FAQ for Steps to Health

Where to log into steps platform?

- Visit <u>www.hse.ie/stepschallenge</u>

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 and email within 1 hour, you will need to re-register and create a new account.

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	Introduction		
Welcome to	the Steps to He	alth Challenge	
	Enter Username		
	Password		
	Enter Password		
	Login		
	Password Reminder		
	Leaderboard		

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.

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	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						



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.

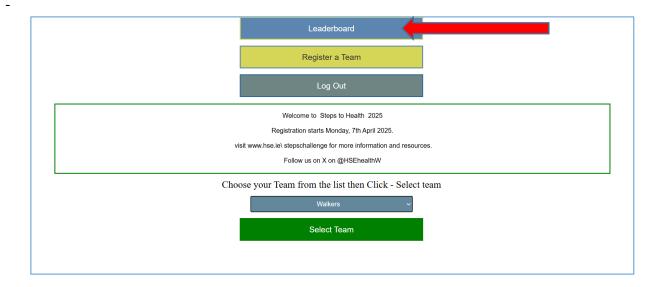
My team only has small numbers and other teams have up to 10 numbers so we are at a disadvantage?

- 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 Leadarboard

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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Leader board without being Logged in

-You can view your team in the leader board in your region by following these steps

- -Log onto www.hse.ie/stepschallenge
- Hit leader board

- Choose your region/county/hospital and hit search and look for your team on the list.

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2	Sky Walkers - Mental health services	Dun Laoghaire	HSE Dublin and Midlands												
3	Naas Walkers - Finance Dept Oak House	Kildare	HSE Dublin and Midlands									-			
4	Tullamore Toppers - Tullamore Regional Ward2	MRH Tullamore	HSE Dublin and Midlands									_			
5	Talla Ban - PCC KT	Dublin South West	HSE Dublin and Midlands									_			
6	cool runners - Scott	MRH Tullamore	HSE Dublin and Midlands									_			

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: <u>hwb.dncc@hse.ie</u>
- Louth/Meath: <u>HPCourse.NE@hse.ie</u>
- 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/KilkennyWexford/Waterford/South Tipp: <u>Ann.Bray@hse.ie</u>
- 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: 1km = 1250 steps.