

GO FOR BOLD

Do, Eat and Believe in a Healthy Washington County

Go for Bold Weight Tracker Instructions:

Open the camera on your phone and point at the QR code listed below or go to weighttracker.meritushealth.com.



- 1). Hover over the **Sign In** button on the top, right corner of the page.
- 2). **Register** – Please create a username, fill in your email address and name.
Select an account type:
 - 1). Individual – Track your own weight loss success
 - 2). Team Leader – Get some friends together and register for your group
 - 3). Organization Leader – Enter total pounds lost on behalf of your organization
- 3). **Select an Organization** – if your organization is not listed you may select ‘other’
- 4). **Password** - Create and confirm your own unique password.
- Passwords should be at least eight characters long with upper and lower case letters, numbers, and symbols like ! " ? \$ % ^ &
- 5). Select that you are not a robot and now you are ready to register and track your journey to Go for Bold!