



Washington Health Foundation presents the

# Healthiest Business Challenge

## How to Join a Participating Organization Team

You must be a Champion of the Healthiest State Campaign to be able to join a Participating Organization Team.

1. Go to [HealthiestState.org](http://HealthiestState.org) and click on **Health Trackers**.
2. Select **Individual Champion**, enter your user name (email address), password and click on **Sign In**.
3. From your home page, click on **My Organization(s)** located in the navigation bar on the right side of your screen.
4. Select the **Participating Organization(s)** with which you would like to affiliate (your miles will roll up to the organization's total).
5. If the organization is underlined, you can click on it to join a team. Select the team you want to join and click on **Save**.

**You are now on your Participating Organization Team!**

**Note:** Now that you are on a Participating Organization Team:

1. You can only join one team per Participating Organization; however, you can be a team member of more than one Participating Organization.
2. As an Individual Champion you may remove yourself from a team at any time. You will keep the miles you've accumulated, but your miles will be removed from the dropped team's total.
3. You can see total miles for each team joined on your home page, in addition to your personal mileage total.

## Re-Subscribe to the Healthiest State Campaign Emails

1. While logged in as a Champion, select **Manage My Account** on the right-hand navigation bar.
2. Locate the **Email Preferences** table at the top of the page.
3. If you have unsubscribed, the **Unsubscribe** checkbox will be checked. Simply click on the checked box to remove the selection.