**Corridor Corporate Games & Burst Your Thirst Registration Process**

To ‘sync’ Live Healthy Iowa Burst Your Thirst account and Corridor Corporate Games account you will need to use the same username and password.

**Step 1**
Log in (if you have participated in a previous Live Healthy Iowa Challenge) or register at livehealthyiowa.org

*If creating a new account, use your @uiowa.edu email as your username*

*If you already have an account and your username/email is NOT your @uiowa.edu email please change it to your @uiowa.edu email*

**Step 2**
Create an account in Corridor Corporate Games at [https://www.corridorcorporategames.org/Home](https://www.corridorcorporategames.org/Home) using the exact same credentials (@uiowa.edu email and password) that you have for your livehealthyiowa.org account

*Register with UI code - CCGUOFI*

If you have problems contact info@corridorcorporategames.com

Questions to answer on ‘My Info’ page:

- Username
- First name
- Last Name
- DOB
- Password & confirm
- Interested in volunteering
- Mobile #
- T-shirt size
- Employee ID (found on your paystub)

Go to Dashboard, and on the left under ‘My Info’ go to ‘Sign up for Events’

On your dashboard signup for events, including Burst Your Thirst - [https://www.corridorcorporategames.org/BurstYourThirst](https://www.corridorcorporategames.org/BurstYourThirst)

**Live Healthy Iowa Burst Your Thirst Registration Instructions**

User group code: **LHIUIOWA**

Team captain will register everyone on the team. UI subsidy code is **20CCG-UIOWA**

**Burst Your Thirst Challenge Dates:** Monday, June 8, 2020 - Friday, July 17, 2020

**COMPETITION INFORMATION**

Teams of 2-10 employees compete in a web-based competition tracking water consumption and minutes of physical activity. Each team member will be given access to a personal online dashboard to record data throughout the challenge. This program is free to employees participating in the Corridor Corporate Games. Contact your company administrator for more information.
REGISTRATION INFORMATION

Registration open May 4-June 15

Cost: $10 per participant – WAIVED FOR UI EMPLOYEES PARTICIPATING IN CORRIDOR CORPORATE GAMES – SEE SUBSIDY CODE BELOW

You must have at least two employees registering to create a team. CLICK HERE to access team registration (registration opens May 4, 2020)

To access your Burst Your Thirst dashboard, CLICK HERE to log in (Live Healthy Iowa website)

For information on earning company points, see the Burst Your Thirst Rules

How does it work?
This healthy summer challenge provides Iowans an opportunity to improve their health while engaging in fun, friendly competition. Over the course of 6 weeks, teams (2-10 people) track activity minutes and water consumption through the Live Healthy Iowa website.

Challenge participants receive:
• Live Healthy Iowa water bottle
• Personal online tracking page
• Access to online tools and resources
• Weekly motivational messages
• Opportunities to win team and individual prizes

ROSTER LIMIT

There is no limit to the number of teams companies may have, but teams must have 2-10 participants each

ELIGIBILITY

To compete at no cost and for company points, participants must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games. Family and friends (Non-CCG participants) who wish to participate may register and pay through Live Healthy Iowa. CLICK HERE for more information. Non-CCG participants do not count towards company points and cannot be placed on CCG company teams.