



*Thank you for participation and support!*

- To join the 2026 challenge, please follow the steps below.

*Important Tip:* Choose the registration instructions that apply to you:

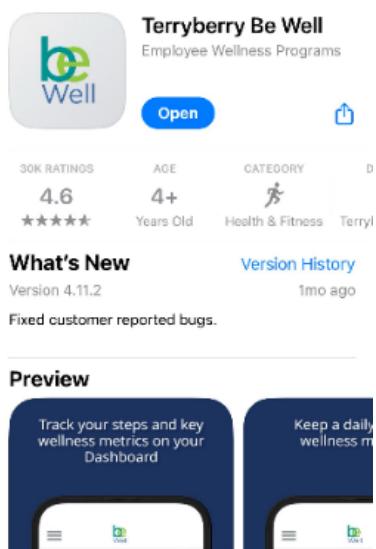
1. New Individual Participants: have never participated in Step Up;
2. Previous Individual Participants: have previously participated in Step Up;
3. New Team Participants: have never participated in Step Up;
4. Previous Team Participants: have previously participated in Step Up.

- Challenge begins on **April 20, 2026** – ***Please be registered prior April 20<sup>th</sup> to ensure complete and accurate tracking.***
- First step is to **register on the Terryberry Be Well platform**.
- It is highly recommended that each user **enables push notifications** in the app settings to allow timely challenge communications.

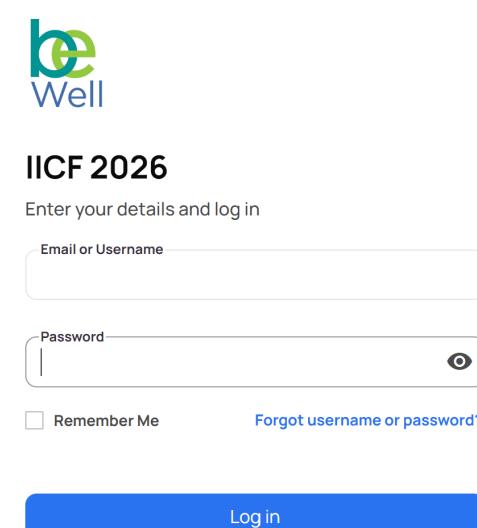
If you are using the platform through your browser, the communications settings can be found at the top of page in your mail folder.

- **Program URL** for: 1) the app is: [iicf2026.thrives.app](https://iicf2026.thrives.app) or 2) on your browser search bar enter: <https://iicf2026.thrives.app/login>

*App:*



*Browser:*



## **Registration Instructions for New Individual Participants (have never participated in Step Up previously):**

1. Download the free Terryberry Be Well App on your smartphone or tablet in the app store, available on both IOS and Android devices. If you prefer to access the software on your computer, you may do so in your browser.
2. To create your account, click “Create one here”, located at the bottom of the screen.
3. Enter the **program URL** for the app: [iicf2026.thrives.app](https://iicf2026.thrives.app) or on your browser search bar enter: <https://iicf2026.thrives.app/login>
4. Then click “Register”
5. Complete the information on sign-up screen including the registration questions.
6. After completing registration questions, click on “Connect a device” button on right side of screen. Follow steps to set up the tracking device you will use for the challenge.

After completing registration and you are logged into your account, select the “Add/ Manage Device” option located under the top left corner menu. Follow steps to set up the tracking device you will use for the challenge.

7. Once your device is connected, you can customize your personal account by adding a profile picture.

You can also use the discussion board to chat with users from across the challenge and your own team.

## **Registration Instructions for New Team Participants (have never participated in Step Up previously):**

1. Download the free Terryberry Be Well App on your smartphone or tablet in the app store, available on both IOS and Android devices. If you prefer to access the software on your computer, you may do so in your browser.
2. To create your account, click “Create one here”, located at the bottom of the screen.
3. Enter the **program URL** for the app: [iicf2026.thrives.app](https://iicf2026.thrives.app) or on your browser search bar enter: <https://iicf2026.thrives.app/login>
4. Then click “Register”
5. Complete the information on sign-up screen including the registration questions.

*Important tips:*

\* *If you are the first to sign up for your team, please click “Create a new team” on the ‘Join a team’ portion to establish your new team.*

\* *If your team has already been created, please select the team name from the drop-down menu “Select Your Team”*

6. After completing registration, click on the “Connect a device” button on the right side of screen. Follow steps to set up the tracking device you will use for the challenge.
7. After completing registration and you are logged in to your account, select the “Add/ Manage Device” option located under the top left corner menu. Follow steps to set up the tracking device you will use for the challenge.
8. Once your device is connected, you can customize your personal account by adding a profile picture.

You can also use the discussion board to chat with users from across the challenge and your own team.

#### **Registration Instructions for Previous Individual Participants (have participated in Step Up in the past):**

1. Download the free Terryberry Be Well App on your smartphone or tablet in the app store, available on both IOS and Android devices. If you prefer to access the software on your computer, you may do so in your browser.
2. To begin, please login. If you do not remember your login information, click “Forgot username or password”
3. Reset your password.
4. Then click “Login to your account”
5. In the app, select the “Challenges” icon at the bottom of page (trophy icon).
6. At the top of your screen, select “Join”
7. Click “IICF Kindness Around the Globe (Individual)”
8. You will then be entered into the challenge.
9. Once your device is connected, you can customize your personal profile by adding a profile picture.

You can also use the discussion board to chat with users from across the challenge and your own team.

**Helpful Tip:** To confirm you are successfully entered in the challenge, you must be able to see “IICF Kindness Around the Globe” under the Challenges icon.

### **Registration Instructions for Previous Team Participants (have participated in Step Up in the past):**

1. Download the free Terryberry Be Well App on your smartphone or tablet in the app store, available on both IOS and Android devices. If you prefer to access the software on your computer, you may do so in your browser.
2. To begin, please login. If you do not remember your login information, click “Forgot username or password”
3. Reset your password.
4. Then click “Login to your account”
5. In the app, select the “Groups” icon at the bottom of page (people icon).
6. At the top of your screen, select “Create a team” *if you are the team leader.*

*If you are not the team leader, locate your team name and select.*

7. Click “IICF Kindness Around the Globe (Team)”
8. You will then be entered into the challenge.
9. Once your device is connected, you can customize your personal profile by adding a profile picture.

You can also use the discussion board to chat with users from across the challenge and your own team.

**Helpful Tip:** To confirm you are successfully entered in the challenge, you must be able to see “IICF Kindness Around the Globe” under the Challenges icon.

**If you have any issues with the registration process,** please click on the “Support” tab on the bottom right of screen within the app and website to allow a support specialist to answer questions.

**If you have any additional questions or issues,** please contact Bree Crites at [bcrites@iicf.org](mailto:bcrites@iicf.org) or Alexis Ziering at [aziering@iicf.org](mailto:aziering@iicf.org)