

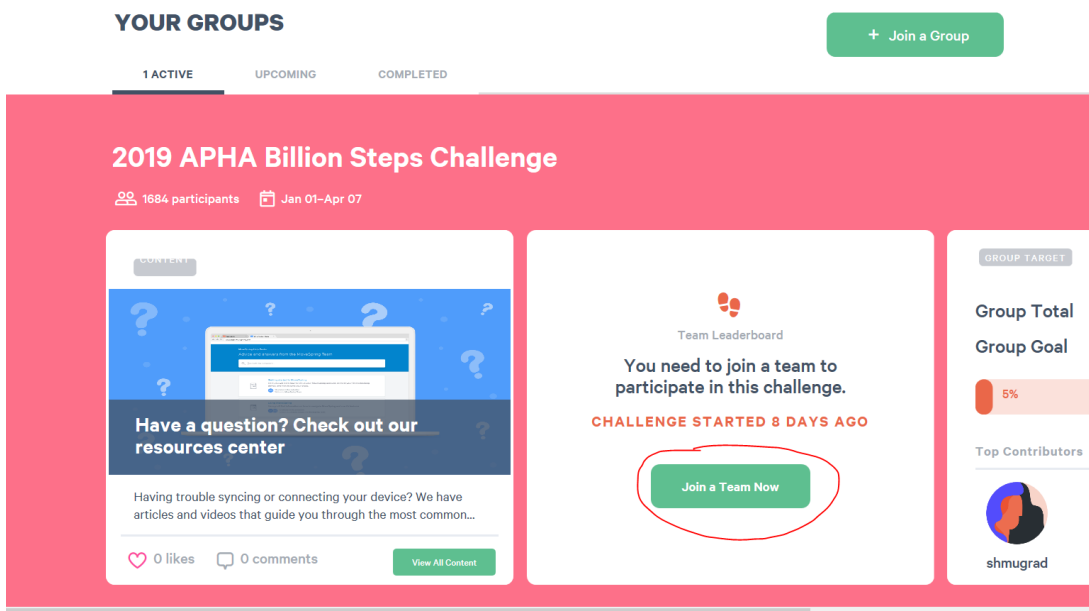
APHA's Billion Steps Challenge - #APHABillionSteps

How to sign up?

1. Go to <http://nphw.org/get-involved/steps-challenge> and choose the get started link as pictured below to create an account, join a team, or be a team captain creating your own team.



2. If asked use **APHA2019** as the group code. We are joining the American Public Health Association's group.
3. Select a team by going to the area pictured below, or read below to create a team/become a team captain



- a. Join your employers team. If your employer does not have a team, discuss and nominate a team captain. Choose the link "be a team captain" pictured above on the AHPA's website and fill out the form to add your team. Your team will be approved in 24 – 48 hours. There are canned messages to send out to your team to engage your co-workers in getting started.
 - b. To join as an individual, we recommend you choose team "Healthy Lodi Initiative" to represent our city-wide effort.
4. Download the MoveSpring app if you have not at this point.
 5. Choose sync a device if you have a device to count steps such as a Fitbit, Apple Watch, phone, etc. Some devices require you to go into MoveSpring to sync your steps occasionally. Apple Watch and Fitbit do not.
 6. If you do not have a wearable device or smartphone that syncs with MoveSpring you can enter steps manually.
 - a. Navigate to app, then profile. Select Manual Entry from device options.
 - b. Or go to the website <https://app.movespring.com/profile/settings/device>. From the dashboard select the Edit icon in the top right-hand corner.