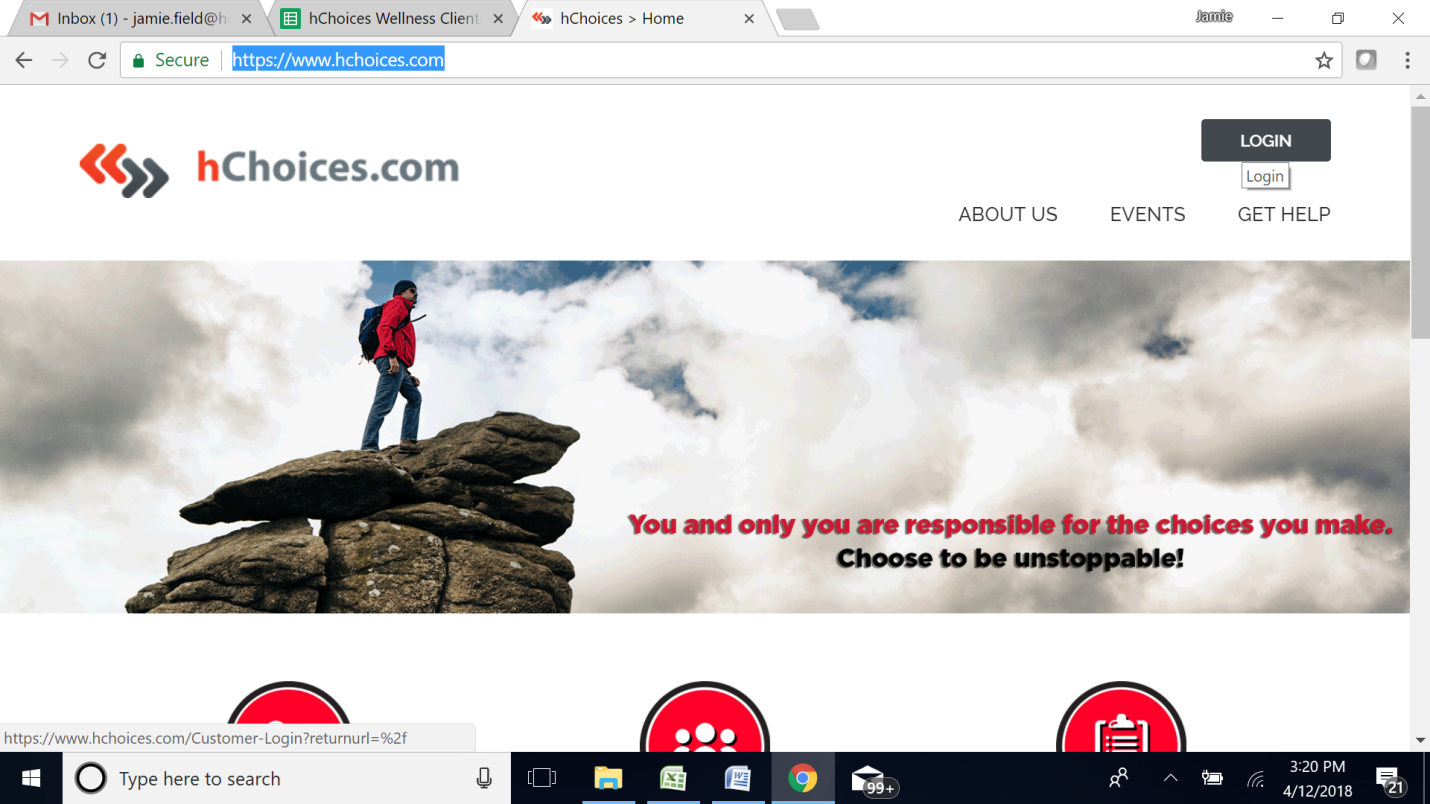
hChoices Website

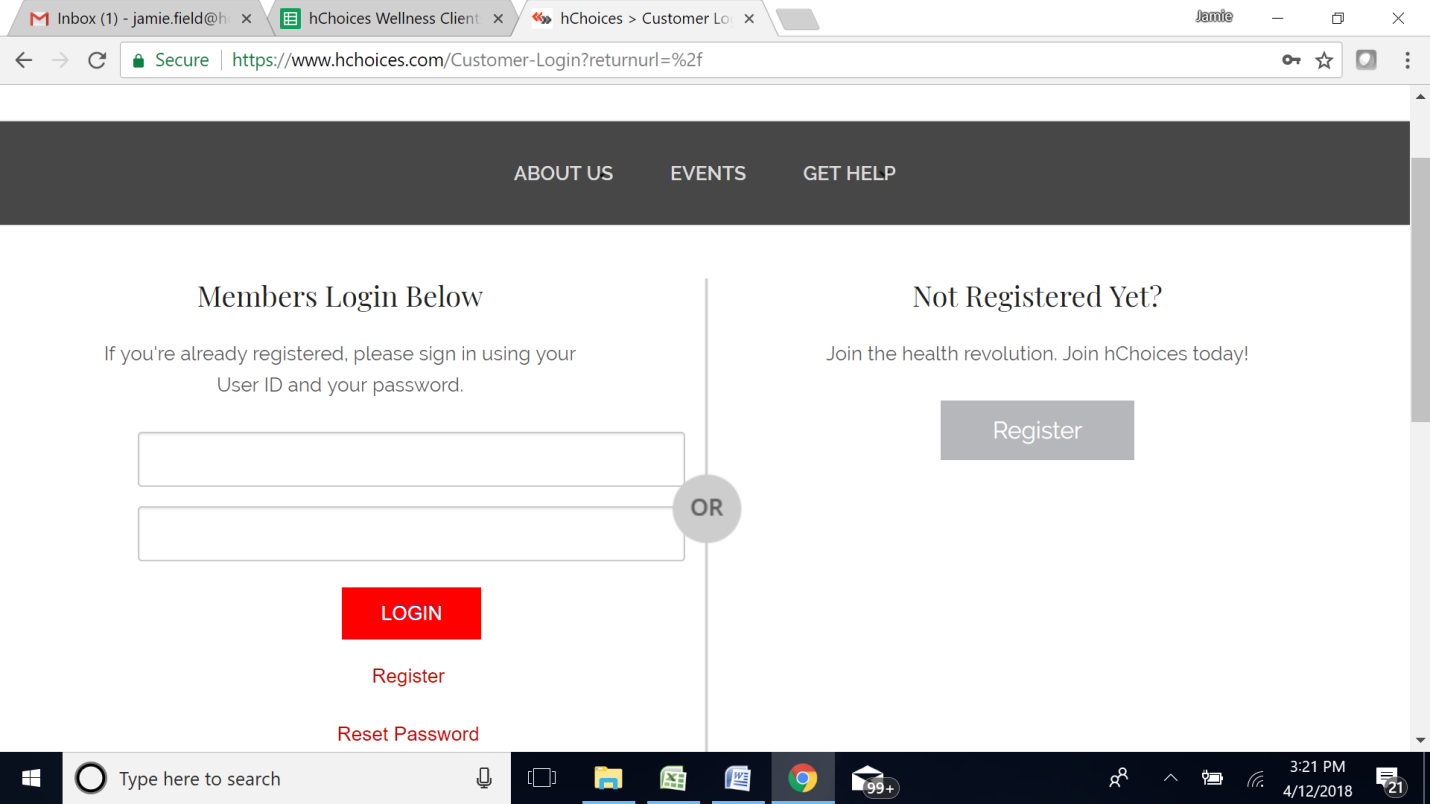
Logging Wellness Challenge Points

**LOGIN:**

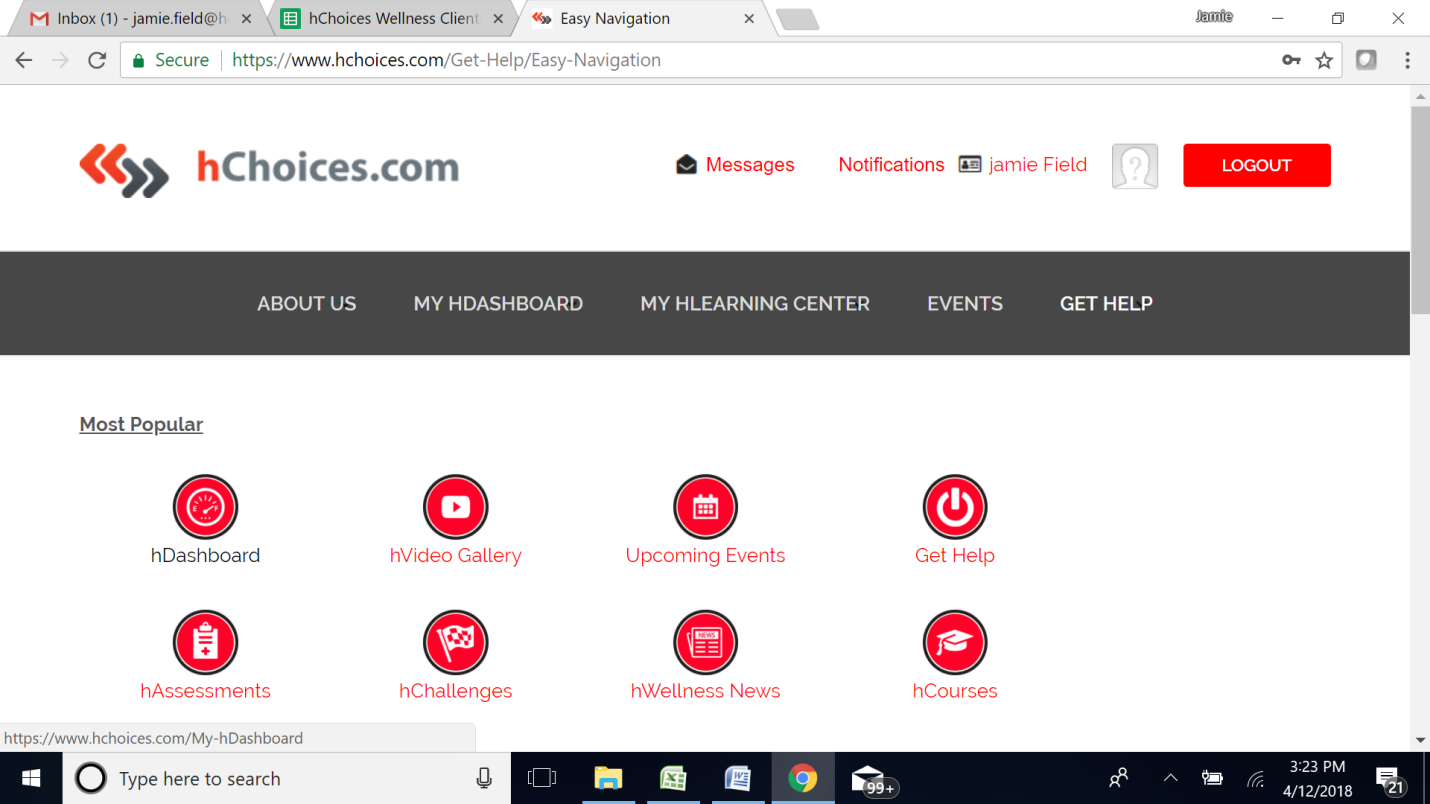
1. hChoices website at: <https://hchoices.com>
2. Click [Login] – top right hand corner



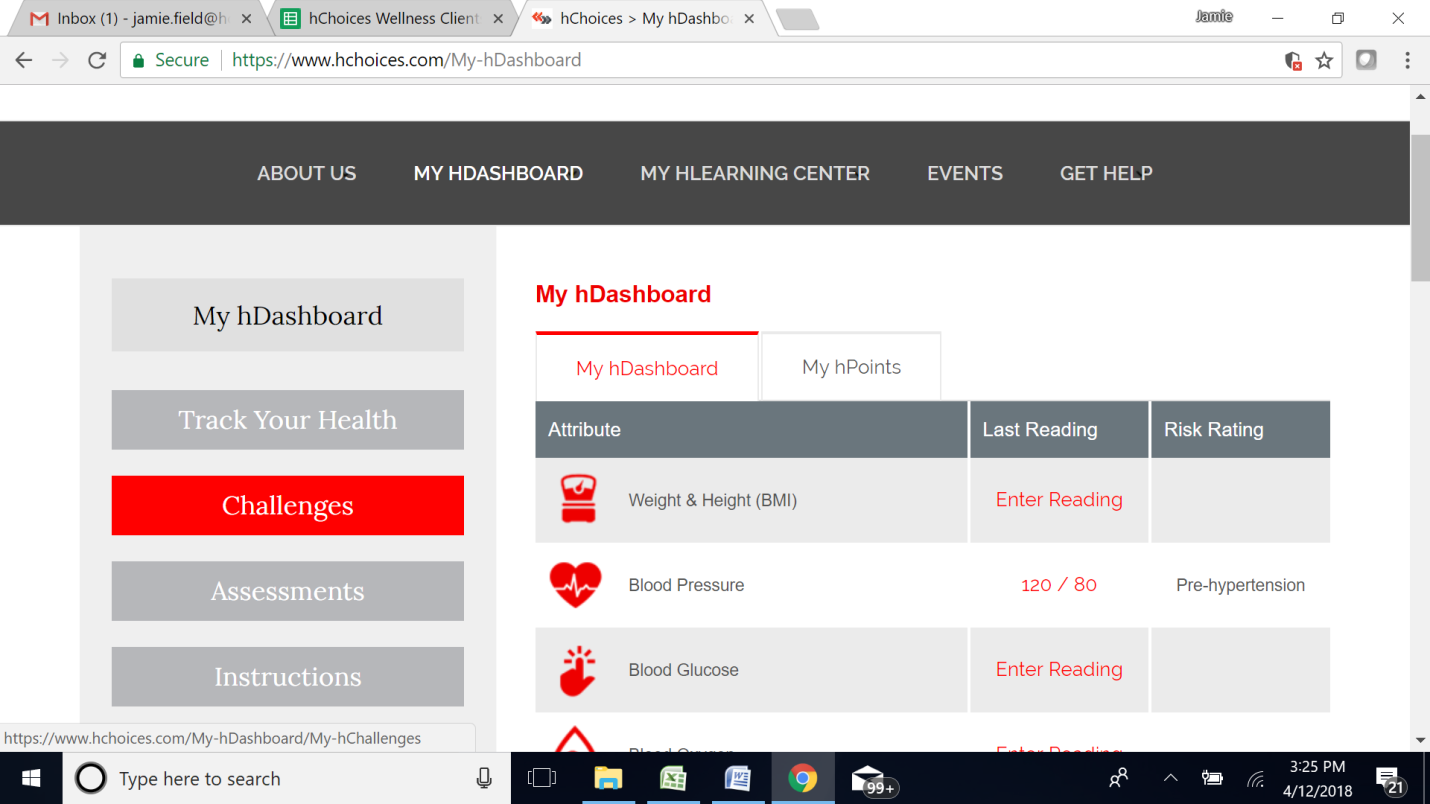
1. Enter username
2. Enter password
3. Click [Login]



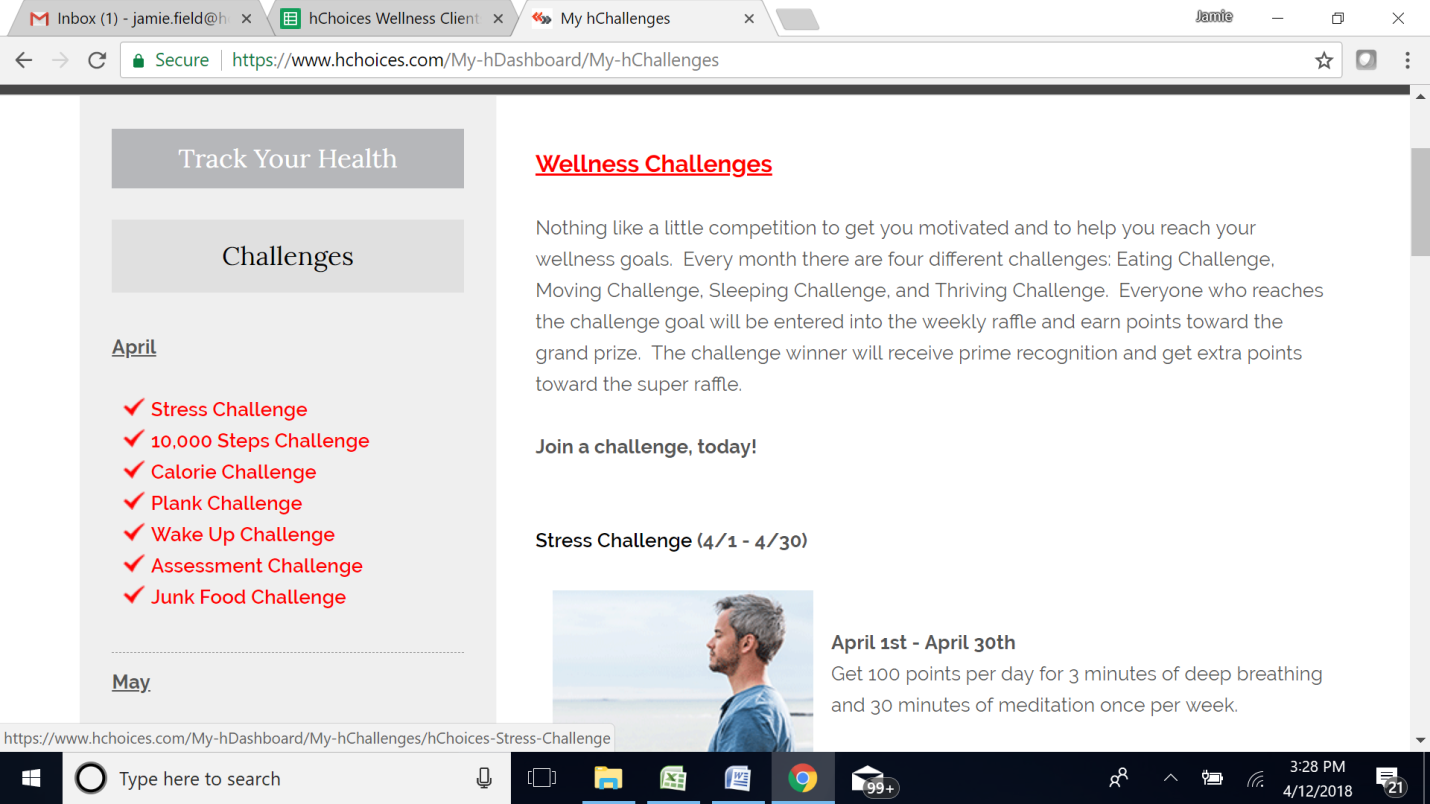
1. Click [My Dashboard]



1. Click [Challenges]



1. Pick Challenge to enter points - If first time joining skip to #9

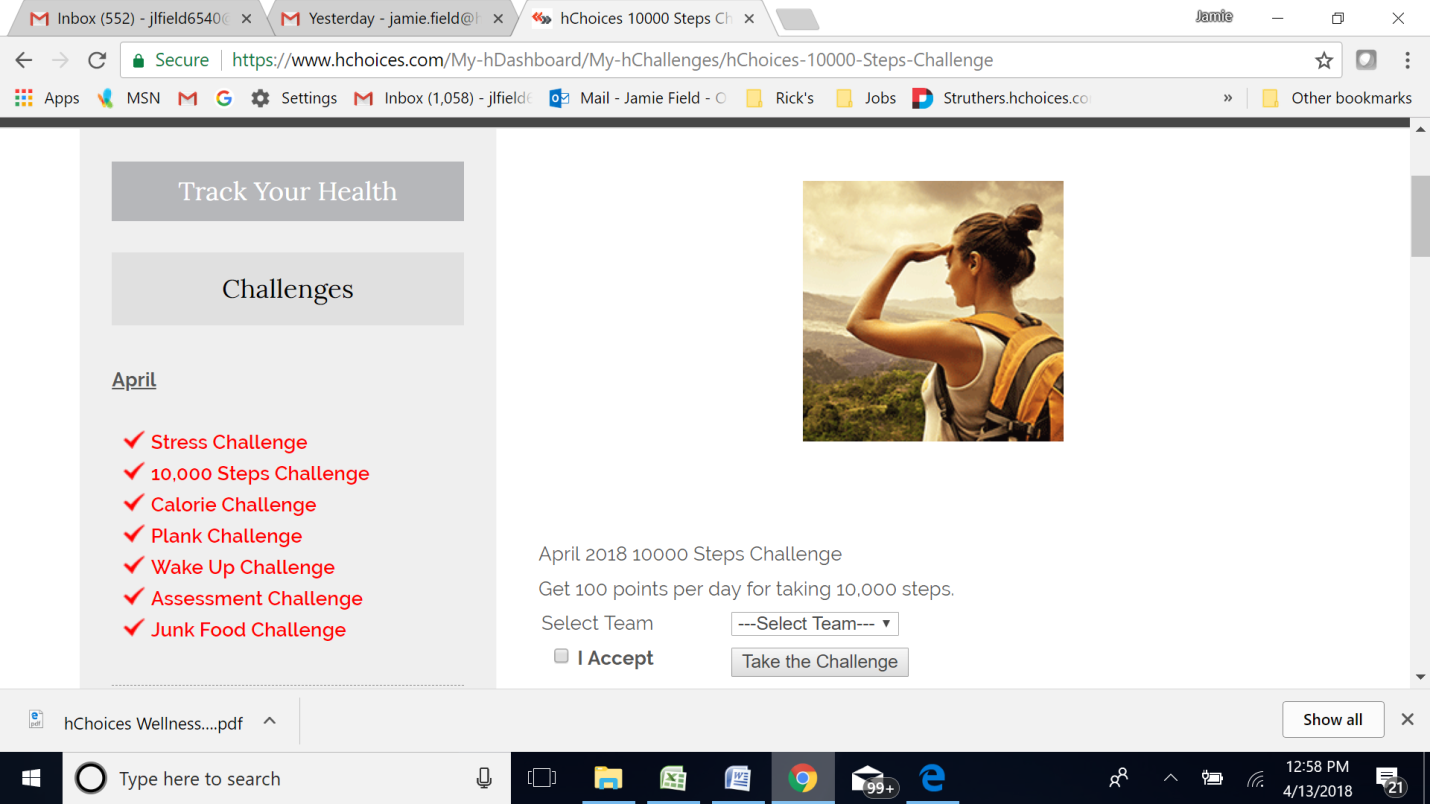


1. Join a Challenge:

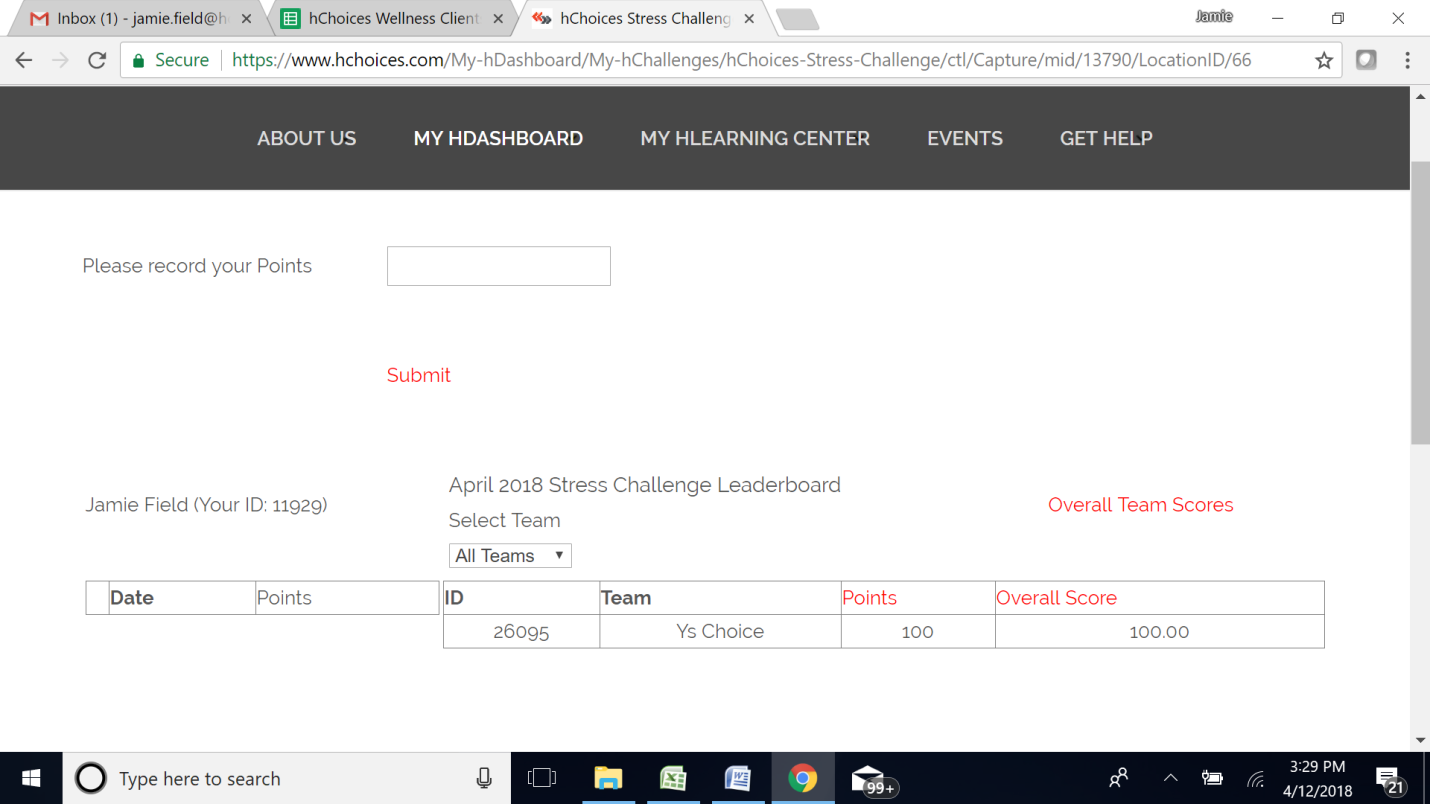
Select Team from drop down box

Click [I Accept]

Click [Take Challenge]



1. Enter Points Click [Submit]



logging points:

Example: “Minutes of Exercise” is 10 points per day – entering 1 day

Enter: 10 Points

Example: “Minutes of Exercise” is 10 points per day – entering 5 days

Enter: 50 points

***\*\*\* Each Challenge you will need to log separate under the correct challenge completed.***

***Questions:***

***Please contact Jamie Field 216-509-6540 or Jamie.field@hchoices.com***