

# SEPTEMBER

MOVE TO YOUR GROOVE  
WALKING CHALLENGE



## Registration Guide

The **STEPtember Move To Your Groove Walking Challenge** is powered by MoveSpring- a digital platform that tracks steps across users. There are two ways to access MoveSpring – by downloading the app to your **mobile device** or using your **internet browser**.

**Click below to register for MoveSpring:**

[I already have a MoveSpring account](#).....page 2

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**Note:** The **individual challenge** will become available in MoveSpring once the challenge begins!

If you have any physical limitations and would like to participate in the challenge, please email [workwell@olr.nyc.gov](mailto:workwell@olr.nyc.gov) to learn how to sign up.

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# I Already Have a MoveSpring Account

Since you already have a MoveSpring account, registration will be easy! Follow the instructions below.

1. Open the MoveSpring app or visit [app.movespring.com](https://app.movespring.com)
2. If you aren't already signed in, select “**I already have an account**” and enter your username and password. If you are having issues logging in or are unable to remember your log-in information, email the MoveSpring Support Team at [help@movespring.com](mailto:help@movespring.com) for further assistance.
3. Scroll down and select the blue “**Join**” button to enroll in STEPtember
4. Click on “**Dashboard**” in the bottom left-hand corner of your screen and select “**Upcoming**” under challenges. *(If you do not see STEPtember 2021, repeat step 3.)*
  - You are now enrolled as an **individual participant**. Continue to step 5 to join the team challenge *(optional)*.
5. **Join a team:** Once you've completed steps 1-4, scroll down and select “**Join a team**”. Select one of your agency's teams and get ready to move!

# New To MoveSpring (*Mobile Device*)

Follow the instructions below to set up MoveSpring on your mobile device!

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1. Download the MoveSpring app from the [App Store](#) or [Google Play](#) store
2. Enter the following organization code: **workwellnyc**. Confirm “**WorkWell NYC**” as the organization.
3. Create an account and select how you’d like to track your steps.
  - [A list of pairable devices can be found here](#)
  - Please note that if you plan to use an Android device to track your steps, you must set up a [Google Fit](#) account first
4. Scroll down and select the blue “**Join**” button to enroll in STEPtember
5. Click on “**dashboard**” in the bottom left-hand corner of your screen and select “**Upcoming**” under challenges. *(If you do not see the STEPtember Challenge, repeat step 4.)*
  - You are now enrolled as an **individual participant**. Continue to step 6 to join the team challenge (*optional*).
6. **Join a team:** Once you’ve completed steps 1-5, scroll down and select “**Join a team**”. Select one of your agency’s teams and get ready to move!

# New To MoveSpring (*Computer*)

Follow the instructions below to set up MoveSpring on your computer!

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1. Visit [app.movespring.com](http://app.movespring.com) and click on “**Sign Up**” in the upper right-hand corner
2. Select “**I’m new to MoveSpring**” to create an account
3. Enter in the following organization code: **workwellnyc**. Confirm “**WorkWell NYC**” as the organization.
4. Follow the steps to create a MoveSpring account and select how you’d like to track your steps.
  - A [list of pairable devices can be found here](#)
  - Please note that if you plan to use an Android device to track your steps, you must set up a [Google Fit](#) account first
5. Scroll down and select the blue “**Join**” button to enroll in STEPtember
6. Return to your dashboard (top right corner) and select “**Upcoming**” under challenges. (If you do not see the STEPtember challenge, repeat step 5.)
  - You are now enrolled as an **individual participant**. Continue to step 7 to join the team challenge (optional).
7. **Join a team:** Once you’ve completed steps 1-6, scroll down and select “**Join a team**”. Select one of your agency’s teams.