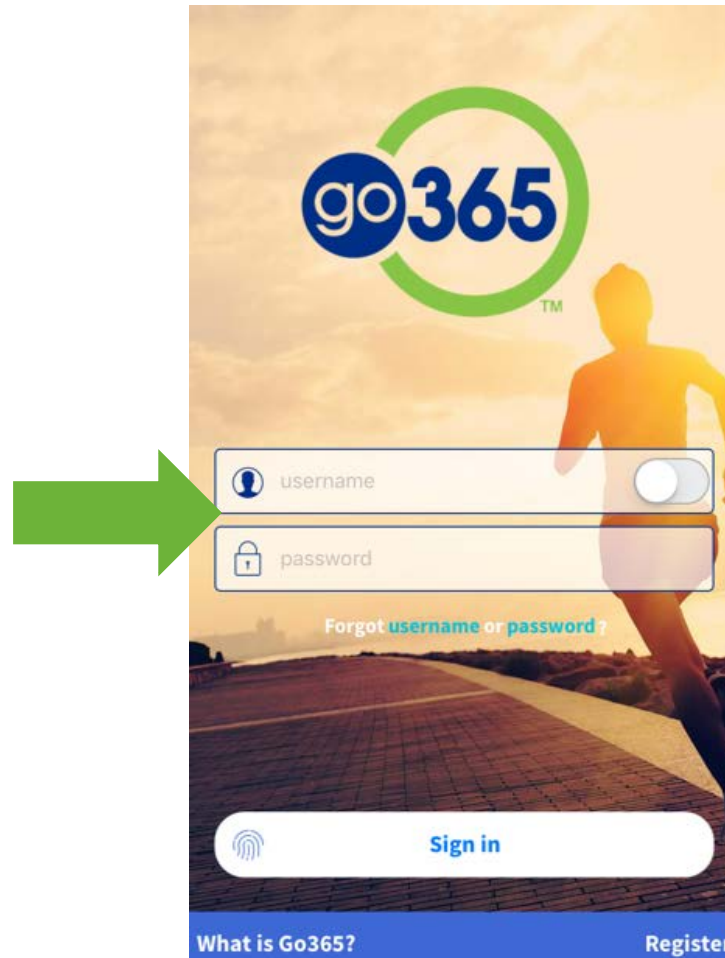
Download the Go365 App* from the App Store for iPhones or the Google Play Store for Androids.



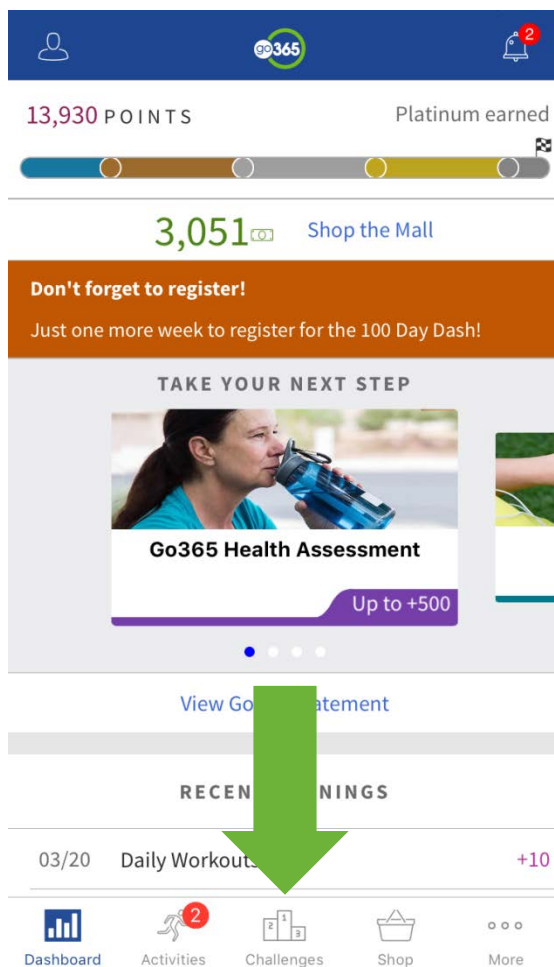
**You will have to download the new Go365 App, the old HumanaVitality app can be deleted.*



Log into the Go365 Mobile App.

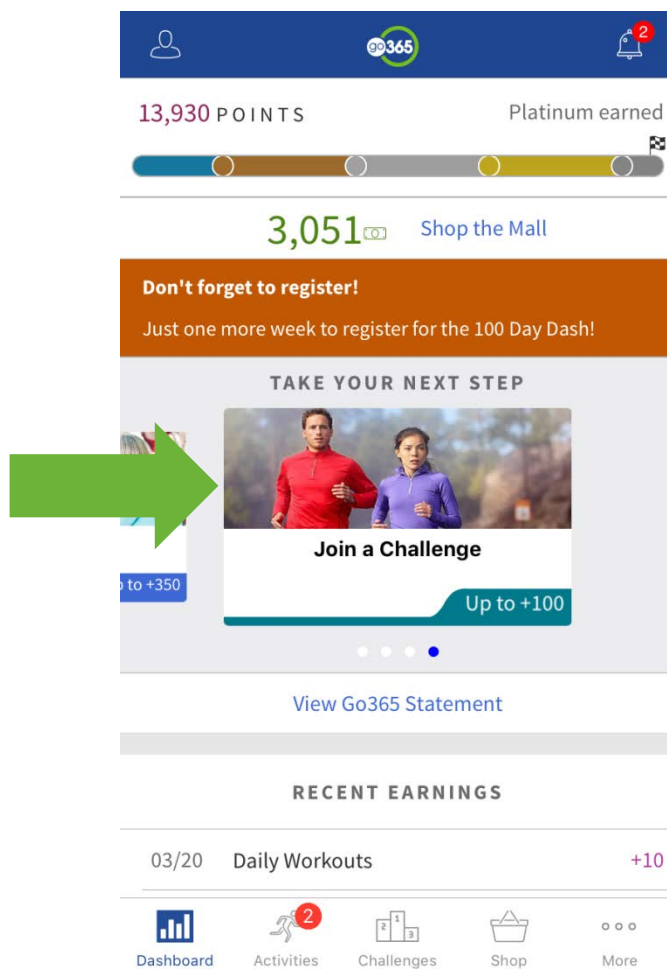


From the Dashboard, tap on the “Challenges” icon at the bottom.*

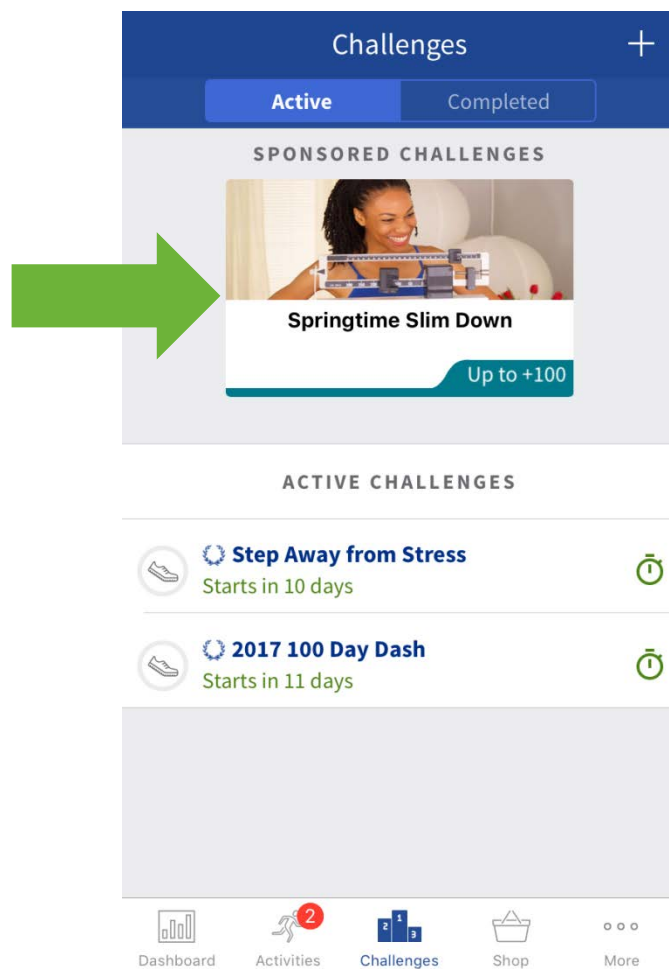


** If you have an Android Device, click on the menu button, located in the top left corner, then click on Challenges.*

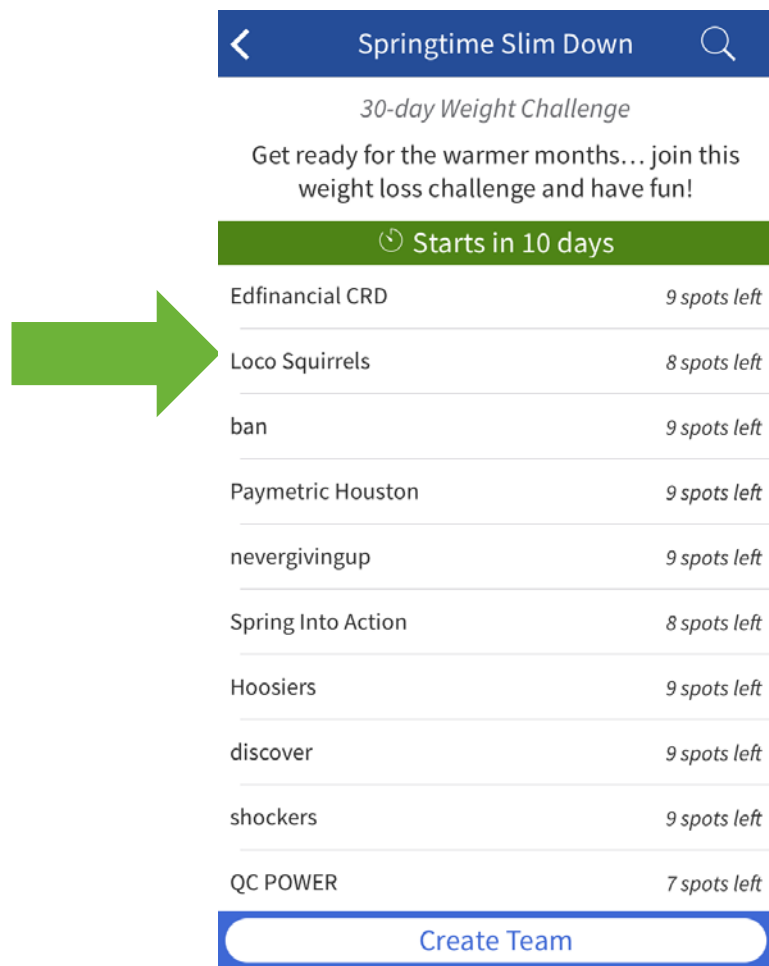
OR from the Dashboard, scroll through the pictures, and tap on “Join a Challenge.”



From the Challenges Menu, join the SCPS Spring Stepathon, under Sponsored Challenges.



Click on the appropriate school team to join!*



Springtime Slim Down

30-day Weight Challenge

Get ready for the warmer months... join this weight loss challenge and have fun!

Starts in 10 days

Edfinancial CRD	9 spots left
Loco Squirrels	8 spots left
ban	9 spots left
Paymetric Houston	9 spots left
nevergivingup	9 spots left
Spring Into Action	8 spots left
Hoosiers	9 spots left
discover	9 spots left
shockers	9 spots left
QC POWER	7 spots left

Create Team

** You will not need to create a team for this challenge.*