

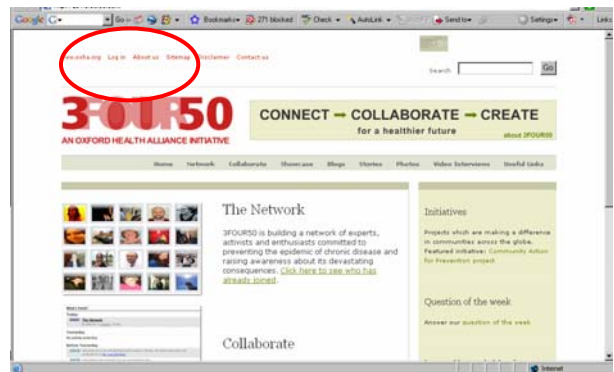
## The 3FOUR50 Network

The 3FOUR50 network is made up of experts, activists and enthusiasts committed to preventing the epidemic of chronic disease and raising awareness about its devastating consequences. Its name reflects represents the Oxford Health Alliance's key message: **3** risk factors – tobacco use, poor diet and lack of physical activity – contribute to the **four** major chronic diseases – heart disease, type 2 diabetes, lung disease and many cancers – which, in turn, are responsible for more than **50** per cent of deaths in the world.

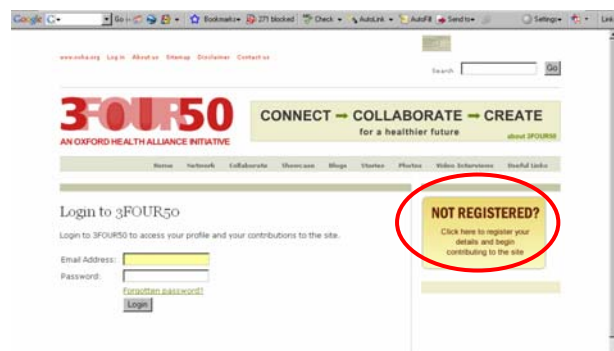
We have a wide variety of people in the network, from healthcare professionals to academics, journalists to researchers. If you are looking for information or advice about a certain area or topic, you can search for people using country, name, specialisation or organisation.

### Registering on 3FOUR50

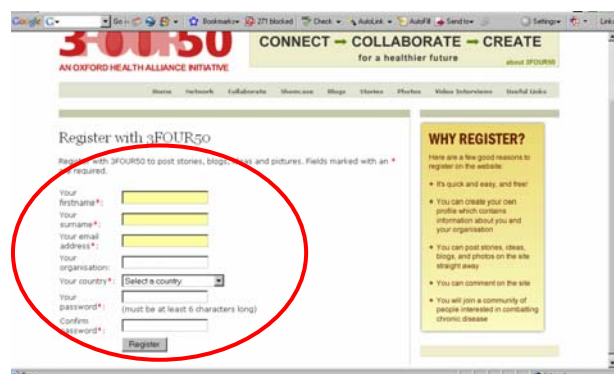
Go to [www.3four50.com](http://www.3four50.com), and click on Log-in.



Click on the **Not Registered?** button.



Fill in the details requested, and click **Register**, which will take you back to the homepage.



**You will then be sent an email containing an activation link. Click on the activation link in the email and you will then be ready to log in on 3FOUR50.**

When you log in using your email address and the password you chose, you will see your welcome page (the next screenshot). You can now blog, add photos etc. – and do send us information about any 'showcase' projects that you would like us to highlight for you.

**To join the 3FOUR50 Network, see overleaf.**

## Joining the 3four50 Network

To join the Network, log in to [www.3FOUR50.com](http://www.3FOUR50.com), by clicking on 'Log in' (see first image, previous page), and using your email address and password. This will take you to your Welcome page.

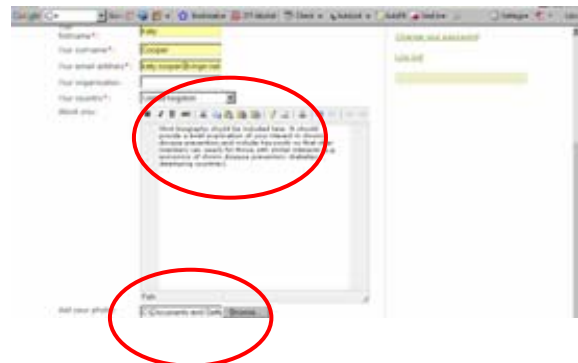
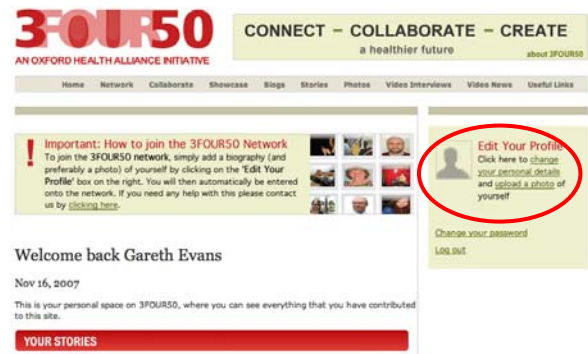
You will automatically be entered into the Network once you have filled in a short biography.

To do this, first click **Edit Your Profile**.

Now update your profile with a **short biography and (preferably) a photo**.

Click **Update Profile**, at the foot of the page.

**You are now a member of the Network.** You can now send private messages to others in the Network (see below).



Once you have joined, **you are free to leave the Network at any time** – this can be done by clicking on the 'You are part of the network, to leave click here' in the right hand column, and following the instructions. (You can rejoin, by repeating the joining process.)

## Using the Network

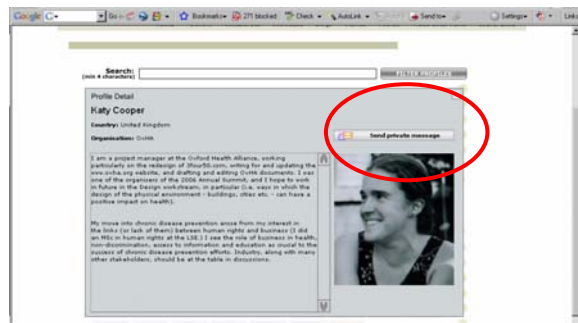
To use the Network, click on **Network** in the main bar along the top of the home page. This takes you to a page containing all the members of the Network. When you roll over a photo, it enlarges and the member's name appears.

You can search for members of the Network by keyword – for example, subject, name or country.



To see information on a member, click on the photo to bring up his/her details.

When you are logged in, you can contact him/her privately through the website.



If you have any questions, please click on **Contact us** and complete the pop-up form.

