



MyHealth Interactive Magazine

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

Try Us Out

We would like to provide everyone with an opportunity to register for MyHealth Interactive Magazine.

How to Register

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

Step 1: Go to <http://www.myhealthmagazine.net/register>

Step 2: Complete the registration form. You will be required to provide an email address (so that we can send you updates), indicate your birth month, year and gender (so we have a general idea of who is using the site) and that is about it. You don't need to provide your real name.

You will also have to enter an ACCESS code. Please enter one of the following depending on which free trial you would like:

- For the “elementary and high school” version, go to the registration page and enter: **UPPER**
- For the “parent” version, go to the registration page and enter: **parent**
- For the “college” version go to the registration page and enter: **college**
- For the “workplace” version, come visit us in 2013: **(coming in 2013)**

For the “educator” version, any school board staff can register, you need only to provide an UCDSB email address at this page www.myhealthmagazine.net/sitelicence.

Help 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 yourself, please consider “liking” us on your Facebook page, or telling a colleague, or your neighbour about it.

Find Out More about Us

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

