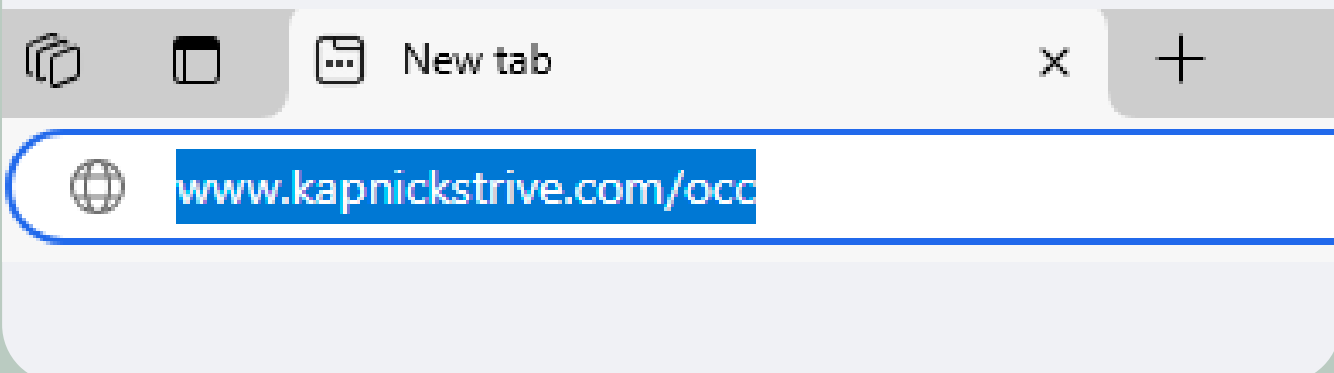


# HOW TO LOG IN TO YOUR OCC WELLNESS CHALLENGE PORTAL

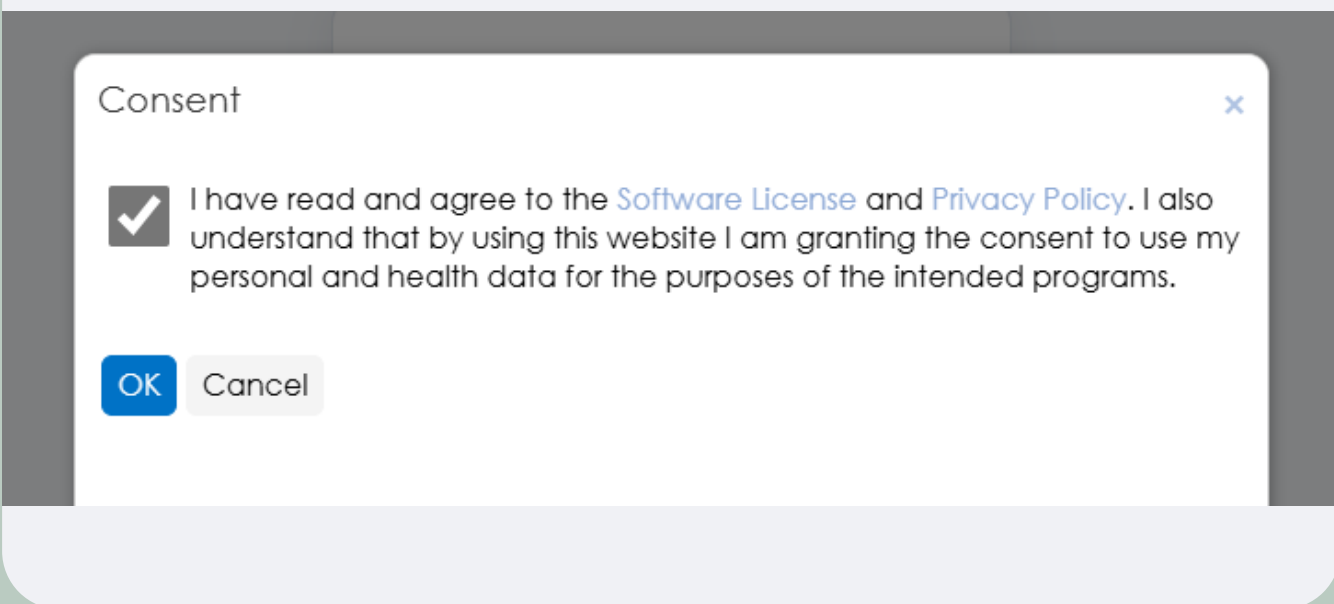
## STEP 1: ACCESS THE WEBSITE

1. Open your web browser (Chrome, Firefox, Edge, Safari, etc).
2. In the address bar, type **www.kapnickstrive.com/OCC** and press **ENTER**



## STEP 3: CHECK THE CONSENT BOX

1. Check the consent box and select **'OK'**

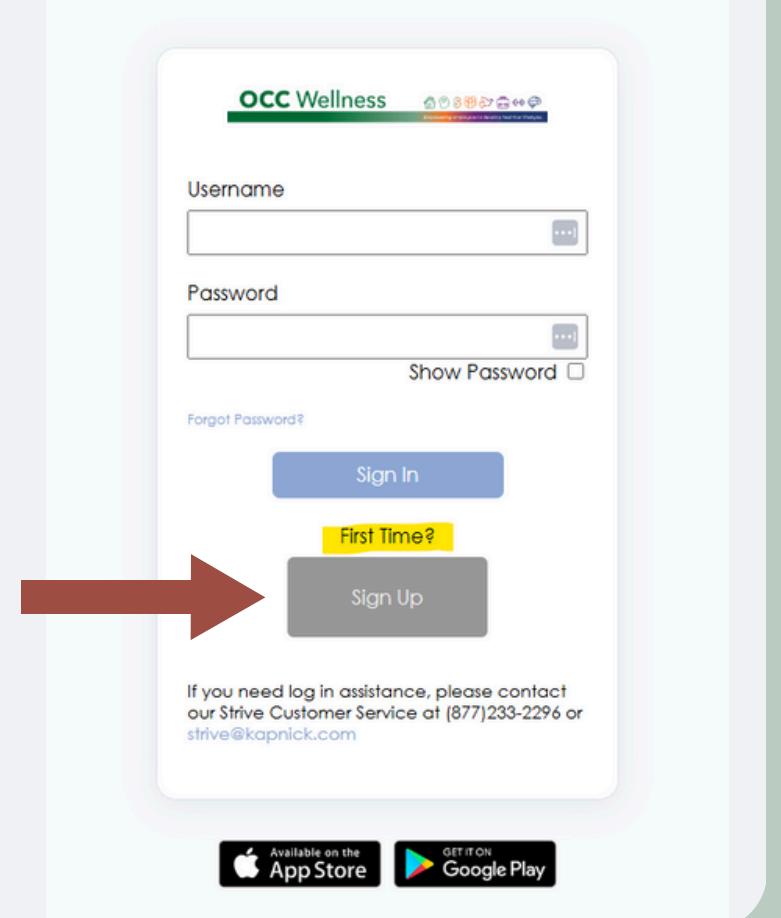


### Note: Password must be:

- at least 8 characters long
- contain at least 1 numeric character
- contain at least 1 special character (e.g., !, @, #, \$)

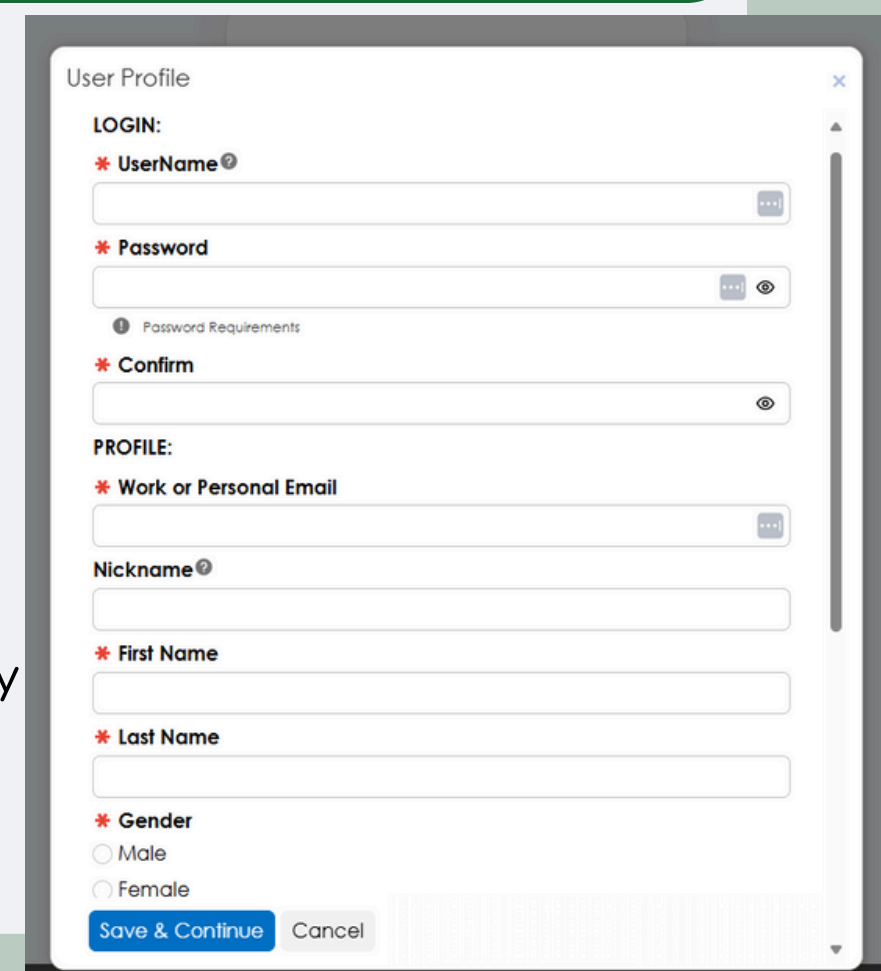
## STEP 2: CLICK ON 'FIRST-TIME USER?'

1. On the homepage, locate the login section.
2. Click on the **'First-Time User?'** link to begin the registration process



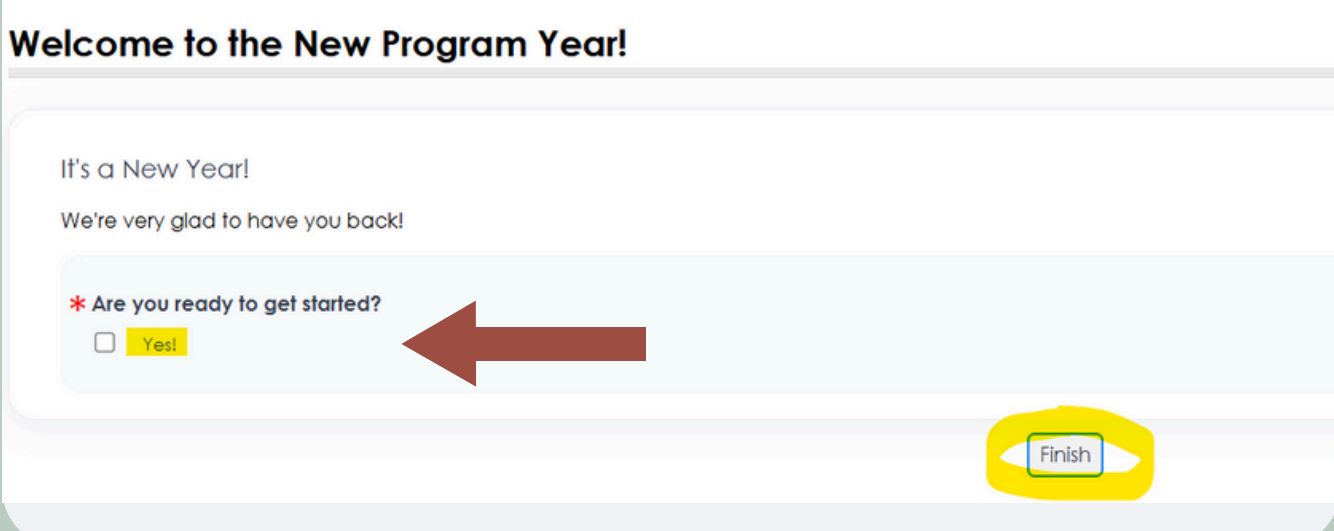
## STEP 4: CREATE YOUR ACCOUNT

1. You will be prompted to provide the following:
  - a. Username
  - b. Password
  - c. Email
  - d. First & Last Name
  - e. Gender
  - f. Time Zone
  - g. Password Recovery
2. Once completed, click **'Save & Continue'**



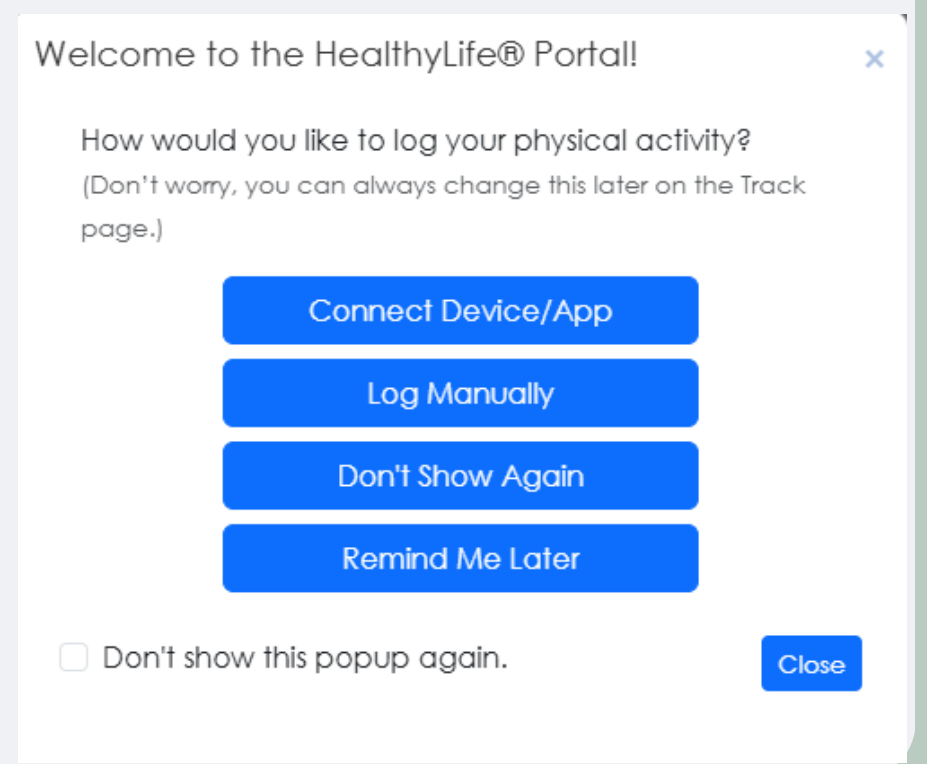
## STEP 5: WELCOME MESSAGE

1. Check the box that says **'Yes'** to the welcome question: "Are you ready to get started?"
2. Once the box is checked, click **'Finish'**



## STEP 6: SELECT OPTIONS FOR LOGGING ACTIVITY

1. Select how you would like to log your physical activity (you can always change this later)
2. Select **'Close'**



## STEP 7: JOIN THE CURRENT CHALLENGE

Congratulations - you're in! Now go select the **'Join'** button on the current challenge

