

Registration and Challenge FAQs

Q. How do I register for the challenge?

A. Register for the challenge here: <https://diem.life/easthill/east-hill-holiday-health-challenge/1220/68849>. You will be asked to enter your name, email address and zip code. Select your team from the drop-down list. You will receive an activation code through email and will need to enter that code to finalize registration.

A screenshot of the DiemLife website's registration page for the East Hill Medical Center Holiday Health Challenge. The page features a header with 'DIEMLIFE CASE STUDIES DISCOVER' and 'LOG IN GET STARTED' buttons. The main banner repeats the challenge title and dates. Below the banner are tabs for 'DETAILS', 'FEED', and 'PEOPLE', along with an 'OPTIONS' dropdown. The 'DETAILS' section contains a paragraph of introductory text and a 'SHARE' button. A yellow circle highlights the 'REGISTER' button next to the 'East Hill Medical Center' logo. The 'FEED' section shows a post titled 'Move Your Body' with a photo of people walking. The 'PEOPLE' section shows a 'Teams (1)' list with the East Hill Medical Center logo.

Q. Do I have to join a team?

A. All participants must join a team. If you are not part of a participating organization, business or personal team, select the **Community Team** from the drop-down list.

Q. I don't see my team in the drop-down, what do I do?

A. If you are the first person to register for your team, click on the Create New Team link (screenshot below) to add your team to challenge. If you so desire, add your logo or other image for your team.


DIEMLIFE CASE STUDIES DISCOVER

1 PARTICIPANTS

East Hill Holiday Health Challenge

Already a DIEMlife member? [Log into](#) your account

Select team *

 East Hill Medical Center

Don't see your team? **Create a new team**

If participants are not on the same team, please register separately

Q. Where do I log my activities?

A. The challenge will “go live” on December 9, at which time a Log Activities button will display when you log in.

Q. I don't have a way to track my steps. Can I still participate?

A. Yes! Select your activity from the drop-down box (walking, swimming, etc.) and enter the time spent on that activity. The platform will convert your activity to steps.