



Special Olympics
Ontario

MyPAHL

Physical Activity Healthy Living

Health and Fitness Tracking Program

User Guide

MyPAHL — User Guide

Health and Fitness Tracking Program

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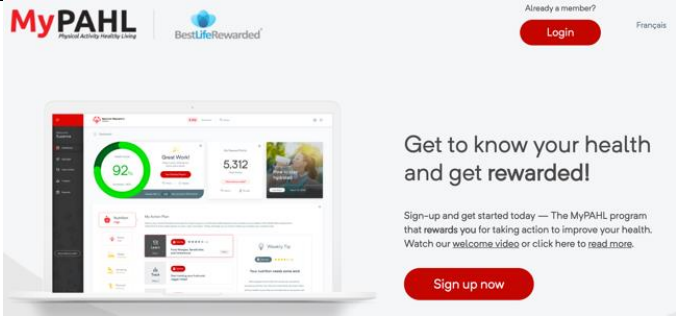
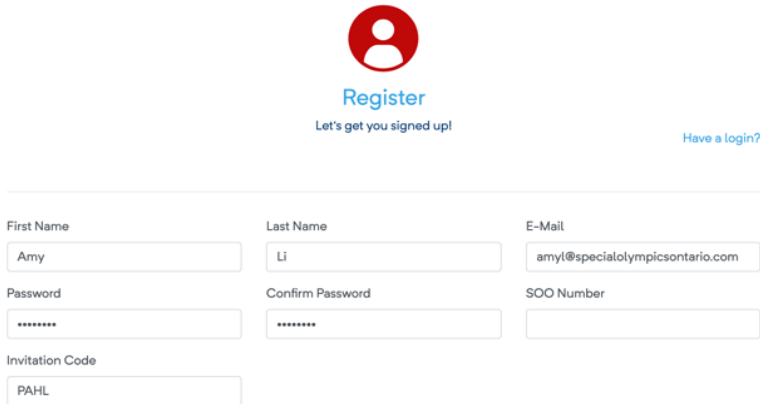
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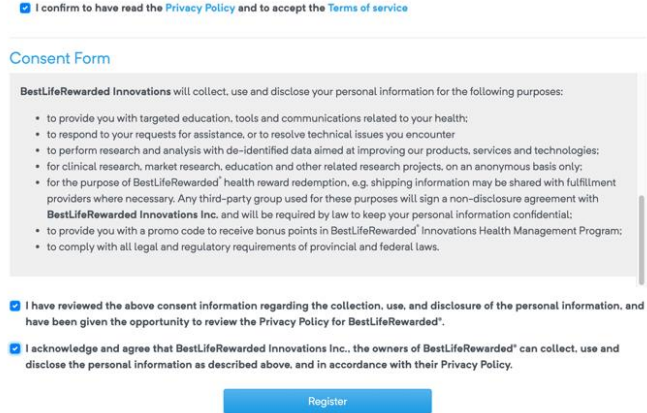
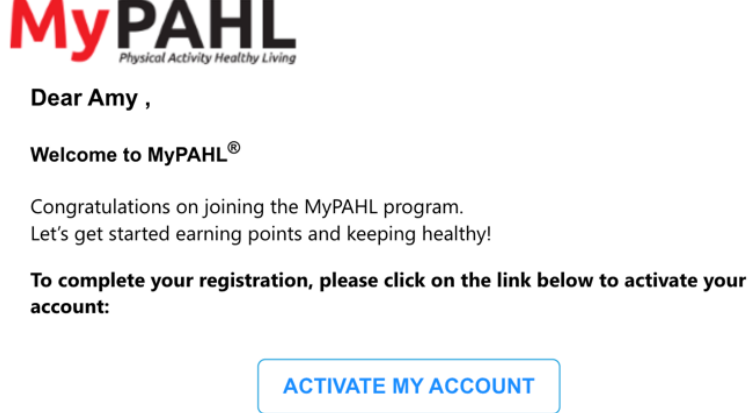
About MyPAHL

MyPAHL (Physical Activity and Healthy Living) is an online health and wellness tool designed for SO athletes. The program creates a health plan based on each athlete's health needs and allows you to track your improvements over time. MyPAHL includes education, recipes, tips, and videos that are all designed to help SO athletes improve their health. The program tracks each athlete's health journey and awards points for the health promoting activities you complete and track on MyPAHL. The best part – the points you earn can be used to win real prizes like gift cards, water bottles and more.

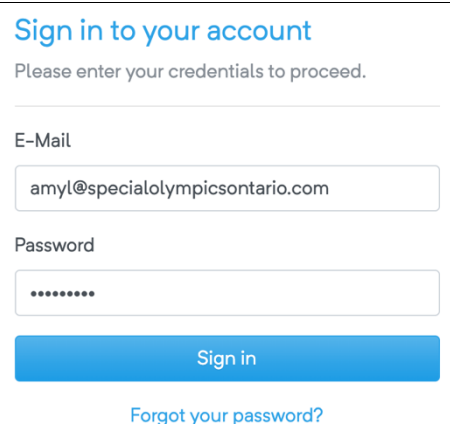
This guide provides an overview of MyPAHL's features and resources. Its aim is to help athletes and their caregivers use MyPAHL and answer any questions you may have about the platform. If you have additional questions, please visit the www.mypahl.com "Contact Us" page.

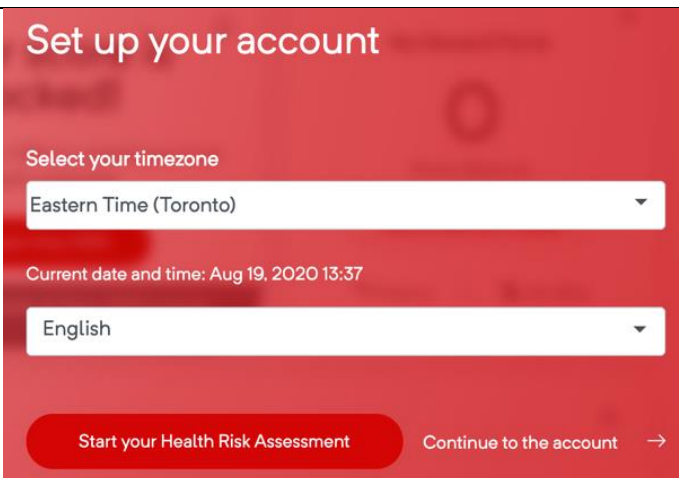
Registration

<p>Go to www.mypahl.com</p> <p>Click the "Sign up now" button.</p>	
<p>Enter your First Name, Last Name and Email.</p> <p>Create a password that is at least 8 characters long and has at least 1 capital letter.</p> <p>Enter your password twice.</p> <p>Enter your SOO number. If you don't know your SOO number leave it blank.</p> <p>Enter the invitation code "PAHL".</p>	

<p>Read through the Privacy Policy, Terms of Service and Consent Form then check the boxes.</p> <p>Click “Register” at the bottom of the page.</p> <p>An email will be sent to you with a link to activate your account.</p>	
<p>Go to your email and click “Activate My Account”.</p> <p>Now you are set to login and begin using MyPAHL!</p>	

First Login

<p>Go to www.mypahl.com</p> <p>Sign into your account using your email and password.</p>	
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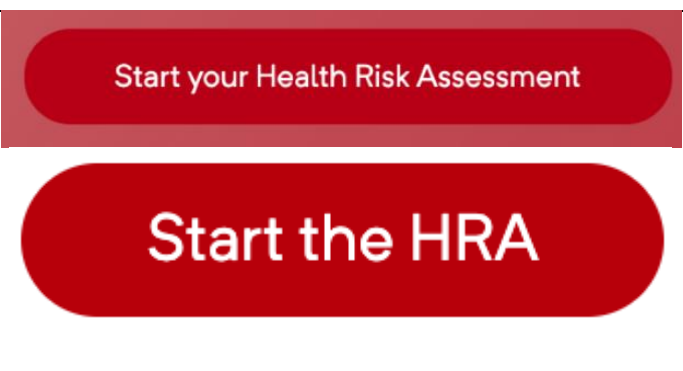
<p>Choose your time zone. If you live in the province of Ontario, your time zone is "Eastern Time (Toronto)".</p> <p>Next, choose your language: English or French.</p> <p>You can now choose to "Start your Health Risk Assessment" which is the first step to using your MyPAHL account or "Continue to the account".</p>	
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Health Risk Assessment (HRA) Questionnaire

The Health Risk Assessment (HRA) will ask you some questions about your health. Once you have finished the HRA, you will get a health plan made just for you. You receive 500 points for completing the HRA.

After completing the HRA athletes receive a health score. A high-risk score is a score of 69% or less, moderate risk is 70-89%, and low risk is 90% and higher. The athlete's personalized action plan will show the highest risk areas at the top and lowest risk areas at the bottom.

Note: The HRA is not intended to be a substitute for professional medical advice or for the care that patients receive from their healthcare providers. Please contact your doctor if you have any health concerns.

<p>The first step to using your MyPAHL account is to take the Health Risk Assessment (HRA). Click on either of the two buttons to get started. There are no right or wrong answers.</p>	
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The first section is “Demographics”. Select your gender, birth year, and ethnic background.

Select a unit of measurement for your weight. You can select kilograms (kg) or pounds (lbs). Then enter the number.

Next, select a unit of measurement for your height. You can enter centimetres (cm) or feet and inches (ft/in). Then enter the number.

Select a unit of measurement for your waist size. Choose centimetres (cm) or inches (in). Click “Next” when you are finished with this section.

The screenshot shows the 'Demographics' section of a 'Health Risk Assessment' form. The title 'Health Risk Assessment' is at the top left, and 'Unlock your true health potential' is at the top right. A 'Save & Exit' button is in the top right corner. On the left, a sidebar lists sections: Demographics, Self-Assessment, Personal & Family History, What's in Your Head, Your Eating Habits, Your Lungs, and Your Heart. The 'Demographics' section is highlighted. The main content area asks 'What is your gender?' with 'Male' and 'Female' options, and 'Year Of Birth?' with a dropdown menu. At the bottom, a progress bar shows 'Overall Progress' and 'You are 0% complete', with a 'Next' button.

The second section is “Self-Assessment”.

Read each question and select the response most true for you. Once you are finished this section, click “Next.”

The screenshot shows the 'Self-Assessment' section of the 'Health Risk Assessment' form. The title 'Health Risk Assessment' is at the top left, and 'Unlock your true health potential' is at the top right. A 'Save & Exit' button is in the top right corner. On the left, a sidebar lists sections: Demographics, Self-Assessment, Personal & Family History, What's in Your Head, Your Eating Habits, Your Lungs, and Your Heart. The 'Self-Assessment' section is highlighted. The main content area asks 'How would you rate your overall health (this includes your physical, mental, social and emotional health)?' with a dropdown menu, 'Does your health prevent you from doing your daily activities (examples: walking your dog, cooking, getting dressed, playing sports and more)?' with a dropdown menu, and 'How would you rate your current diet?'. At the bottom, a progress bar shows 'Overall Progress' and 'You are 10% complete', with 'Previous' and 'Next' buttons.

The third section is on “Personal & Family History”.

You may want to ask a family member or guardian that can help you with some questions you don't know the answer to. Once you are finished this section, click “Next.”

The screenshot shows the 'Personal & Family History' section of the 'Health Risk Assessment' form. The title 'Health Risk Assessment' is at the top left, and 'Unlock your true health potential' is at the top right. A 'Save & Exit' button is in the top right corner. On the left, a sidebar lists sections: Demographics, Self-Assessment, Personal & Family History, What's in Your Head, Your Eating Habits, Your Lungs, and Your Heart. The 'Personal & Family History' section is highlighted. The main content area asks 'Do you know your current blood pressure?' with 'Yes' and 'No' options, and 'Have you ever been told your blood pressure is high?' with 'Yes' and 'No' options. At the bottom, a progress bar shows 'Overall Progress' and 'You are 20% complete', with 'Previous' and 'Next' buttons.

The next section is “What’s in Your Head”.

Answer each question with what is most true for you.

Remember there are no right or wrong answers. Once you are finished this section, click “Next.”

The screenshot shows the 'What's in Your Head' section of a 'Health Risk Assessment' form. The title 'Health Risk Assessment' is at the top left, and 'Unlock your true health potential' is at the top right. A 'Save & Exit' button is in the top right corner. On the left, a sidebar lists sections: Demographics, Self-Assessment, Personal & Family History, What's in Your Head (highlighted with a red bar), Your Eating Habits, Your Lungs, and Your Heart. The main content area has the title 'What's in Your Head' and three questions with dropdown menus: 'In the last month, have you lost interest or pleasure in doing things?' (selected: 'No, in the last month I have not lost interest or pleasure in doing things'), 'In the last month, have you been feeling down, depressed or hopeless?' (selected: 'No, in the last month I have not been feeling down, depressed or hopeless'), and 'In the last 2 weeks, have you felt nervous, anxious or on edge?' (selected: 'Yes, in the last 2 weeks I have felt nervous, anxious or on edge'). At the bottom, a progress bar shows 'Overall Progress' and 'You are 30% complete!'. There are 'Previous' and 'Next' buttons.

The next section is “Your Eating Habits.”

Choose the answers that are most true for you. Once you are finished this section, click “Next.”

The screenshot shows the 'Your Eating Habits' section of the 'Health Risk Assessment' form. The title 'Health Risk Assessment' is at the top left, and 'Unlock your true health potential' is at the top right. A 'Save & Exit' button is in the top right corner. On the left, a sidebar lists sections: Demographics, Self-Assessment, Personal & Family History, What's in Your Head, Your Eating Habits (highlighted with a red bar), Your Lungs, and Your Heart. The main content area has the title 'Your Eating Habits' and a question: 'In an average day, do you... (select all that apply)'. Below the question are three checkboxes: 'Normally eat out at least one meal', 'Go back for second portions of your meal', and 'Eat more than other people you eat with'. There is also a text input field for 'Drink soft drinks, specialized coffees or milkshakes'. At the bottom, a progress bar shows 'Overall Progress' and 'You are 40% complete!'. There are 'Previous' and 'Next' buttons.

The next sections are about “Your Lungs,” “Your Heart,” “Your Stomach,” and “Your Level of Physical Activity.”

Choose the answers that are most true for you. Once you are finished this section, click “Next.”

The screenshot shows the 'Your Lungs' section of the 'Health Risk Assessment' form. The title 'Health Risk Assessment' is at the top left, and 'Unlock your true health potential' is at the top right. A 'Save & Exit' button is in the top right corner. On the left, a sidebar lists sections: Demographics, Self-Assessment, Personal & Family History, What's in Your Head, Your Eating Habits, Your Lungs (highlighted with a red bar), and Your Heart. The main content area has the title 'Your Lungs' and a question: 'I feel short of breath when I (select all that apply):'. Below the question are three checkboxes: 'Walk up stairs', 'Work at a normal pace', and 'Work around the house'. There is also a text input field for 'I never feel short of breath doing these activities'. Below that is a question 'Do you smoke?' with a dropdown menu (selected: 'Select an option'). At the bottom, a progress bar shows 'Overall Progress' and 'You are 50% complete!'. There are 'Previous' and 'Next' buttons.

The last section is on “Screeners & Immunizations.”

If you are unsure about some of these answers, ask a family member or guardian who might know the answers or you can choose “Don’t Know.”

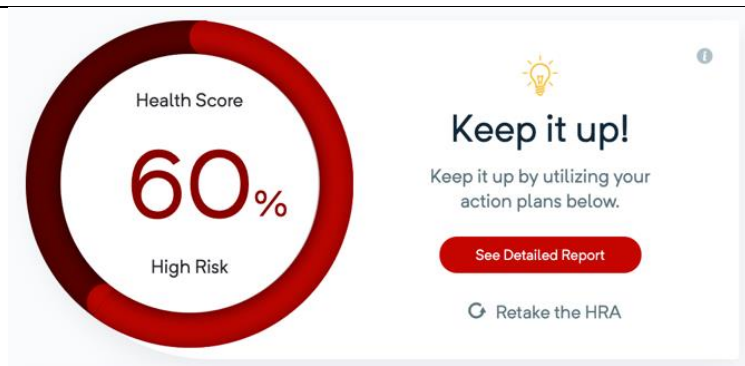
When you are done, click “Complete” and you are now finished the HRA! You will receive points for completing the HRA.

Click “Continue to Platform” to go back to the main page.

The top screenshot shows the 'Screeners & Immunizations' section of the HRA. It includes questions like 'Do you get a flu shot every year?' and 'Have you had a tetanus shot within the last 10 years?'. The bottom screenshot shows the completion screen with a 'Congratulations!' message and a 'Continue to platform' button. The progress bar indicates 100% completion.

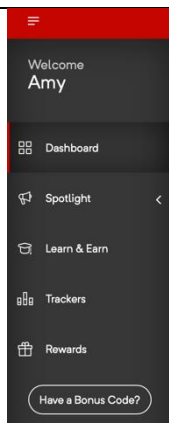
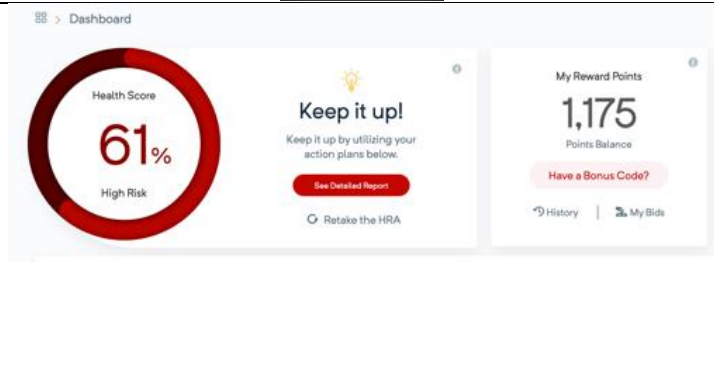
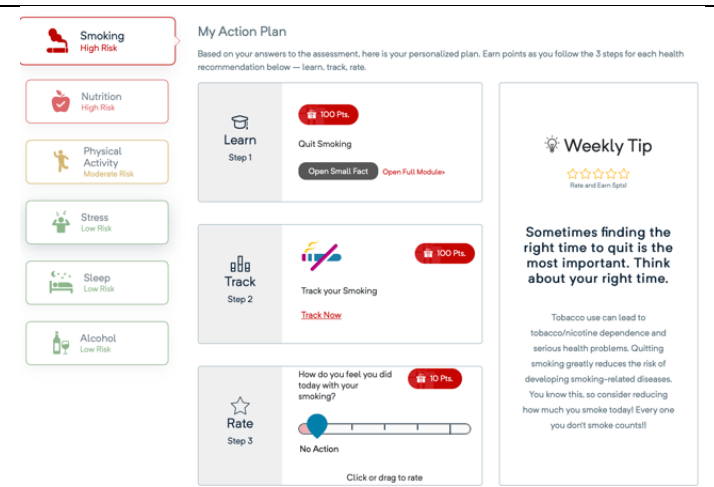
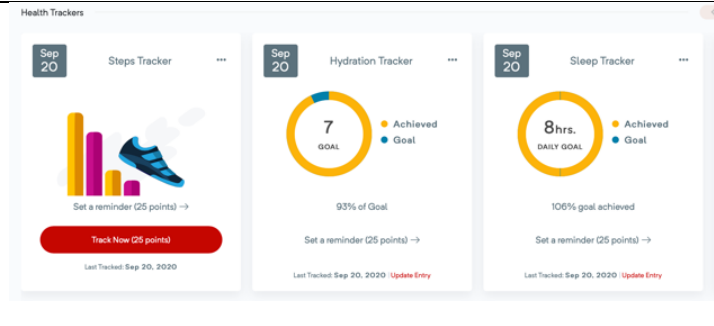
Once you are finished your HRA, you can click “See Detailed Report” to review all your answers.

You can also click “Retake the HRA” to take the questionnaire again but note you will **only** receive the 500 points every 6 months of taking the assessment.

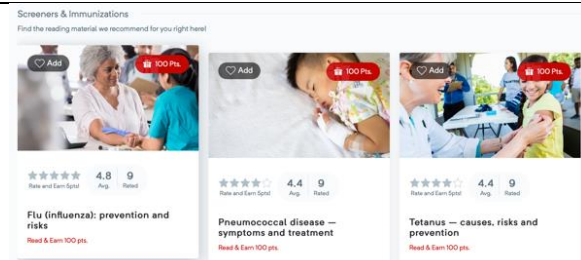


Dashboard

The dashboard is MyPAHL’s home page where athletes can find an overview of their health score, reward points, action plan, health trackers, and recommended ‘Learn and Earns’. The dashboard is personalized for each athlete and it allows easy access to learning more about developing good health habits.

<p>On the left side of your screen you will find your navigation bar.</p> <p>Click the top left to hide and unhide. If hidden, you can move your mouse over the tabs and they will appear.</p> <p>Click “Have a Bonus Code?” to enter a code to redeem extra points.</p>	
<p>On your dashboard you can find your health score. Retake the HRA to update your health score.</p> <p>You will only receive points for retaking the HRA every 6 months.</p> <p>View your ‘Rewards Point’ balance and ‘Learn and Earn’ options.</p>	
<p>Your “Action Plan” is organized by risk. Areas of the highest risk are in red, moderate risk are in yellow, and low risk are in green.</p> <p>Here you can also read the “Weekly Tip” and rate it out of 5 stars for 5 points.</p>	
<p>Scroll down to see the health trackers you have pinned (see pg. 26 for pinning trackers).</p>	

Scroll down for recommended reading materials.



My Action Plan

'My Action Plan' is a plan created for you based on the answers you gave during the HRA. You must complete the whole HRA to receive an action plan. The action plan is organized in the order of highest risk to lowest risk. Each health habit has a task to learn, track and rate. To get the full benefits of the MyPAHL program, update each section regularly to keep track and learn about your health habits.

Rate how important changing physical activity is to you on a scale of 1-10. 1 is not important and 10 is very important.

Then rate on a scale of 1-10 how much you believe you can make that change, 1 is you do not believe you can change and 10 is you strongly believe you can change.

Then press "Continue".

Follow the same steps for Nutrition, Stress, Smoking, Sleep and Alcohol.

Earn points for learning, tracking and rating your daily habits on “My Action Plan”.

My Action Plan
Based on your answers to the assessment, here is your personalized plan. Earn points as you follow the 3 steps for each health recommendation below — learn, track, rate.

Learn Step 1 **100 Pts**
Getting Active: Small Steps for Big Change
[Open Small Fact](#) [Open Full Module](#)

Track Step 2 **100 Pts**
Track your Steps
[Track Now](#)

Rate Step 3 **10 Pts**
How do you feel you did today with your physical activity?
No Action
Click or drag to rate

Weekly Tip
Rate and Earn Spts!
You're committed — keep it going and stay moving!
You are committed to improving your level of physical activity. Here's a tip for you — get a walking routine and try to add another block when you feel ready to push yourself a little more!

My Action Plan: Learn

The first step of each health area is Learn. Each section has a weekly tip, small fact, and recommended module for different levels of learning.

Click “Open Small Fact” for some quick tips and information on each of the health areas.

Rate each “Small Fact” to earn 5 points.

Learn Step 1 **100 Pts**
Make Your Heart Healthy — Active Transportation
[Close](#) [Open Full Module](#)

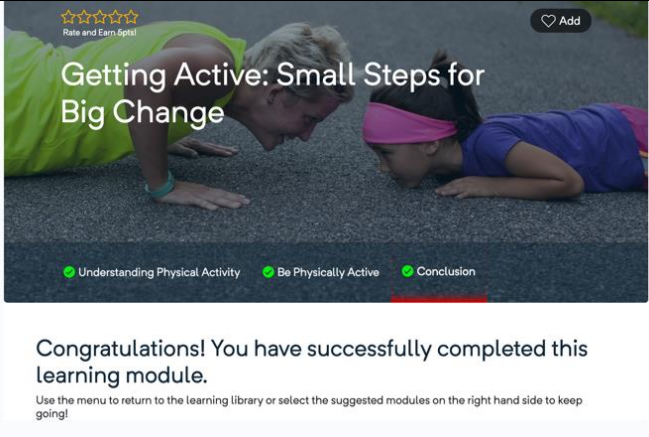
Small Facts **5 Stars**
Rate and Earn Spts!
Get there using your own power
Active transportation is any way of getting from one place to another by using your own power. This can include walking, biking, rollerblading, etc.
Taking part in active transportation will help you maintain a healthy lifestyle by being more active, reduce the amount of money you spend on parking and gas, and it is also beneficial to the environment.
[Next Small Fact](#)

Weekly Tip
Rate and Earn Spts!
You're committed — keep it going and stay moving!
You are committed to improving your level of physical activity. Here's a tip for you — get a walking routine and try to add another block when you feel ready to push yourself a little more!

Click “Open Full Module” to learn more information about the topic.

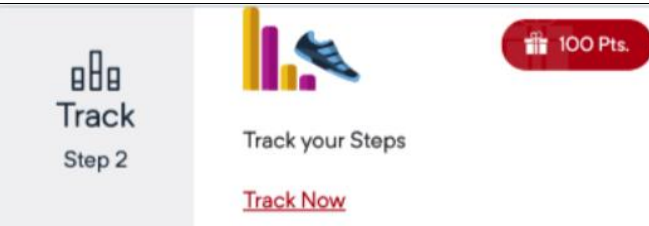
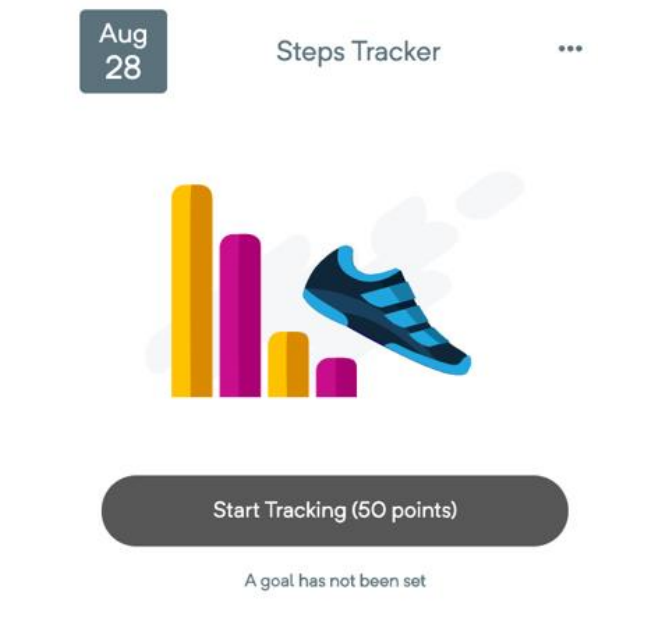
Complete the quiz at the end of each section to earn points.

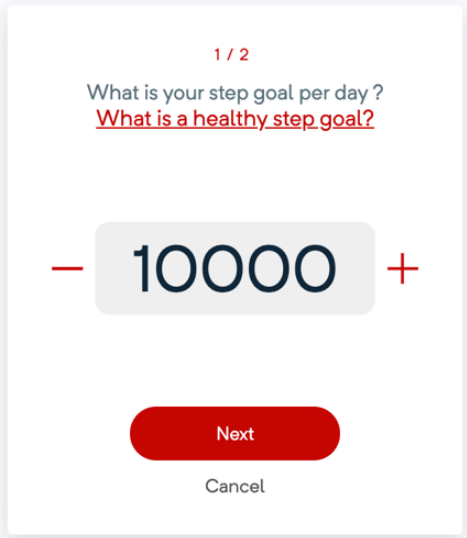
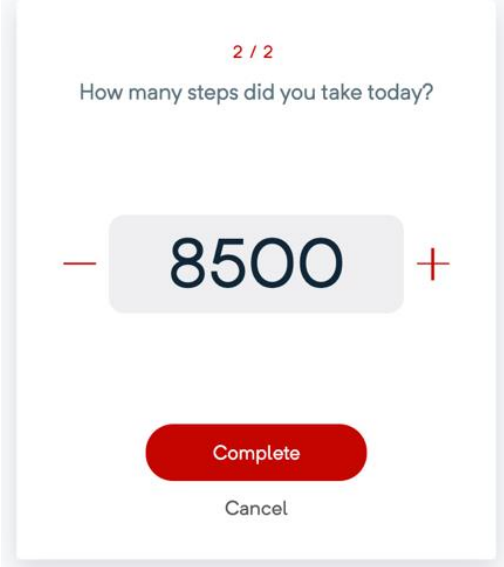

Getting Active: Small Steps for Big Change **5 Stars**
Rate and Earn Spts!
Add
Understanding Physical Activity Be Physically Active Conclusion
Understanding Physical Activity
Everyone talks about exercise, but is it really that important?

<p>Once you've completed the module, you will earn 100 points.</p> <p>Rate the module in the top left for 5 extra points.</p> <p>Save the module to your favourites by clicking "Add" in the top right for easy access to view later.</p>	
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My Action Plan: Physical Activity Tracker

The physical activity tracker helps you track the number of steps you take each day. Log your steps daily (or pair a fitness tracking device) to track your progress.

<p>In the "Physical Activity" tab, click "Track Now" to begin.</p>	
<p>Click "Start Tracking" to set a goal for your daily steps.</p> <p>Earn 50 points for starting this tracker and then earn 25 points for tracking once per day.</p>	

<p>Enter the number that you would like to be your step goal by typing the number or using the “+” and “-” icons.</p> <p>Hover over “What is a healthy step goal?” for some quick information.</p> <p>Click “Next”.</p>	
<p>Next, enter how many steps you have taken at the end of each day. (see Connecting a Fitness Tracker to pair a device with your MyPAHL account on page 22)</p> <p>Click “Complete”.</p>	
<p>See a graph showing you how many steps you have taken. Change to view by month or year.</p>	

See your statistics for your step progress for “Last Recorded,” “Last 7 Day Average,” and “Lifetime Average” (average since using MyPAHL).

You can download or print your steps for the last 30, 60, and 90 days.

My Progress: Steps

LAST RECORDED

1645

LAST 7 DAYS AVERAGE

7657

LIFETIME AVERAGE

7657

Download

Print

Last 30 days

Date	Time	Number of Steps	Device
Aug 28, 2020	11:00	7979	FITBIT
Aug 28, 2020	20:00	9717	FITBIT
Aug 29, 2020	20:00	14032	FITBIT
Aug 30, 2020	20:00	5420	FITBIT
Aug 31, 2020	20:00	7151	FITBIT
Sep 1, 2020	20:00	1645	FITBIT

Set email reminders to track your steps “Daily,” “Weekly,” or “Monthly.” Earn 25 points for setting an email reminder.

Steps Reminder

Select a frequency below

Daily


Weekly

Monthly

My Action Plan: Nutrition Tracker

The nutrition tracker helps you track the number of fruits and vegetables you consume each day. Log your intake daily to track your progress and to earn points.

Under the “Nutrition” tab, click “Track Now” to begin.

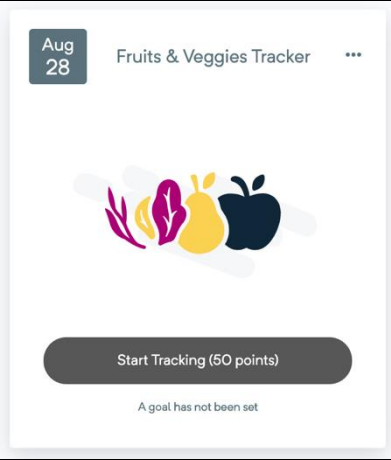
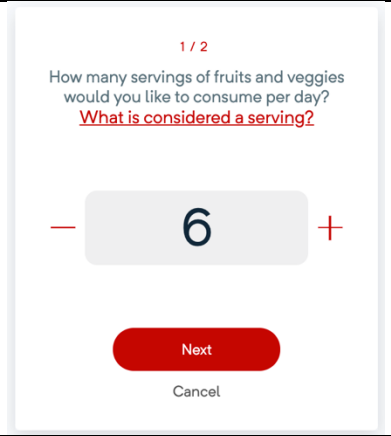
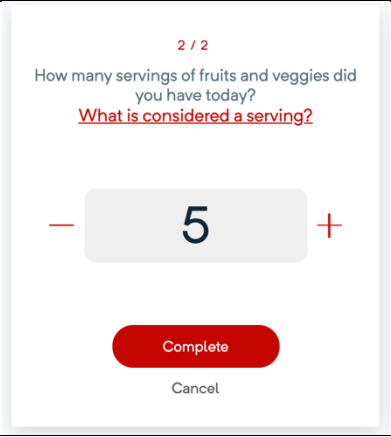
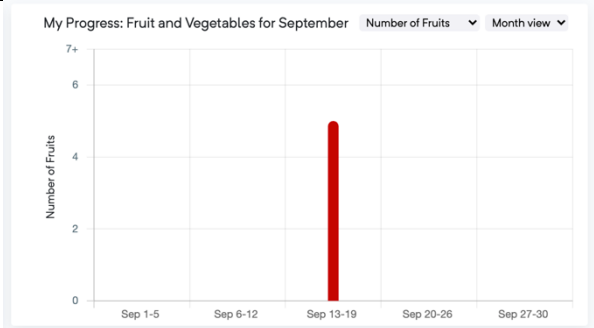

Track
Step 2



 100 Pts.

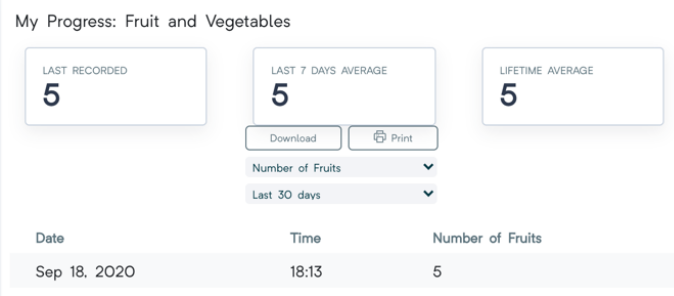
Track your Fruits and Veggies Intake

[Track Now](#)

<p>Click “Start Tracking” to set your goal for how many servings of fruits and vegetables you want to eat each day.</p> <p>Earn 50 points for starting this tracker and then earn 25 points for tracking once per day.</p>	
<p>Enter the number that you would like to be your goal for servings of fruits and vegetables eaten by typing the number or using the “+” and “-” buttons.</p> <p>Hover over “What is considered a serving?” for some quick information.</p> <p>Click “Next”.</p>	
<p>Enter how many servings of fruits and vegetables you have eaten at the end of each day by typing the number or using the “+” and “-” icons.</p> <p>Hover over “What is considered a serving?” for some quick information.</p> <p>Click “Complete”.</p>	
<p>On the top right side of the tracking page, you will find a graph showing your fruit and vegetables intake.</p> <p>You can view your monthly or yearly intake by using the drop down menu.</p>	

On the bottom of the summary page you will find the statistics for how many fruits and vegetables you have been eating.

You can see: “Last Recorded,” “Last 7 Day Average,” and “Lifetime Average” (average since using MyPAHL). You can download or print your steps for the last 30, 60, and 90 days.



My Progress: Fruit and Vegetables

LAST RECORDED

5

LAST 7 DAYS AVERAGE

5

LIFETIME AVERAGE

5

Download

Print

Number of Fruits

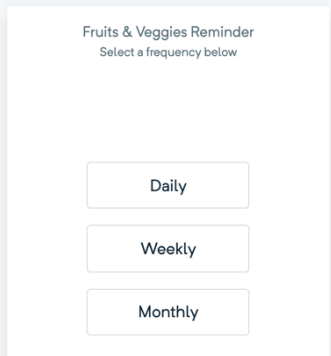
▼

Last 30 days

▼

Date	Time	Number of Fruits
Sep 18, 2020	18:13	5

Set reminders to track your fruit and vegetables “Daily,” “Weekly,” or “Monthly.” Earn 25 points for setting an email reminder.



Fruits & Veggies Reminder

Select a frequency below

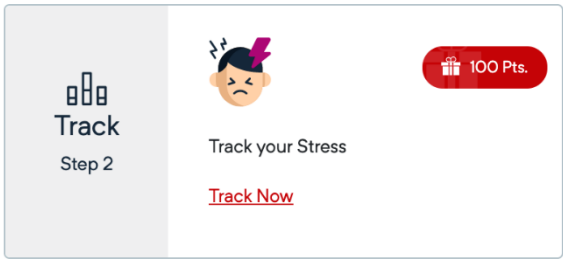
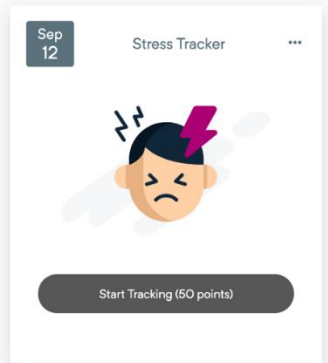
Daily

Weekly

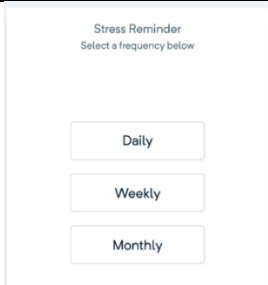
Monthly

My Action Plan: Stress Tracker

The stress tracker tracks your feelings of stress and how they impact you. Log your feelings of stress each day to track your progress and to earn points.

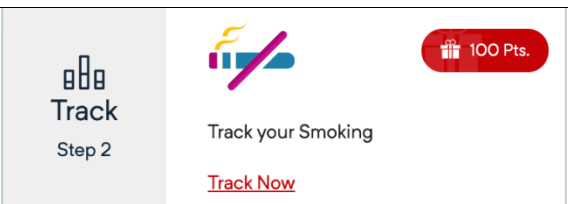

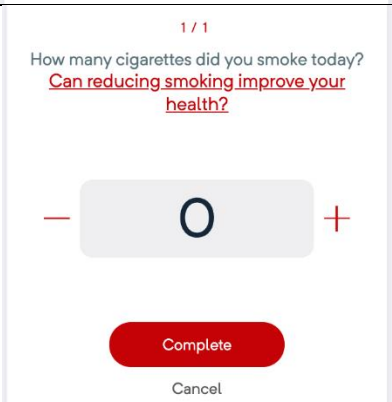
<p>In the “Stress” tab, click “Track Now” to begin.</p>	 <p>Track Step 2</p> <p>Track your Stress</p> <p>Track Now</p> <p>100 Pts.</p>
<p>Click “Start Tracking” to start rating your level of stress.</p> <p>Earn 50 points for starting this tracker and then earn 25 points for tracking once per day.</p>	 <p>Sep 12 Stress Tracker</p> <p>Start Tracking (50 points)</p>

<p>Rate your level of stress each day on the scale from 1 to 5.</p> <p>1 is terrible/very stressed and 5 is excellent/not stressed.</p> <p>Click "Next".</p>																			
<p>Rate the impact of stress (how it affects your day) on the scale from 1 to 5.</p> <p>1 is terrible/large impact and 5 is excellent/no impact.</p> <p>Click "Complete".</p>																			
<p>On the top right of the page you will find you will find a graph showing your stress ratings.</p> <p>Change to see a graph of your "Stress Rating" or "Stress Impact" progress by month or by year using the drop down menus in the top right.</p>																			
<p>On the bottom of the page, you will find your statistics for your stress progress for "Last Recorded," "Last 7 Day Average," and "Lifetime Average" (average since using MyPAHL).</p> <p>You can download or print your steps for the last 30, 60, and 90 days.</p>	 <table><tr><th>Date</th><th>Time</th><th>Stress Daily Rating</th></tr><tr><td>Sep 18, 2020</td><td>12:32</td><td>5</td></tr><tr><td>Sep 13, 2020</td><td>17:04</td><td>2</td></tr><tr><td>Sep 14, 2020</td><td>17:05</td><td>4</td></tr><tr><td>Sep 11, 2020</td><td>17:05</td><td>4</td></tr><tr><td>Sep 2, 2020</td><td>17:06</td><td>2</td></tr></table>	Date	Time	Stress Daily Rating	Sep 18, 2020	12:32	5	Sep 13, 2020	17:04	2	Sep 14, 2020	17:05	4	Sep 11, 2020	17:05	4	Sep 2, 2020	17:06	2
Date	Time	Stress Daily Rating																	
Sep 18, 2020	12:32	5																	
Sep 13, 2020	17:04	2																	
Sep 14, 2020	17:05	4																	
Sep 11, 2020	17:05	4																	
Sep 2, 2020	17:06	2																	

<p>Set reminders to track your stress “Daily,” “Weekly,” or “Monthly.”</p> <p>Earn 25 points for setting an email reminder.</p>	
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My Action Plan: Quit Smoking Tracker

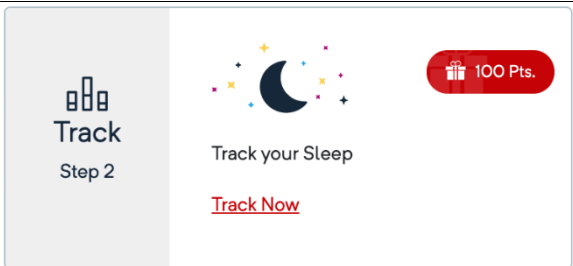
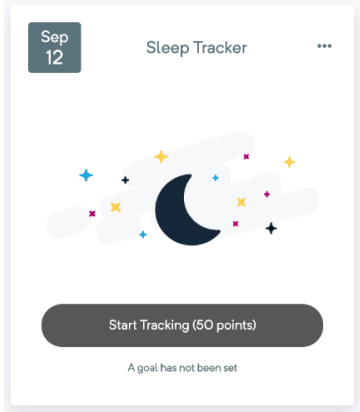
The quit smoking tracker tracks the number of cigarettes you smoke each day. Log your smoking habits daily to track your progress to quit smoking.

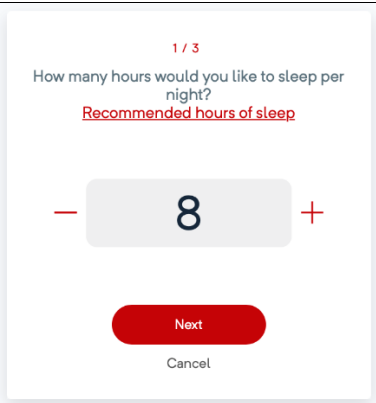
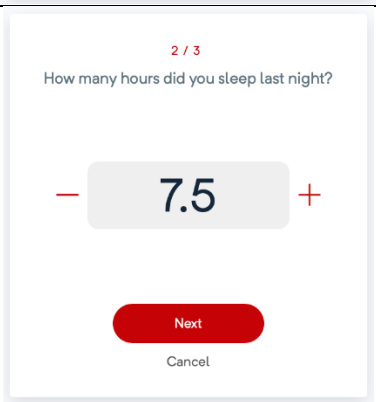
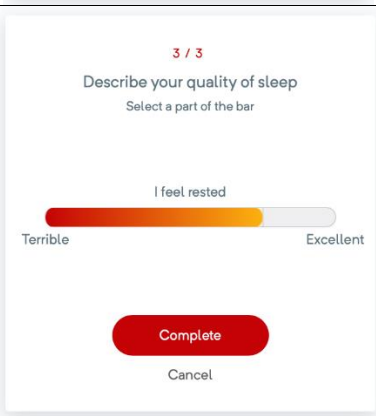
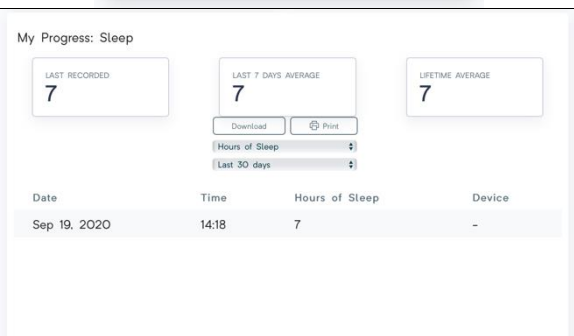
<p>In the “Smoking” tab, click “Track Now” to begin.</p>	
<p>Click “Start Tracking” to start your quit smoking tracker.</p> <p>Earn 50 points for starting this tracker and then earn 25 points for tracking once per day.</p>	
<p>On the top right side of the tracking page, you will find a graph showing your smoking habits. Change to see a monthly or yearly view using the drop down menu in the top right of the graph.</p> <p>Click “Complete”.</p>	

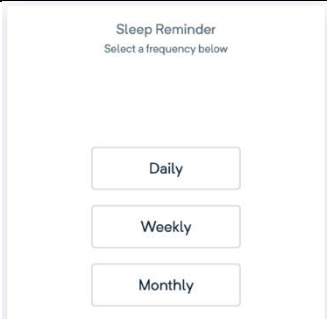
<p>See your statistics for your smoking progress for “Last Recorded,” “Last 7 Day Average,” and “Lifetime Average” (average since using MyPAHL).</p> <p>You can download or print your steps for the last 30, 60, and 90 days.</p>	<div><div>My Progress: Smoking</div><div><div><div>LAST RECORDED</div><div>1</div></div><div><div>LAST 7 DAYS AVERAGE</div><div>1</div></div><div><div>LIFETIME AVERAGE</div><div>1</div></div></div><div><div>Download</div><div>Print</div></div><div>Last 30 days</div><table><thead><tr><th>Date</th><th>Time</th><th>Number of Cigarettes</th></tr></thead><tbody><tr><td>Sep 18, 2020</td><td>19:41</td><td>2</td></tr><tr><td>Sep 19, 2020</td><td>13:05</td><td>1</td></tr><tr><td>Sep 15, 2020</td><td>13:12</td><td>3</td></tr><tr><td>Sep 16, 2020</td><td>13:13</td><td>0</td></tr><tr><td>Sep 17, 2020</td><td>13:14</td><td>0</td></tr></tbody></table></div>	Date	Time	Number of Cigarettes	Sep 18, 2020	19:41	2	Sep 19, 2020	13:05	1	Sep 15, 2020	13:12	3	Sep 16, 2020	13:13	0	Sep 17, 2020	13:14	0
Date	Time	Number of Cigarettes																	
Sep 18, 2020	19:41	2																	
Sep 19, 2020	13:05	1																	
Sep 15, 2020	13:12	3																	
Sep 16, 2020	13:13	0																	
Sep 17, 2020	13:14	0																	
<p>Set reminders to track your smoking “Daily,” “Weekly,” or “Monthly.” Earn 25 points for setting an email reminder.</p>	<div><div>Smoking Reminder</div><div>Select a frequency below</div><div><div>Daily</div><div>Weekly</div><div>Monthly</div></div></div>																		

My Action Plan: Sleep Tracker

The sleep tracker tracks the number of hours of sleep you get each night and your energy levels that day. Log your hours and quality of sleep daily to track your progress and to earn points.

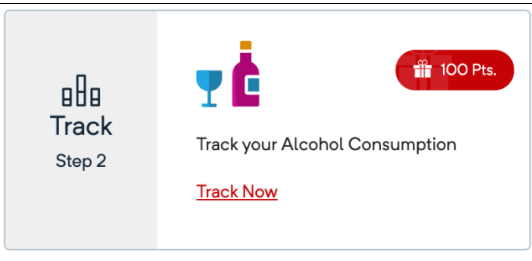
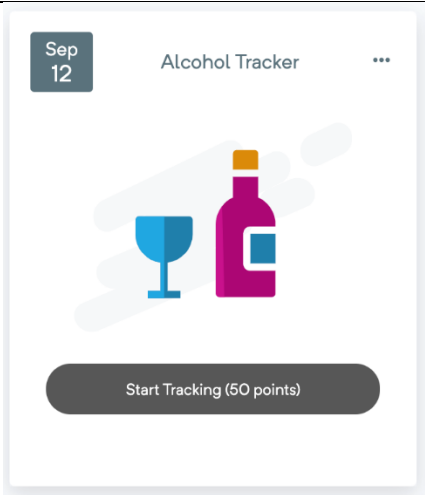
<p>In the “Sleep” tab, click “Track Now” to begin.</p>	
<p>Click “Start Tracking” to start your sleep tracker.</p> <p>Earn 50 points for starting this tracker and then earn 25 points for tracking once per day.</p>	

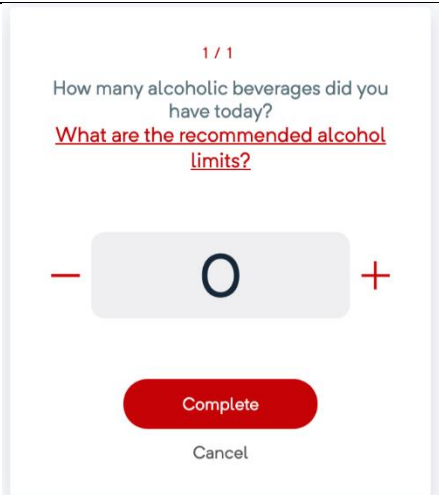
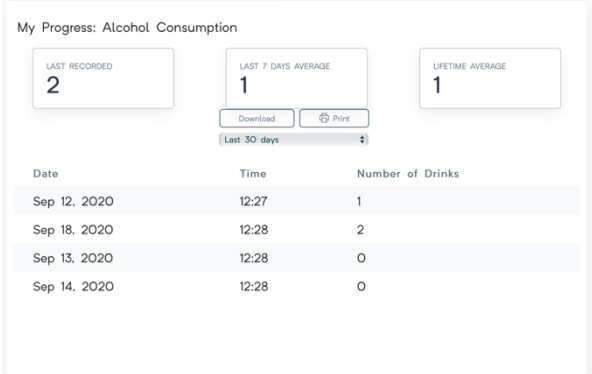
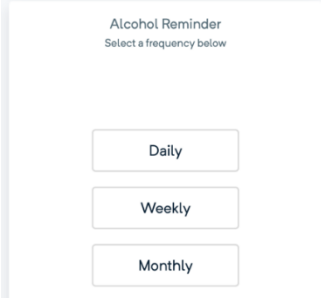
<p>Enter the number of hours you would like to sleep each night by typing the number or using the “+” and “-” buttons.</p> <p>Hover over “Recommended hours of sleep” for some quick information.</p> <p>Click “Next”.</p>									
<p>Enter the number of hours you slept last night by typing the number or using the “+” and “-” buttons.</p> <p>Click “Next”.</p>									
<p>Rate your quality of sleep by how you feel on a scale from “Terrible” to “Excellent”.</p> <p>The options are:</p> <ul style="list-style-type: none">• “I feel exhausted”• “I feel drowsy”• “I’m still a bit tired”• “I feel rested”• “I am full of energy” <p>Click “Complete”.</p>									
<p>See your statistics for your sleep progress for “Last Recorded,” “Last 7 Day Average,” and “Lifetime Average” (average since using MyPAHL).</p> <p>You can download or print your steps for the last 30, 60, and 90 days.</p>	 <table><tr><th>Date</th><th>Time</th><th>Hours of Sleep</th><th>Device</th></tr><tr><td>Sep 19, 2020</td><td>14:18</td><td>7</td><td>-</td></tr></table>	Date	Time	Hours of Sleep	Device	Sep 19, 2020	14:18	7	-
Date	Time	Hours of Sleep	Device						
Sep 19, 2020	14:18	7	-						

<p>Set email reminders to track your sleep “Daily,” “Weekly,” or “Monthly.” Earn 25 points for setting an email reminder.</p> <p>Earn 25 points for setting an email reminder.</p>	
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My Action Plan: Alcohol Tracker

The alcohol tracker tracks the number of alcoholic beverages you consume each day. Log your intake daily to track your progress.

<p>In the “Alcohol” tab, click “Track Now” to begin.</p>	
<p>Click “Start Tracking” to start your sleep tracker.</p> <p>Earn 50 points for starting this tracker and then earn 25 points for tracking once per day.</p>	

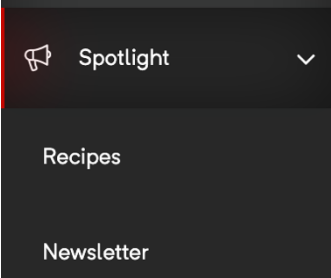
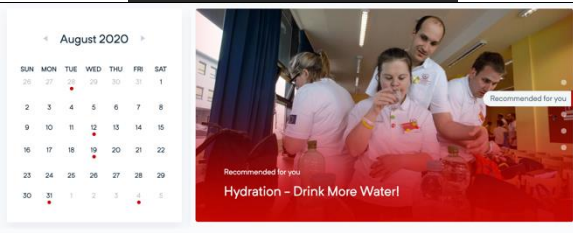
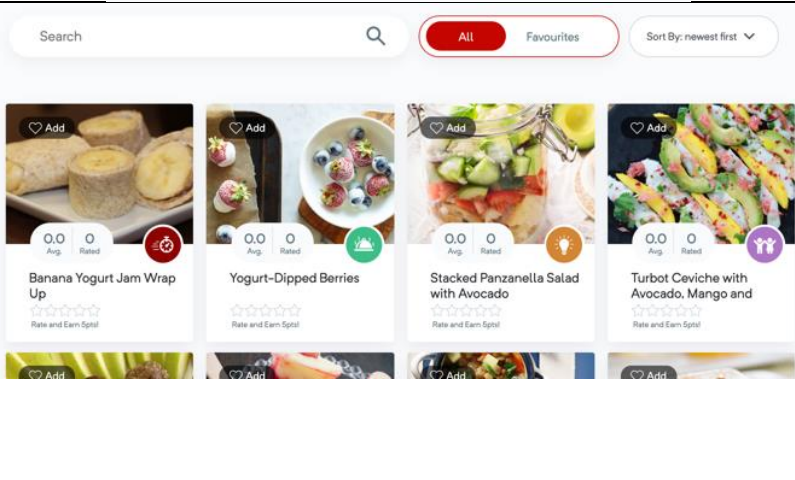
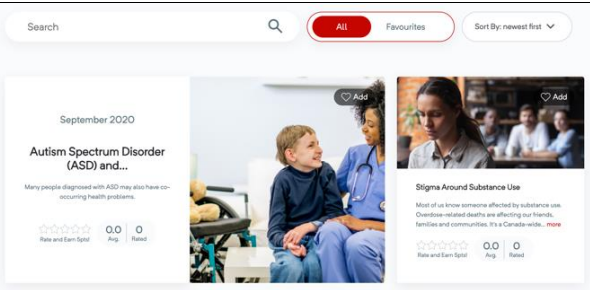
<p>On the top right side of the tracking page, you will find a graph showing your alcohol intake. Change to see a monthly or yearly view using the drop down menu in the top right of the graph.</p>																
<p>See your statistics for your alcohol consumption for what you “Last Recorded,” your “7 Day Average,” and “Lifetime Average” (since using MyPAHL).</p> <p>You can download or print your steps for the last 30, 60, and 90 days.</p>	 <table><thead><tr><th>Date</th><th>Time</th><th>Number of Drinks</th></tr></thead><tbody><tr><td>Sep 12, 2020</td><td>12:27</td><td>1</td></tr><tr><td>Sep 18, 2020</td><td>12:28</td><td>2</td></tr><tr><td>Sep 13, 2020</td><td>12:28</td><td>0</td></tr><tr><td>Sep 14, 2020</td><td>12:28</td><td>0</td></tr></tbody></table>	Date	Time	Number of Drinks	Sep 12, 2020	12:27	1	Sep 18, 2020	12:28	2	Sep 13, 2020	12:28	0	Sep 14, 2020	12:28	0
Date	Time	Number of Drinks														
Sep 12, 2020	12:27	1														
Sep 18, 2020	12:28	2														
Sep 13, 2020	12:28	0														
Sep 14, 2020	12:28	0														
<p>Set reminders to track your alcohol consumption “Daily,” “Weekly,” or “Monthly.”</p> <p>Earn 25 points for setting an email reminder.</p>																


My Action Plan: Rate

<p>For each health area, you can rate how you feel you did each day.</p> <p>Click and drag to rate from the options: “No Action,” “Poorly,” “Moderately,” “Very Well,” and “Outstanding.”</p> <p>Earn 10 points for rating each day.</p>	
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Spotlight

Under the spotlight tab, you will find newsletters, recipes, learn and earns, and the events calendar. Recently added articles will appear on your spotlight main page as well as recommended pages for you to explore.



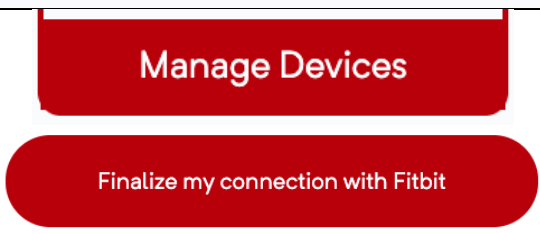
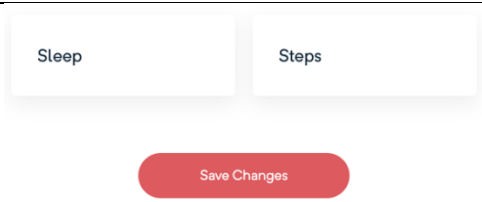
<p>In the "Spotlight" tab, you will find:</p> <ul style="list-style-type: none"> • The Newsletter • Recipes • Learn & Earns • Events Calendar 	
<p>The calendar includes events and upcoming opportunities.</p>	
<p>The Recipes tab includes healthy recipes to try.</p> <p>You can search for categories and add articles to your favourite's list.</p> <p>Click to view each recipe. Each recipe has serving size, ingredients, instructions as well as nutritional information.</p> <p>Rate the recipes you try for 5 points.</p>	
<p>The Newsletter tab includes articles on different topics.</p> <p>You can search for categories and add articles to your favourite's list.</p> <p>Earn points for each article you read.</p>	

<p>Click on the article you would like to read.</p> <p>Rate the article after reading to earn 5 points.</p> <p>Click “Add” to save it to your favourites list to read again later.</p>	 <p>Autism Spectrum Disorder (ASD) and Co-Occurring Health Conditions</p> <p>Many people diagnosed with ASD may also have co-occurring health problems.</p> <p>What are the health conditions that are commonly seen in those with ASD?</p> <p>Someone with ASD may have other health conditions that may appear at any time over the life course. These additional conditions may mean someone with ASD needs more time and support to get through their day. It can be hard to find and test other conditions in someone with ASD if that person has trouble communicating. But it is important to look at and treat these conditions when possible. Treatment can improve quality of life and ability to function.</p> <p>Some mental health conditions affecting those living with ASD include</p>
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Connecting a Fitness Tracker

An easy way to track your steps and sleep is to connect your fitness tracker to your MyPAHL account. After connecting your tracker, your steps and sleep will automatically sync to your account.

Note: MyPAHL supports Fitbit, Wear OS by Google, Garmin, and Misfit devices.

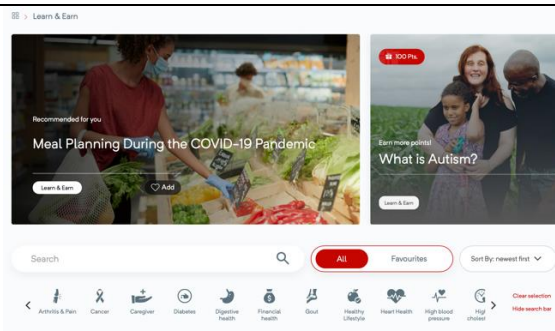
Click the settings icon in the top right hand corner of your MyPAHL account page.	
Scroll to the bottom of the page and select your device.	
Click “Manage Devices” after selecting your device then click “Finalize my connection” with your device.	
A screen will pop up for you to login into your device’s account.	
Select “Sleep” and/or “Steps” to be connected to your MyPAHL account. Click “Save Changes” then your device is finished setting up.	

Learn and Earn

Learn and Earn offers a variety of health articles for you to read and explore. At the end of each article, there is a quiz to test your knowledge. After completing the quiz, you will

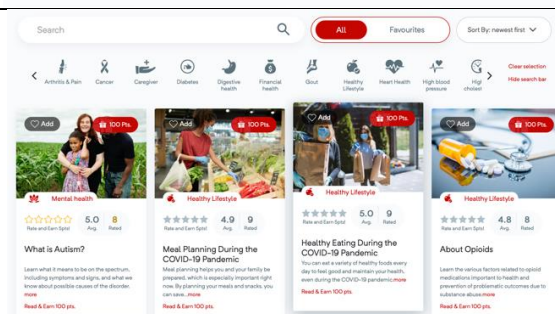
be awarded 100 points! Learn and Earns are a great way to expand your health knowledge so that you can make more informed choices.

In the “Learn and Earn” tab you will find all the available modules to learn about different topics and earn points.



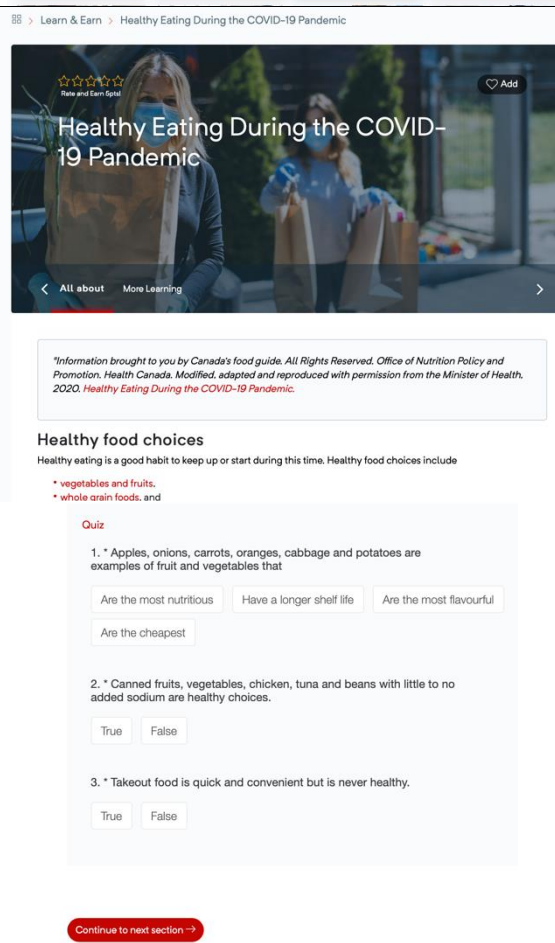
You can search for categories and add articles to your favourite's list.

Click on the categories to sort modules and find ones you are interested in learning more about.



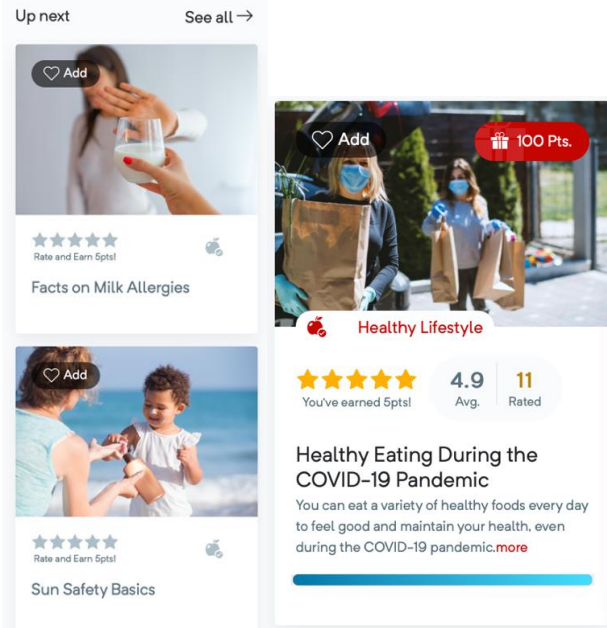
Click on a module to start learning. Read to the end and complete the quiz to earn 100 points.

After completing the “Learn and Earn,” you can rate it out of 5 stars for 5 points in the top left.



Find more “Learn and Earns” in the right-side column or click the top right to “See all.”

A blue line will appear under the Learn and Earns you have completed.



Additional Trackers

In the trackers tab, you will find all the trackers you can use as well as 3 additional trackers that are not found in your action plan. Update these regularly to keep track of your health habits while earning points.

In the “Trackers” tab you will find your “Tracker Library.” Click the “+” button to view all trackers.

Trackers Library

Click to view all trackers (+)

View all the trackers available:

- Sleep
- Steps
- Savings
- Hydration
- Smoking
- Fruits and Vegetables
- Weight
- Stress
- Alcohol

Click on a tracker to add it to your profile.

“Sleep” and “Steps” can be tracked automatically after pairing a fitness tracker (see page 23).

Once added, click, hold, and drag the bottom left icon of each tracker to change their order.

Earn 50 points for starting each tracker.

Trackers Library

Click to hide (X)

Sleep

Fruit and Vegetables

Steps

Weight

Savings

Stress

Hydration

Alcohol

Smoking

My Trackers



Today



Oh no! You haven't activated a tracker.
Select a tracker above to pin it to your profile.

There are three additional trackers not found in your dashboard's action plan. They include the:

- Savings Tracker
- Weight Tracker
- Hydration Tracker

Click, hold, and drag the bottom left icon of each tracker to change their order.

Sep 18

Savings Tracker



Start Tracking (50 points)

A goal has not been set

Sep 18

Weight Tracker



Start Tracking (50 points)

A goal has not been set

Sep 18

Hydration Tracker



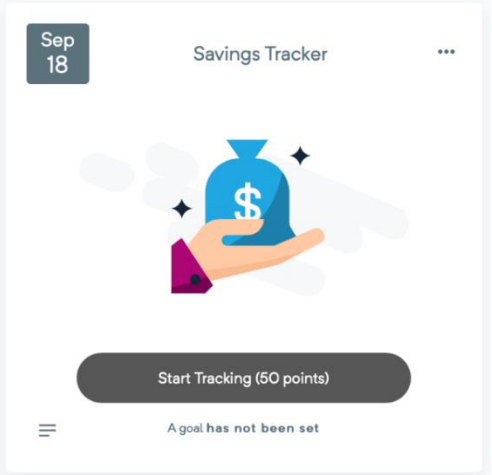
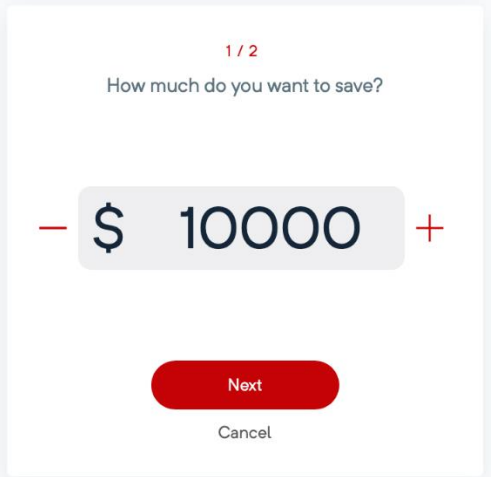
Start Tracking (50 points)

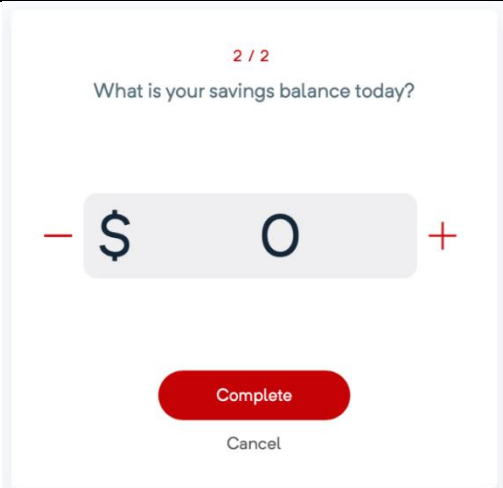
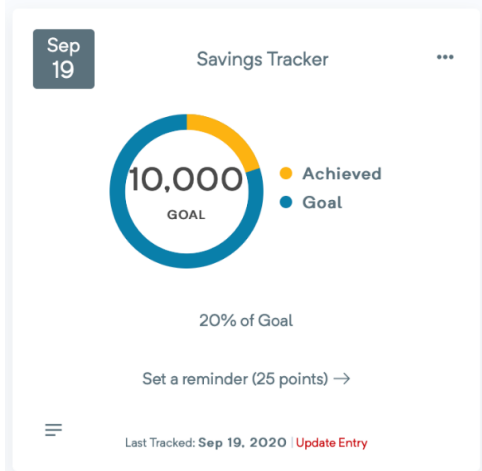
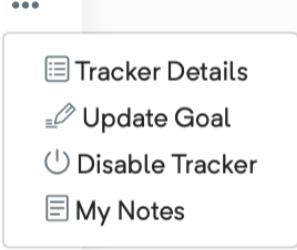
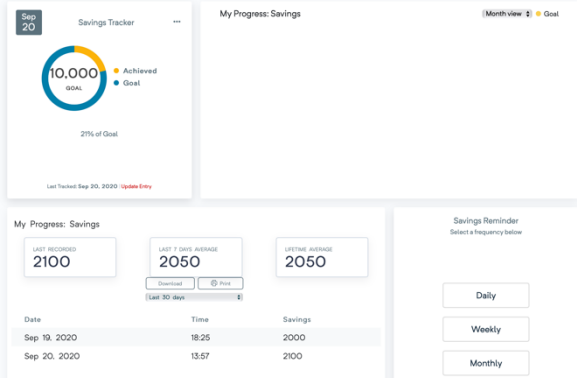
A goal has not been set

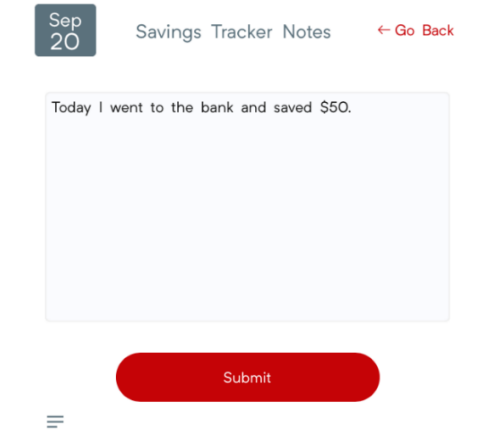
Trackers: Savings

The savings tracker helps you track the amount of money you would like to save. Log your savings into your account to track your progress and earn points.

Note: The savings tracker does not connect with your bank account. Please contact your bank if you have questions regarding your savings, how to save money and how to manage your savings.

<p>To start using your "Savings Tracker," click "Start Tracking."</p> <p>Earn 50 points for starting this tracker.</p>	
<p>Enter how much money you want to save by typing the number or using the "+" and "-" buttons.</p>	


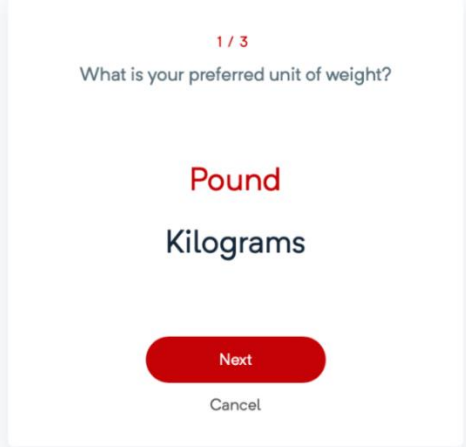
<p>Then enter how much savings you have by typing the number or using the "+" and "-" buttons.</p> <p>Click "Complete".</p>	
<p>See the percentage of your goal you have reached.</p> <p>Set an email reminder to track your savings "Daily," "Weekly," or "Monthly." Earn 25 points for setting an email reminder.</p> <p>Click "Update Entry" to change the savings balance you entered for the day.</p>	
<p>Click the three dots in the top right corner to see your full options including:</p> <ul style="list-style-type: none"> • "Tracker Details" • "Update Goal" • "Disable Tracker" • "My Notes" 	
<p>"Tracker Details" takes you to the summary page.</p> <p>"Update Goal" lets you change your goal savings amount.</p> <p>"Disable Tracker" removes the tracker from your list of trackers but does not remove saved entries.</p>	

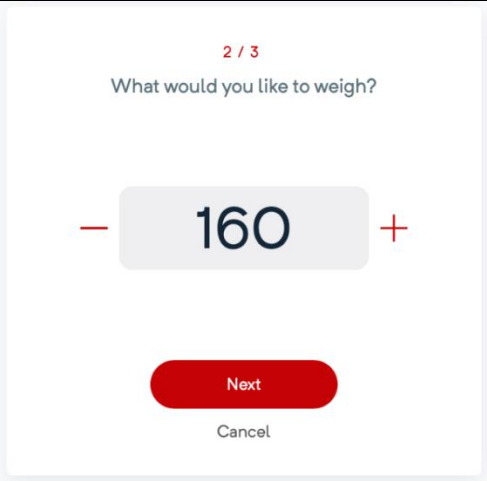
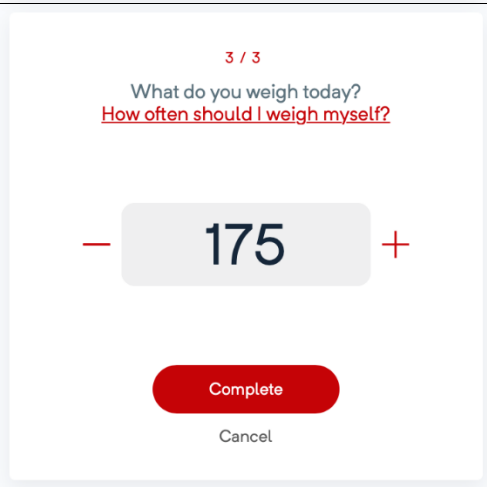

<p>“My Notes” is a space that allows you to write and save notes for yourself.</p> <p>Click “Submit” when you are done.</p>	
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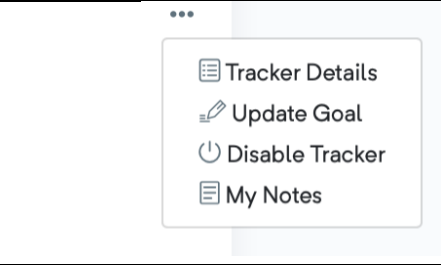
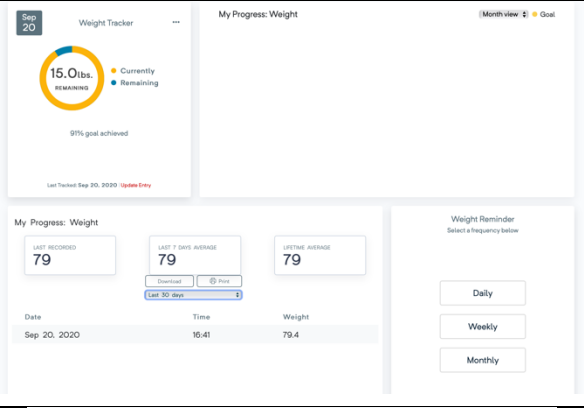
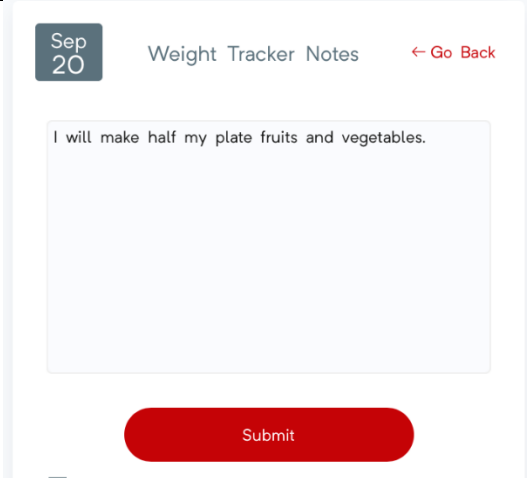
Trackers: Weight Tracker

The weight tracker helps you track your weight. Log your weight in to track changes and/or meet a weight goal.

Note: Please consult a physician if you are unsure of what your weight goal should be.

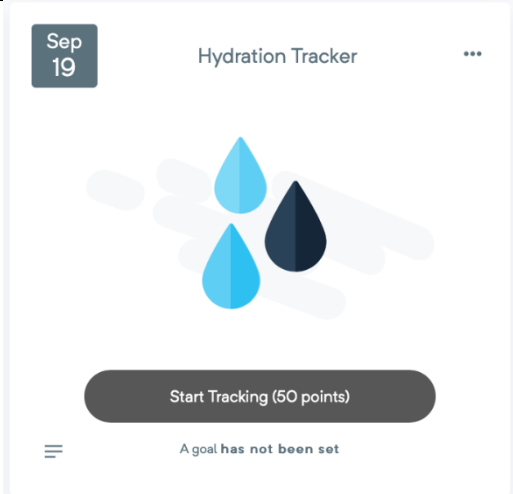
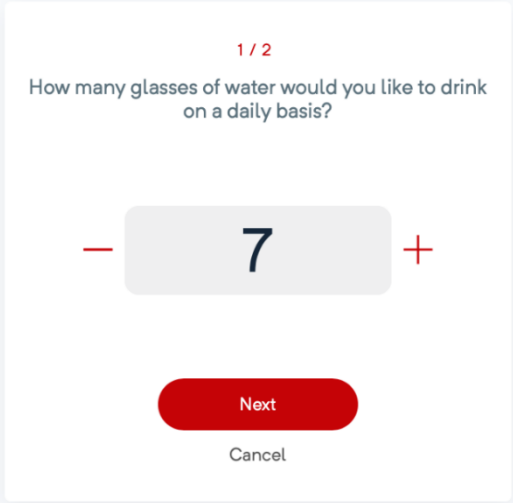
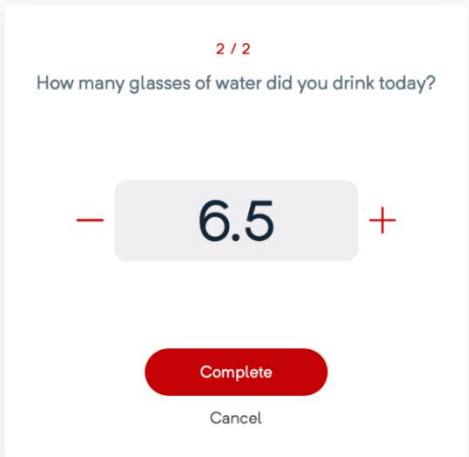
<p>To start using your “Weight Tracker,” click “Start Tracking.” Earn 50 points for tracking.</p>	
<p>Choose how you would like to measure your weight: “Pound” (lbs) or “Kilograms” (kgs).</p> <p>Click “Next”.</p>	

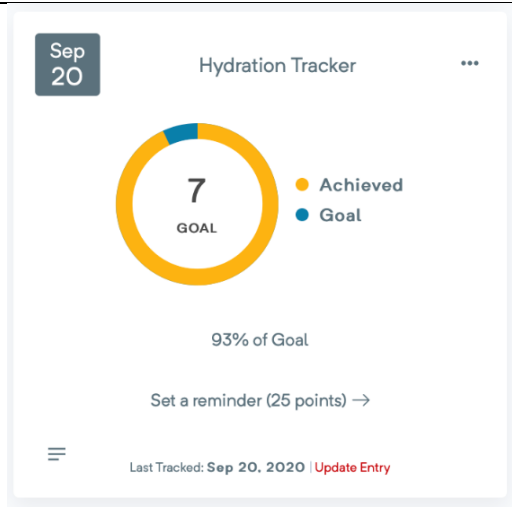
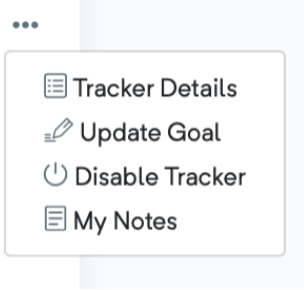
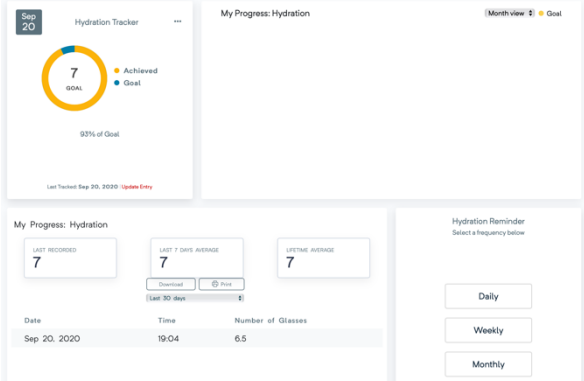
<p>Enter how much you would like to weigh by typing the number or using the “+” and “-” buttons.</p> <p>Click “Next”.</p>	
<p>Enter what you weigh today by typing the number or using the “+” and “-” buttons.</p> <p>Hover over “How often should I weigh myself?” for some quick information.</p> <p>Click “Complete”.</p>	
<p>See how close to your weight goal you are.</p> <p>Set an email reminder to track your weight “Daily,” “Weekly,” or “Monthly.” Earn 25 points for setting an email reminder.</p> <p>Click “Update Entry” to change the weight you entered that day.</p>	

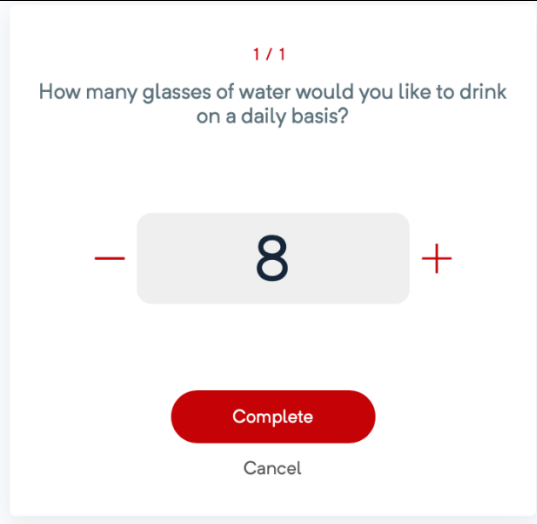
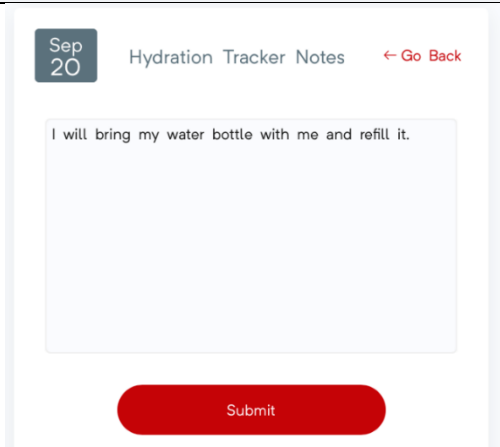
<p>Click the three dots in the top right corner to see your full options including:</p> <ul style="list-style-type: none"> • “Tracker Details” • “Update Goal” • “Disable Tracker” • “My Notes” 	
<p>“Tracker Details” takes you to the summary page.</p> <p>“Update Goal” lets you change your goal weight.</p> <p>“Disable Tracker” removes the tracker from your list of trackers but does not remove saved entries.</p>	
<p>“My Notes” is a space that allows you to write and save notes for yourself.</p> <p>Click “Submit” when you are done.</p>	

Trackers: Hydration

The hydration tracker tracks the number of glasses of water you drink each day. Log your water intake daily to track your progress and earn points.

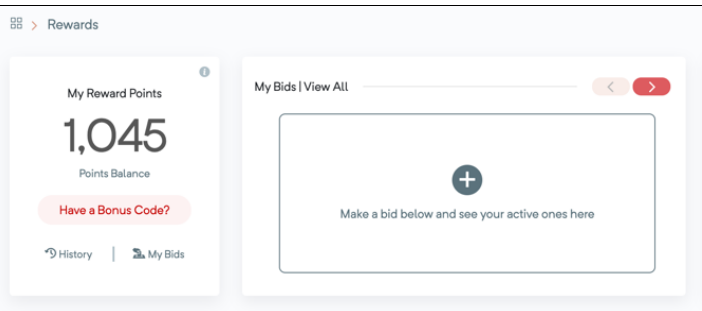
<p>To start using your “Hydration Tracker,” click “Start Tracking.”</p> <p>Earn 50 points for tracking.</p>	 <p>The screenshot shows the 'Hydration Tracker' app interface. At the top left is a date badge for 'Sep 19'. The title 'Hydration Tracker' is at the top right. In the center, there is an illustration of a hand holding three water droplets (two blue, one dark blue). Below this is a large dark grey button labeled 'Start Tracking (50 points)'. At the bottom, there is a text prompt 'A goal has not been set'.</p>
<p>Enter how many glasses of water you would like to drink each day by typing the number or using the “+” and “-” buttons.</p> <p>Click “Next”.</p>	 <p>The screenshot shows the goal-setting screen. At the top, it says '1 / 2'. The question is 'How many glasses of water would you like to drink on a daily basis?'. In the center, there is a large input field containing the number '7', flanked by red minus and plus signs. Below the input field are two buttons: a red 'Next' button and a grey 'Cancel' button.</p>
<p>Enter how many glasses of water you drank that day by typing the number or using the “+” and “-” buttons.</p> <p>Click “Complete”.</p>	 <p>The screenshot shows the logging screen. At the top, it says '2 / 2'. The question is 'How many glasses of water did you drink today?'. In the center, there is a large input field containing the number '6.5', flanked by red minus and plus signs. Below the input field are two buttons: a red 'Complete' button and a grey 'Cancel' button.</p>

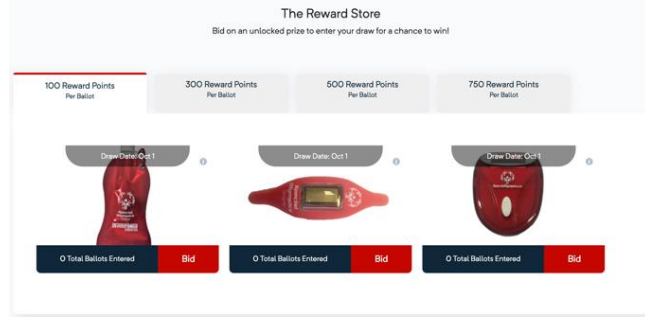
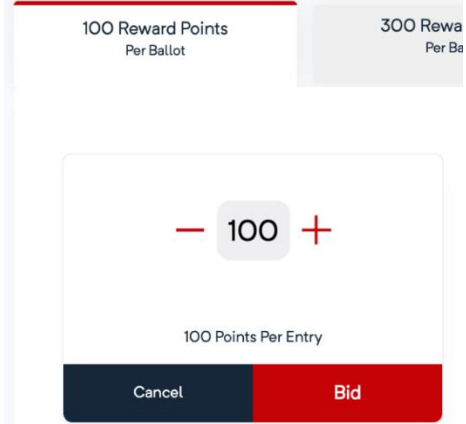

<p>See how close you are to reaching your goal.</p> <p>Set an email reminder to track your water consumption “Daily,” “Weekly,” or “Monthly.”</p> <p>Earn 25 points for setting an email reminder.</p> <p>Click “Update Entry” to change the number of glasses of water you entered that day.</p>							
<p>Click the three dots in the top right corner to see your full options including:</p> <ul style="list-style-type: none">• “Tracker Details”• “Update Goal”• “Disable Tracker”• “My Notes”							
<p>“Tracker Details” takes you to the summary page.</p> <p>You can set an email reminder here.</p>	 <table><tr><th>Date</th><th>Time</th><th>Number of Glasses</th></tr><tr><td>Sep 20, 2020</td><td>19:04</td><td>6.5</td></tr></table> <p>The reminder section allows selecting a frequency: Daily, Weekly, or Monthly.</p>	Date	Time	Number of Glasses	Sep 20, 2020	19:04	6.5
Date	Time	Number of Glasses					
Sep 20, 2020	19:04	6.5					

<p>“Update Goal” lets you change the number of the glasses of water you would like to drink each day.</p> <p>“Disable Tracker” removes the tracker from your list of trackers but does not remove saved entries.</p>	
<p>“My Notes” is a space that allows you to write and save notes for yourself.</p>	


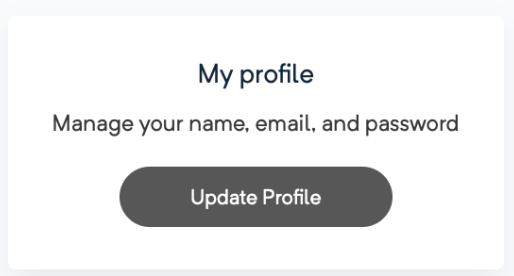
Rewards

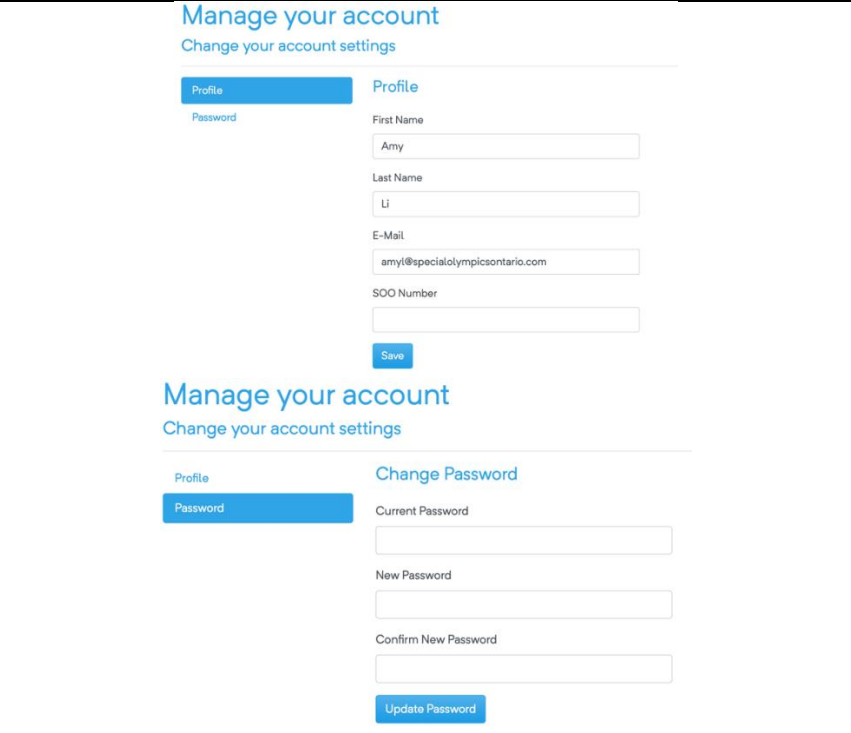
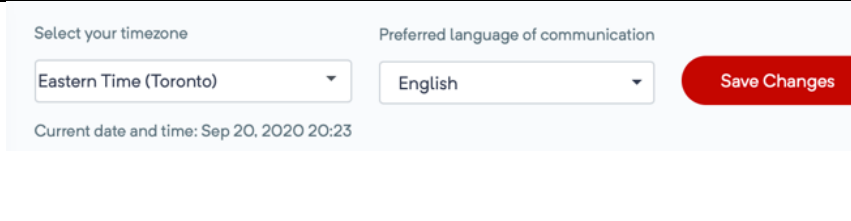
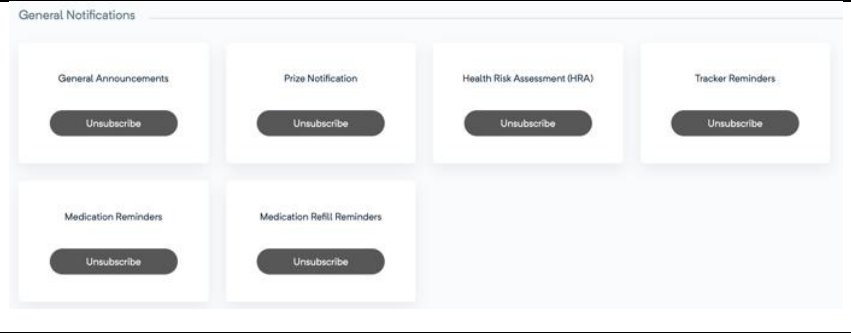
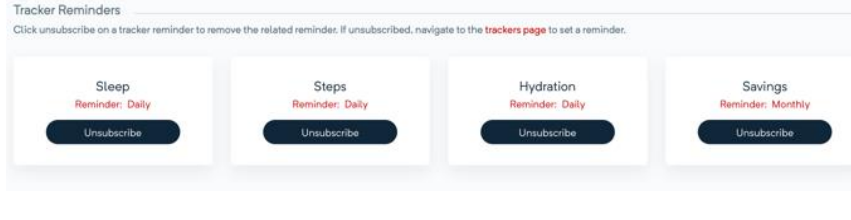

The rewards tab has monthly draws on awesome prizes! Bid on prizes with the points you have earned for a chance to win one of the prizes each month.

<p>Go to the Rewards tab to bid on prizes with your reward points!</p> <p>See “My Reward Points” for your points balance and point history.</p> <p>See “My Bids” for all your active bids.</p> <p>Click “Have a Bonus Code?” to input a code to redeem extra points.</p>	
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<p>See “The Rewards Store” to view prizes for each tier of reward points.</p> <p>See the “Draw Date” above each prize for when the winner will be picked. Hover over the ⓘ to view a description of the prize.</p>	
<p>To bid on a prize, click “Bid” under the prize then enter in the number of points for the entry.</p> <p>You can enter as many times as you would like with your remaining reward points. You can enter more than one ballot for a prize. Depending on the points tier, each ballot costs 100, 300, 500 or 750 points.</p>	
<p>You will be notified by email by the “Draw Date” if you are the winner of the prize.</p>	

Settings

<p>Click the settings icon in the top right of your screen.</p>	
<p>In your settings, you can view your profile and make changes by clicking “Update Profile”.</p>	

<p>In your profile, you can change your First and Last name, Email and SOO number.</p> <p>You can also change your password. Enter your Current Password and then your New Password twice to update.</p>	 <p>The screenshot shows the 'Manage your account' page with two sections. The 'Profile' section has fields for First Name (Amy), Last Name (Li), E-Mail (amyli@specialolympicsontario.com), and SOO Number. The 'Change Password' section has fields for Current Password, New Password, and Confirm New Password. Both sections have a 'Save' or 'Update Password' button.</p>
<p>You can change your time zone and your preferred language.</p>	 <p>The screenshot shows the 'Select your timezone' and 'Preferred language of communication' section. The timezone is set to 'Eastern Time (Toronto)' and the language is set to 'English'. There is a 'Save Changes' button and a note showing the current date and time: 'Sep 20, 2020 20:23'.</p>
<p>Under "General Notifications," you can change your email notification settings.</p>	 <p>The screenshot shows the 'General Notifications' section with six categories: General Announcements, Prize Notification, Health Risk Assessment (HRA), Tracker Reminders, Medication Reminders, and Medication Refill Reminders. Each category has an 'Unsubscribe' button.</p>
<p>Under "Tracker Reminders," click to unsubscribe from the reminders you have set. To set reminders, go to the "Trackers" page.</p>	 <p>The screenshot shows the 'Tracker Reminders' section with four categories: Sleep (Daily), Steps (Daily), Hydration (Daily), and Savings (Monthly). Each category has an 'Unsubscribe' button.</p>
<p>Under "My Devices," connect your fitness tracking device(s) (see page 23).</p>	 <p>The screenshot shows the 'My Devices' section with a prompt to 'Select another device to connect it'. Below the prompt are logos for fitbit, Wear OS by Google, GARMIN, and MISFIT.</p>