

Team Captain Registration Guide

Thanks for choosing to take the Live Healthy Iowa 100 Day Wellness Challenge!

Please follow the steps below as you register for the challenge. If you have questions at any time, please contact Live Healthy Iowa at (888)777.8881.

1. Go to the Live Healthy Iowa website - www.livehealthyiowa.org
2. Group team or single team?
 - If you are registering as part of a company, community or organization enter the Group ID code you were provided in the Group ID box. The box is located near the middle of the screen on the right-hand side of the homepage.
 - **If you are registering as a single team click the 'Join Today' button located midway down the page on the left-hand side.**
3. Are you a returning user? If so, please log in using the link in the box above the registration form. If not, complete the form.
 - Complete the Team Captain Information section.
 - Complete the Team Information section.
 - Select the division(s) the team will participate in.
 - Enter name (first, last), email address and T-shirt size for all team members and click **'Continue Registration'**.
4. Payment.
 - **On Page 2, confirm registrants and enter a 'discount code' if applicable.**
 - Enter credit card information and click **'Continue Registration'**.
5. Review and Confirm.
 - On Page 3, review team and payment information for accuracy. Choose the edit option to make necessary changes.
 - **Click 'Confirm Registration'**.

Congratulations! You are now registered for the challenge! You should see your confirmation page with team details. You will receive a confirmation email as well. All members of your team will receive a confirmation email with a username and password for accessing the Live Healthy Iowa website.