

TEAM CAPTAIN REGISTRATION GUIDE

10 Week Wellness Challenge registration is open December 1, 2025.

1. Go to www.livehealthyiowa.org and click the orange 'Join Today' button, located just below the challenge banner.

2. Team Setup

- Enter the **University of Iowa Group ID: LHIUIOWA**
- Enter your unique **Team Name** and the **Number of Members** you are registering at this time. Roster additions can be made by the team captain at a later date.

3. Captain

- Enter the Team Captain's **First Name, Last Name, University of Iowa Email Address** and **Home Address** where the team packet (t-shirts) will be sent.
- Select '**Yes**' if the captain will be a participating member of the team. If the Captain will not participate on this team, select '**No**'. (A person can be the captain of multiple teams, but may only participate on one.)

4. Team Members

- Enter the **First Name, Last Name** and **University of Iowa Email Address** for each team member.

5. Enter the **T-shirt Size** (or select None) for each team member and click 'Next'.

6. Subsidy Code

- Enter the **University of Iowa Subsidy Code: 10W26-UIOWA**
- Select '**Yes**' for University of Iowa employees. Choose "**No**" for non- University of Iowa employees. Click 'Next'.

7. Registration Payment

- Enter credit card information, if a balance remains for non- University of Iowa Employees. Click 'Submit'.
- Note: this section ONLY applies to teams with members who are not University of Iowa employees. The registration fee will be covered for University of Iowa employees only.

You and your team are registered for the challenge! You will receive a confirmation email with the instructions needed to access your Live Healthy Iowa dashboard. Each of your team members will also receive an email with their login information.



→ REGISTER YOUR TEAM

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FREQUENTLY ASKED QUESTIONS

Can I use my personal email address?

You must use your University of Iowa email address if using the subsidy code for free registration.

What is a team captain?

A team captain is the designated leader for the team, and the individual who registers a team. Team captains collect t-shirt sizes and University of Iowa emails for registration.

What if 11 (or more) people want to be on my team?

If there are more than 10 people that you would like to register for a team, you may do so by creating two teams.

Can I be the captain of multiple teams?

Yes. A person can be the captain of multiple teams, but may only participate on one.

Can I register someone who is not a University of Iowa employee?

Your team can include both UI employees and non-UI employees. However, only UI employees are allowed to use the subsidy code for free registration.

- Proceed with the registration directions as you would by entering participant names, email addresses (UI email address if they are an employee), and T-shirt sizes.
- You will be directed to a page to enter the subsidy code. Underneath is the question, "Who does this subsidy apply to?" Make sure to select "Yes" only for UI employees and choose "No" for other individuals.
- Pay for the remaining individuals to complete the registration process.

I don't have a team. How can I participate?

Complete the survey located on the UI Live Healthy Iowa webpage.

If you have additional questions, visit the [Live Healthy Iowa website](https://livehealthyuiowa.org) or contact us at livewell@uiowa.edu.