

# 10 Tips for a Successful Challenge Submission

## 1. Use a computer that meets our system requirements.

- Access from a Windows 10 or MacOS desktop, not a mobile device.
- Use the latest version of a supported browser: Chrome, Edge, Safari, or Firefox.

## 2. Prepare your file attachments.

Have all submission files ready ahead of time. Make sure they are the correct formats and do not exceed file size limits.

## 3. Use your challenge link to login.

If you do not already have an account, you will be prompted to create one.

## 4. Fill out all the sections.

Click the section titles in the left menu to go from one section to the next.

## 5. Save drafts before you exit.

If you need to exit the questionnaire before submission, click the Save Draft button to save your work.

## 6. Submit to complete.

For your responses to be submitted, you must click the Submit button before you exit the questionnaire.

### Accepted File Types

**Video:** .mp4, .mov, .avi, .mpeg, and .m4v

**Audio:** .mp3, .wav, and .aiff

**Documents:** .pdf, .xls, .xlsx, .doc, .docx, .ppt, and .pptx

**Image:** .png, .jpg, .jpeg, and .gif

### File Size Limits

**Static file:** 2 MB

**Video file:** 500 MB

If you experience technical issues during the challenge, contact Tony Mango, [support@healthbox.com](mailto:support@healthbox.com).