



## How to register students, staff, parents and employees

MyHealth Magazine is a health and wellness program delivered through a series of interactive, online resources for young people ([students.myhealthmagazine.net](http://students.myhealthmagazine.net)), educators ([teachers.myhealthmagazine.net](http://teachers.myhealthmagazine.net)), parents ([parents.myhealthmagazine.net](http://parents.myhealthmagazine.net)) and work ([work.myhealthmagazine.net](http://work.myhealthmagazine.net)). The program is located at the University of Ottawa in Ottawa, Canada.

Use this instruction sheet to register single individuals, or your **entire** school, school board, or organization.

Registering is easy. An account can be created in about five minutes.

- ❖ To register for **any version** of the magazine, you will need an access code (e.g., "GE556") for your school, group or organization. If you do not have an access code, you will need to purchase a site licence or individual subscription. Click [here](#) to read more.
- ❖ Once you have an **access code**, click [here](#) and register using the access code (e.g., "GE556") for your group or organization. You can register as many people as you like. Go to: [www.myhealthmagazine.net/register](http://www.myhealthmagazine.net/register)
- ❖ If your organization has a dedicated email address (e.g., *username@yourcompany.com*), any member of that organization can register using their email address. The system will recognize valid email address and allow you to register without an access code. Go to: [www.myhealthmagazine.net/sitelicence](http://www.myhealthmagazine.net/sitelicence)
- ❖ To register for a free demo version immediately, click [here](#) and select the "free trial" version of the magazine you would like. Go to: [www.myhealthmagazine.net/freetrial](http://www.myhealthmagazine.net/freetrial)

### Help us spread the word

We would like everyone to try out the magazine. But we need some help getting the word out. If you decide to try it out yourself, please consider "liking" us on your Facebook page, or telling a colleague, or your neighbor about it.

### Find out more about us

Please visit our website ([www.myhealthmagazine.net](http://www.myhealthmagazine.net)) to learn more about the various resources on the magazine, such as our classroom-based workshops or online surveys on topics such as mental health and school climate.