

FAQ for Steps to Health

Where to log into steps platform?

- Visit www.hse.ie/stepschallenge

How to register my team?

- Visit HSE.ie/stepschallenge
- Create an account with a user name and password that you will remember.
- Log your work location, area and your team name and details and your team is set up

Can I use last year's account details?

- No you need to re-register your details as we have made some changes to the account. You can use the same details but you need to create a new account.

I have lost/ can't remember my password/log in details?

- Log onto www.hse.ie/stepschallenge
- Click password reminder
- Enter your email you registered your account with and you will receive an email with your details. If you don't receive an email within 1 hour, you will need to re-register and create a new account.

The screenshot shows the HSE Steps to Health login page. At the top is a blue header with the text 'HSE Steps to Health'. Below this is a navigation bar with several links: 'Introduction', 'Welcome to the Steps to Health Challenge', 'User Name', 'Password', 'Login', 'Password Reminder', and 'Leaderboard'. The 'Password Reminder' link is highlighted with a red arrow, indicating it is the correct link to click for users who have lost their password.

How do I log my teams weekly step count?

- Log your weekly team step counts at the end of every week by logging into your account
- Select your team
- Enter the number of team members you had that week and the total step count for your team and the platform will do the rest and calculate your team total and average team total.

HSE Steps to Health

Leaderboard

Log Out

Welcome to Steps to Health 2024
Registration is now closed
The challenge kicks off on the 13th of May!
visit www.hse.ie/stepschallenge for more information and resources.
Follow us on Twitter on @HSEhealthW

Team

Team List

Select Team

Leaderboard

Log Out

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Reset List

Team Name	Week 1		Week 2		Week 3		Week 4		Week 5		Total
	Steps	Members	Steps	Members	Steps	Members	Steps	Members	Steps	Members	
These HEALS were made for walking											

My team numbers have changed this week?

- You don't need to change your overall team number you registered with. When you log your team steps every week you will need to also enter how many team members took

part that week. This allows for any changes in your team such as illness, holidays, absence or team members dropping out.

My team only has small numbers and other teams have up to 10 numbers so we are at a disadvantage?

- The steps platform uses averages to work out weekly step counts per team meaning if you have 10 team members or 2 team members it will be an average and no team has an advantage based on team members/numbers.
- The way to get up the Leaderboard is to increase your team's totals step and get moving more! Challenge them to do better next week...Every Move Counts.

The Leaderboard

How does the Leaderboard work?

- **Logged in Leader Board:** When you are logged into your account you can view the Leaderboard across the entire country and see what position your team is in
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The screenshot shows the 'Steps to Health 2025' website interface. At the top, there are three buttons: 'Leaderboard' (blue), 'Register a Team' (yellow), and 'Log Out' (grey). A red arrow points to the 'Leaderboard' button. Below these buttons is a white box containing the following text: 'Welcome to Steps to Health 2025', 'Registration starts Monday, 7th April 2025.', 'visit www.hse.ie/stepschallenge for more information and resources.', and 'Follow us on X on @HSEhealthW'. Below this box, the text 'Choose your Team from the list then Click - Select team' is displayed. Underneath is a dropdown menu with 'Walkers' selected, and a green 'Select Team' button.

Some teams have huge numbers of steps on the Leaderboard?

- Whilst Steps to health is a challenge; the main aim of Steps is to get staff across the health services more active increasing their physical activity levels and reaching the national guidelines of at least 2 hours and 30 minutes per week.
- Some people may already be achieving that and more in their lives and still want to take part in the Steps. Steps also aims to increase team morale and help staff to connect more with their work colleagues. So don't worry if other teams are stepping ahead. Motivate your team and try to do as much as you all can.

I need to speak to someone about my account or Steps to Health?

To contact someone in your region about Steps to Health find your area on the following list and pop them an email.

HSE Dublin and Northeast

- Dublin North City & West/Dublin North County: hwb.dncc@hse.ie
- Louth/Meath: HPCourse.NE@hse.ie
- Cavan/Monaghan: Jennifer.Treanor@hse.ie

HSE Dublin and Midlands

- Dublin/Kildare/West Wicklow: Daniel.russell@hse.ie
- Laois/Offaly/Longford/Westmeath: healthpromotion.midlands@hse.ie

HSE Dublin and South East

- Carlow/Kilkenny/Wexford/Waterford/South Tipp: Ann.Bray@hse.ie
- Dublin South/Wicklow: Mateusz.Naumczyk@hse.ie

HSE Southwest

- Cork/Kerry: Mary.Cleary8@hse.ie

HSE Midwest

- Clare/ Limerick/Tipperary North: maeve.ryan@hse.ie

HSE West and Northwest

Donegal/ Leitrim/Sligo: esther.mooney@hse.ie

Galway/Mayo/Roscommon Sean.Conneely2@hse.ie

I have a team member who uses a walking aid or wheelchair

An odometer, which can be purchased from a cycle or sports equipment store can be attached to the wheelchair and will monitor the distance covered each day. The distance can then be converted to steps by using the following equation: $1\text{km} = 1250 \text{ steps}$.