

Step Into Health

Mobile Device (iOS)

User Guide

Version 0.2

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1 Introduction

Before you begin using ASPIRE's **Step Into Health** mobile device application, take time to read this guide to understand the different features and their functionalities. This will help you to make the best use of the application.

1.1 About this User Guide

This **Step Into Health** User Guide details the process involved in registering as a user and how to use the different features of the mobile device application. This document will also assist you to track your health record using the application.

1.2 Purpose of this Document

The purpose of this document is to provide usability instructions to the users of the **Step Into Health** mobile device application. Use this guide to quickly look up information, find out what you need to know, and proceed accordingly. Use the detailed table of contents at the beginning of the guide to find information quickly.

2 Step Into Health


Step Into Health is an Aspire Zone Foundation's initiative designed to engage the people of Qatar in a self-managed lifelong program based on a modest amount of daily healthy activity. The aim of the program is to encourage you to walk extra steps a day in a non-competitive, recreational and social way.



2.1 Quick Sign Up

To sign in to the application, you first need to sign up to the mobile device application. This is a one-time activity.

To sign-up to the mobile device application:

1. Tap the Step Into Health  icon. The Sign In screen appears.



2. Tap **Sign Up** on the screen. The **Quick Sign Up** screen appears.




3. Tap and enter the appropriate text in the **User Name** box.
4. Tap and enter the appropriate text in the **Password** box.
5. Tap and enter a valid e-mail ID in the **E-Mail** box.
6. Tap the **Quick Sign Up** button. A **Thank You!** Message appears.

A mail is sent to your registered e-mail ID for verification. After successful verification, you can sign in.

2.2 Sign In

To sign-in to the mobile device application:

1. Tap the Step Into Health  icon. The Sign In screen appears.



2. On the Sign In screen, tap and enter your user name in the **User Name** box and your password in the **Password** box. The **Username** and **Password** fields are mandatory.
3. Tap the **Sign In** button. After you have successfully logged in the **Account Setup** screen appears.

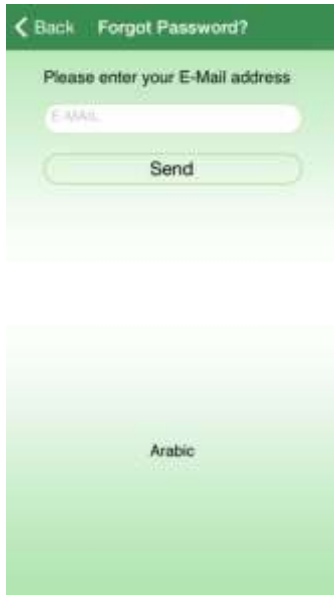
2.3 Forgot Password

Without entering a password, you will not be able to access the Step Into Health mobile device application. If you have entered a wrong username or password, the system displays the **Please check your username or password** message.

In case you have forgotten your password, the option to retrieve is through the **Forgot Password** feature provided on the Sign In screen.

To retrieve the password:

1. Tap **Forgot Password?** on the Sign In screen to display the **Forgot Password** screen.



2. Tap and enter the same e-mail address, provided while signing in, in the **E-Mail** box.
3. Tap the **Send** button.

The message, **An e-mail has been sent to retrieve your password** appears if the registered e-mail address matches with the e-mail address provided.

4. You will receive an email with your password.

2.4 Change Your Language

The Step Into Health mobile device application provides you with an option to toggle the mobile device application language between **English** and **Arabic**. By default, the language is **English**.

To toggle the mobile device application language, tap **English** or **Arabic** on the bottom of the Sign In or Sign Up or Forgot Password or Quick Sign Up or Account Setup screen. A message, **Language change will be reflected on the next startup of this application** appears.

You can also change your language setting after signing in in the Right hand side menu under settings.

2.5 Account Setup

The account setup process is mandatory to access all features of the Step Into Health mobile device application. The application requires personal details like Qatar ID, full name, country, mobile number, height, weight, gender, date of birth, activity level and frame size details to register as an authenticated member.

To initiate the account setup process:

1. Sign In to the mobile device application. Refer section **2.2 - Sign In** for more details.

The **Account Setup** screen appears.



The screenshot shows the 'Account Setup' screen with two steps: STEP 1 (active) and STEP 2. The fields include: Qatar ID, Title (dropdown), Full Name, Display Name, Nationality (dropdown), +974 Mobile Number, Preferred Language (English selected, Arabic available), and Registration Code (if available). At the bottom are 'Skip Registration' and 'Continue' buttons.

2. Tap and enter a valid numeric value in the **Qatari ID** box.
3. Tap and select an appropriate title from the **Title** drop down list.
4. Tap and enter a complete name in the box, against the **Full Name** field.
5. Tap and enter a required name in the **Display Name** box.
6. Tap and select an appropriate option from the **Nationality** drop down list.
7. Tap and select an appropriate option from the **Resident Country** drop down list.
8. Tap and enter a valid 8 digit value in the **Mobile Number** box.
9. Tap and select an appropriate language option, below the **Preferred Language** field.

Note: This is used for your preferred SMS/Email communications. After logging in, the Step Into Health mobile device application appears in the language option selected during the registration process. However, you can toggle between the languages by taping the preferred language in the right hand menu under settings. For iPhone users you need to close and restart your application.

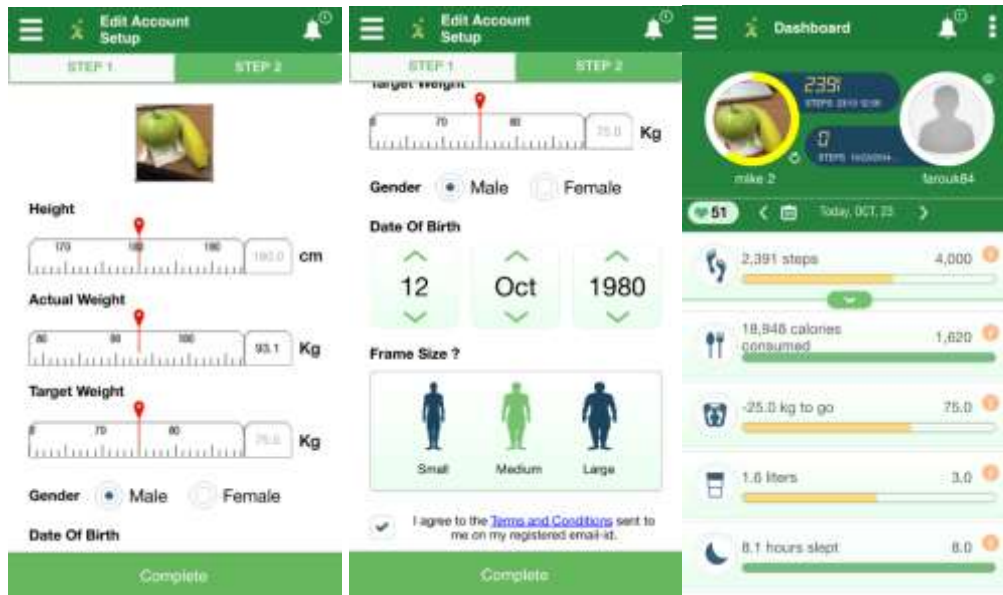
10. Tap and enter a value in the **Registration Code (if available)** box(this is used for Universities\Workspaces).
11. Tap and select an appropriate option, **Smart Phone Application** or **Pedometer Device**, below the **How do you prefer to calculate your steps?** field.

Note: By choosing the pedometer you will be receiving a pedometer that will help count your steps, this is subject to availability if it is your preference over carrying a phone. In this case you will still have access to use the smartphone to use all the other new features apart from step counting. By choosing the smartphone your step count will be collected using your smartphone built-in pedometer. The newer your phone the more accurate and power saving the step counting will be. Again you will also have access to all the new application features.

12. Tap the **Skip Registration** button, if you want to skip the registration process.

Note: The Skip Registration supports only some dashboard features of the application. Complete Registration supports all features. Refer section **2.7** of this document for complete details of Skip Registration.

13. Tap the **Continue** button, to continue with the account setup process. **Account Setup Step 2** screen appears.



14. Tap and enter a valid numeric value (in centimeters) in the box against the scale below the **Height** field. The pointer adjusts on the scale as per the height entered.

Note: Alternatively, move the scale to set the height. The numeric value in the box adjusts according to the pointer set on the scale.

15. Tap and enter a valid numeric value (in kilograms) in the box against the scale below the **Actual Weight** box. The pointer adjusts on the scale as per the weight entered.

Note: Alternatively, move the scale to set the actual weight. The numeric value in the box adjusts according to the pointer set on the scale.

16. Tap and enter a valid numeric value (in kilograms) in the box against the scale below the **Target Weight** box. The pointer adjusts on the scale as per the weight entered.

Note: Alternatively, move the scale to set the target weight. The numeric value in the box adjusts according to the pointer set on the scale.

17. Tap and select an appropriate option, **Male** or **Female**, against the **Gender** field.

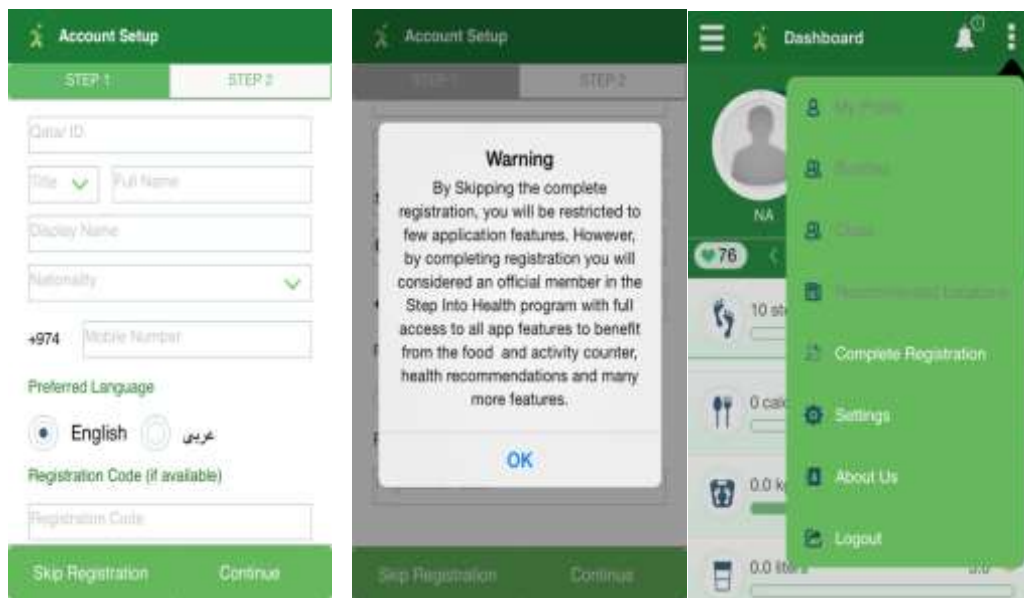
18. Tap and select **Day, Month** and **Year** using the spin buttons below the **Date of Birth** field.

19. Tap an image to select a suitable frame size below the **Frame Size?** Field (tap on Frame size to get more information on how to determine your frame size).

20. Tap **Complete** to complete the account setup process. The **Dashboard** screen appears.

2.6 Skip Registration

The application allows you to skip the registration process. Privileges to use features of the application like logging of activity, water, food, sleep, weight, etc., only will be available. The application displays the generic values as default values against the activity, food (calories consumed), weight, water consumed, sleep duration, however if you complete your registration you will get the recommendations specific to your body measurements.




1. Tap the **Skip Registration** on the **Account Setup** screen. A popup appears with a warning.
2. Tap the **OK**. The **Dashboard** screen appears.
3. You can always complete your registration later on by tapping the right side and tapping on complete registration.

2.6.1 Left menu


The left menu will be accessible as usual to log the activity, food, sleep, weight details, etc. For complete details, refer section **3.2** of this document.

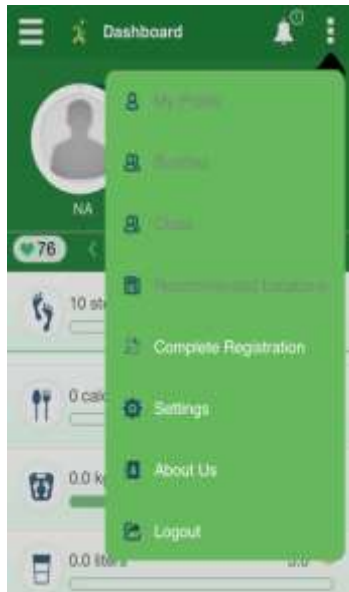
2.6.2 Notifications

There will be no access to social notifications (like Add buddy request, Cheer notification etc.) without complete registration.

1. A message appears if you tap the notifications  icon available on top right side of the **Dashboard** screen.

2.6.3 Right menu

To view the right menu, tap the  icon available on top right side of the **Dashboard** screen. A popup appears.



The **My Profile, Buddies, Clubs, Recommended Locations** features are not available.

These features will be available only if the registration is completed.

To complete registration:

1. Tap the **Complete Registration** on the right menu. The **Account Setup** screen appears.
2. Refer section **2.6** of this document for complete details.

All the features will be enabled after the registration process is completed. You will be considered official member of Step into Health and also be given all the privileges.

3 Dashboard



The **Dashboard** screen appears once you have successfully completed the account setup process. The application displays progress of all items in different colours indicating the extent of achieving the targets, except calorie in vs. calorie out.

- Red: If user achieved his target from 0-25%
- Yellow: If user has achieved his target from 26% - 75%
- Green : If user has achieved his target from 76%- 100%



The Dashboard displays Left Menu, Right Menu and Notifications apart from regular dashboard features.

The top portion of the **Dashboard** screen called widget displays your steps today, your profile picture, and along with a buddy who you are challenging.

The activity and calorie consumption details appear in the **Dashboard** screen. Tap the open  and close  icons available on the **Dashboard** screen to open and close the activity and calorie consumption details respectively.

The widget on the dashboard displays picture of the buddy, whom you have added recently. On tapping the buddy's picture on the widget, the **Buddies** screen appears. On selecting a buddy from the **Buddies** screen that person's picture appears on the widget of the dashboard screen. The widget on the dashboard also displays the name of the user, steps, last sync time and date.



Wi-Fi connectivity indicators appear depending on the options selected in Settings menu. Refer section 8 of this document for details.

Green indicator


- Internet connectivity

Red indicator

- No internet connectivity

On tapping the Health Score  icon, a message appears.






Tap the sync  icon to synchronise your steps now.

3.1 Date Selection

The application allows you to log your activities using the date selection features. By default, current date is displayed. Current date is displayed beside the Health Score icon.


To select different dates:

1. Tap the calendar  icon to select the required date.
2. Tap the   icons to navigate to previous or next dates.

3.2 Left menu

The application allows you to view dashboard and also view and log activity, food, weight, water and sleep details.

To view the left menu:


1. Tap the  icon available on top left side of the **Dashboard** screen. A popup appears.

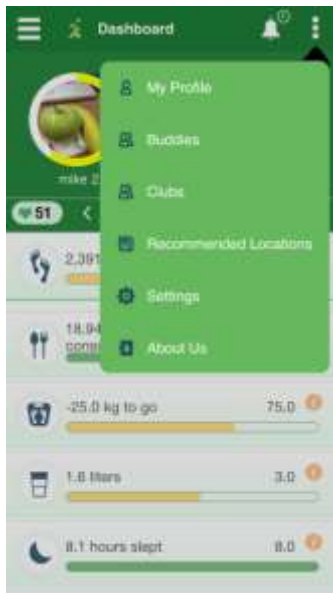


3.3 Right menu

The application allows you to view My Profile, Buddies, Clubs, Recommended Locations, Settings and About Us details.

To view the right menu:


1. Tap the  icon available on top right side of the **Dashboard** screen. A popup appears.

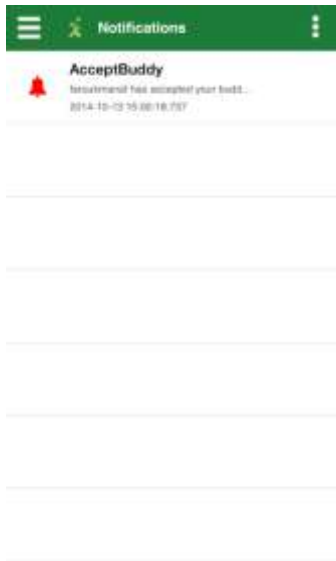


3.4 Notifications

The Step Into Health mobile device application allows you to view the notification that you have received.

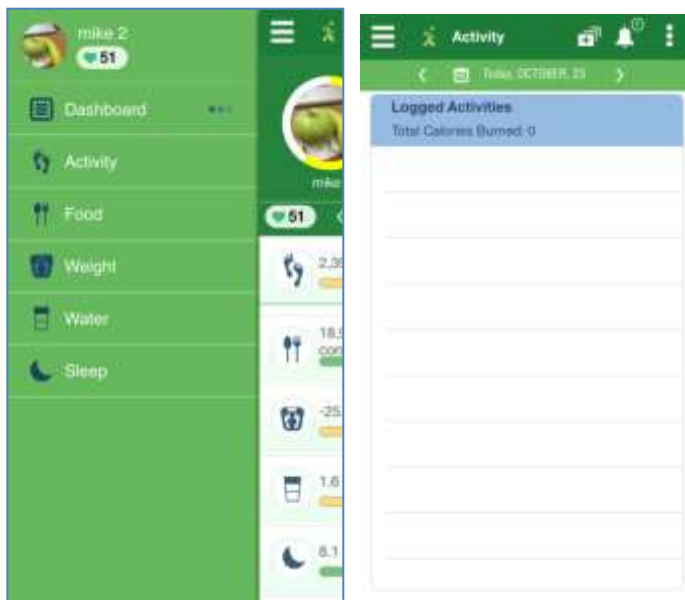
To access the notifications:

1. Tap the notifications  icon available on top right side of the **Dashboard** screen. The Notifications screen appears with list of all the notifications received. The number displayed on the notifications icon indicates the number of notifications received.




3.5 Activity

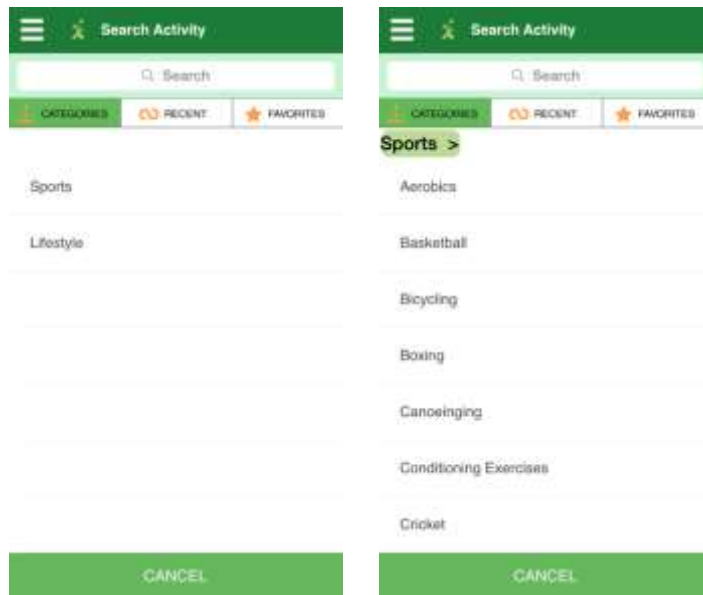
The Activity screen allows you to capture your activity details and view the previous activity details.



3.5.1 Log Activity

To log an activity:

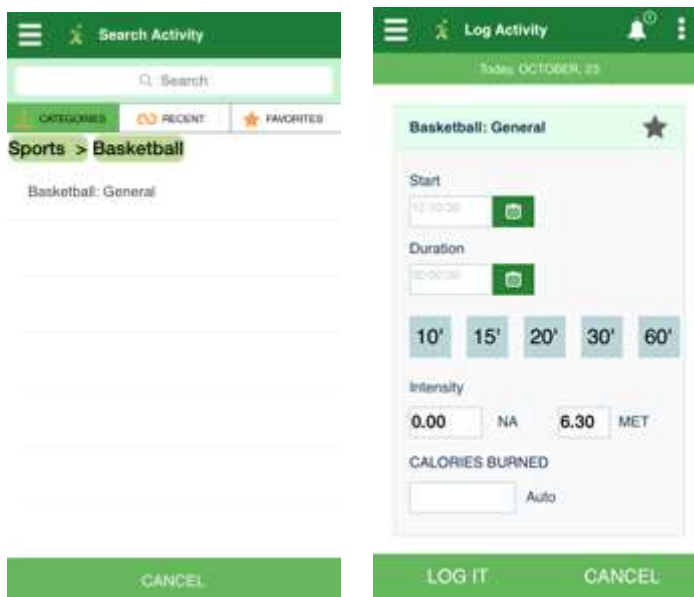
1. Tap the  icon available on top right side of the **Activity** screen. The **Search Activity** screen appears.





2. Tap a category. The list of subcategories of activities appears.



Note: Alternatively, you can also tap on the Search box and enter the required activity to search. Tap on the required activity from the search results to log the activity details.

3. Tap on a required activity. The list of activities under the activity subcategory selected appears.



4. Tap the activity. The **Log Activity** screen appears.

The activity name appears on the top of the screen with the favorites  icon. Tap the favorites icon to add the activity to the favorites list. The favorite activity name is identified by favorite's  icon.

5. Tap the time field to select the activity start time, below the **Start** field.
6. Tap the calendar  icon to select the activity date, below the **Start** field.
7. Tap the time field to select the activity duration, below the **Duration** field.
8. Tap the calendar  icon to select the activity duration date, below the **Duration** field.

Note: Alternatively, you can select the duration icons available below.

9. Tap the drop down list below the **Intensity** field. Select the required intensity.

Note: The **Intensity** field is available only if the selected activity involves intensity.

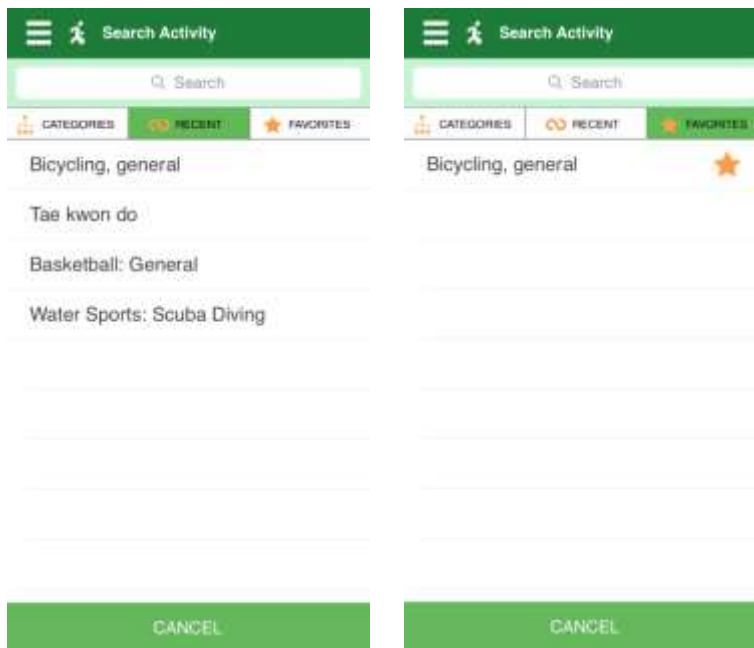
The **MET** value is automatically updated, please refer the FAQ on the portal for more information.

10. Tap the box against the **Auto** field and enter the calories burned.

The calories burned are auto calculated and displayed in the box below the **Calories Burned** field. However, user can enter the calories burned, manually too.

11. Tap the **Cancel** to terminate the activity logging process.
12. Tap the **Log It** to log the activity. The **Activity** screen appears with logged activity details.


Tap the **Recent** on the **Search Activity** screen. The recent activities appear. Similarly, tap the **Favorites** on the **Search Activity** screen. The list of favorites added previously appears.

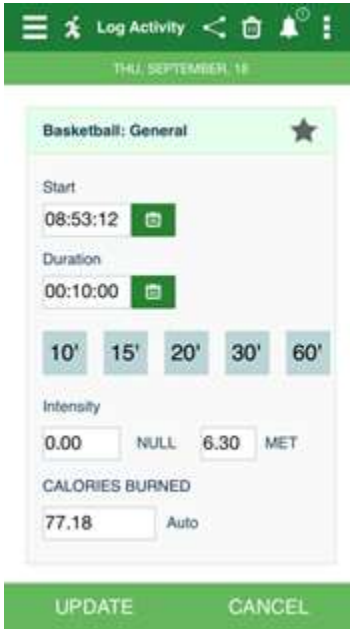


3.5.2 Edit Activity

The application allows you to share, delete and update activity log details.

To edit an activity:

1. Tap the  icon available against the activity on the **Activity** screen. The **Log Activity** screen appears.



The screenshot shows the 'Log Activity' screen for a basketball activity. The title is 'Basketball: General'. The start time is 08:53:12, and the duration is 00:10:00. There are buttons for 10', 15', 20', 30', and 60' duration. The intensity is 0.00, with a 'NULL' button and a '6.30 MET' button. The calories burned is 77.18, with an 'Auto' button. At the bottom, there are 'UPDATE' and 'CANCEL' buttons.



2. Make the necessary changes on the **Log Activity** screen.
3. Tap the **Cancel** to terminate the editing process.
4. Tap the **Update** to change the existing activity details. The **Activity** screen appears with updated activity details.

3.5.3 Share

The application allows you to share your activity details with buddies.

Share on Facebook: You can share your activity log in Facebook and it is posted on your Facebook wall.

To share activity details:

1. Tap the  icon available against the activity on the **Activity** screen. The **Log Activity** screen appears.
2. Tap the share  icon on the **Log Activity** screen. A popup appears.





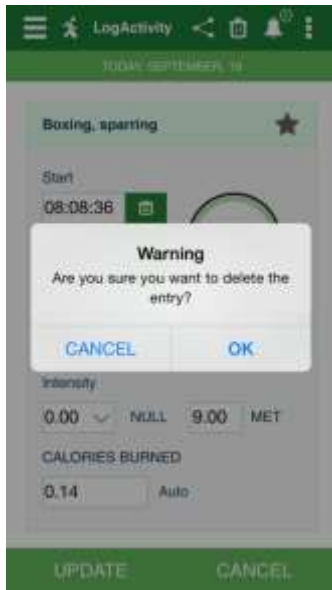
3. Tap on Facebook, if you want to share your activity details on your Facebook wall. The **Share** screen appears.
4. If you have the Facebook application installed on your mobile, it will redirect to you to log in page and if you are logged in, it will ask the necessary permissions before posting on Facebook wall.

3.5.4 Delete

The application allows you to delete your activity details.

To delete activity details:

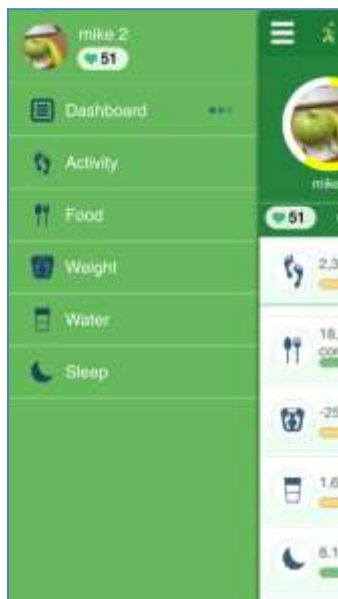
1. Tap the  icon available against the activity on the **Activity** screen. The **Log Activity** screen appears.
2. Tap the delete  icon on the **Log Activity** screen. The popup appears.



3. Tap the **Cancel** to terminate the deleting process.
4. Tap the **Ok** to delete the logged activity details.


3.6 Food

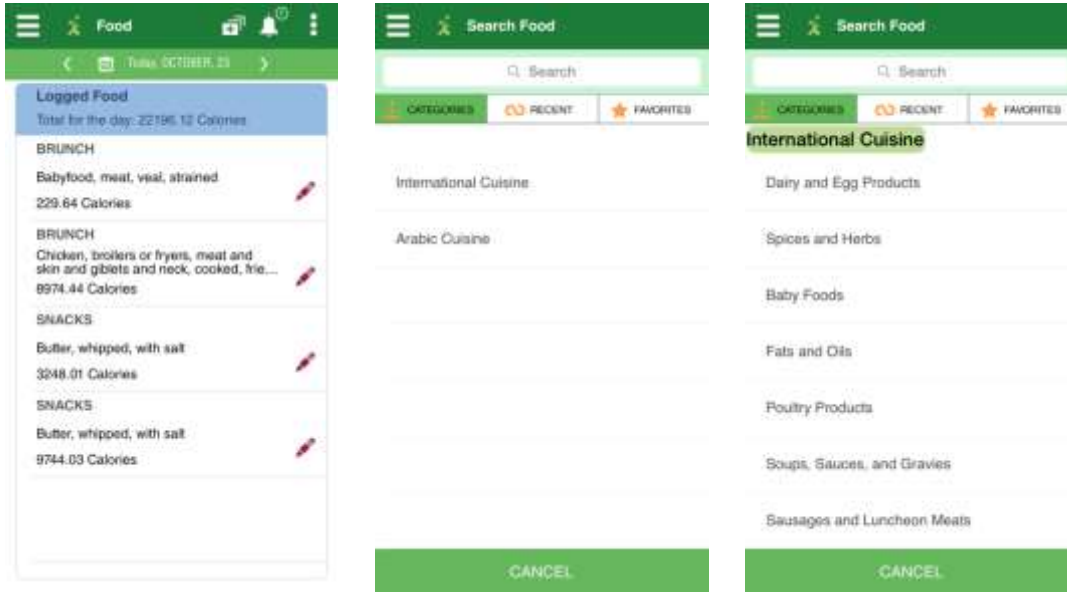
The Food screen allows you to capture your food intake (calories consumed) details and view the food log history details.



3.6.1 Log Food

To log food consumption details:

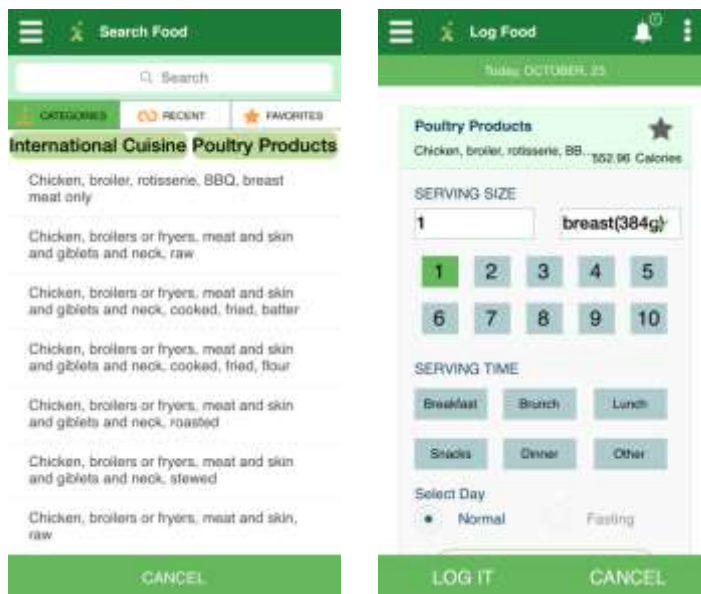
1. Tap the  icon available on top right side of the **Food** screen. The **Search Food** screen appears.



2. Tap a category. The list of food products subcategory appears.

Note: Alternatively, you can also tap on the Search box and enter the food product name.

3. Tap on a required food product subcategory.
4. The list of food items under the food product subcategory selected appears.
5. Tap the required food item on the **Search Food** screen. The **Log Food** screen appears.

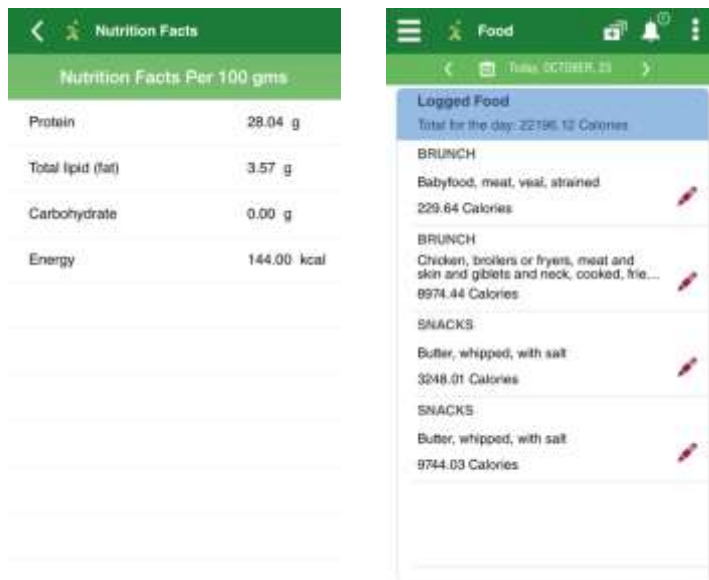


The food product name appears on the top of the screen with the favorites ★ icon. Tap the favorites icon to add the food product to the favorites list. The favorite food product is identified by favorites ★ icon.

6. Tap the box below the **Serving Size** field and select an appropriate number.

Note: Alternatively, you can also tap the appropriate number from the number buttons provided below the **Serving Size** box.

7. Tap the drop down list against the **Serving Size** box and select the measurement.
8. Tap an appropriate button below the **Serving Time** field.
9. Tap the **Nutrition Facts** button.

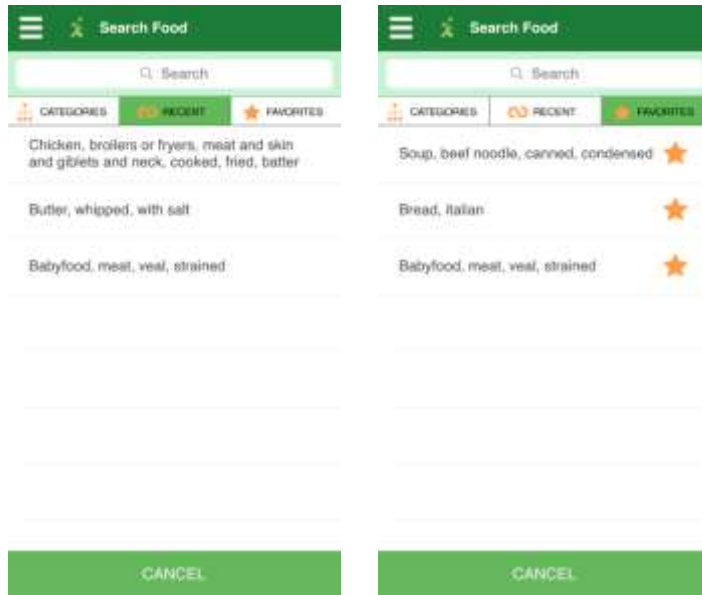


10. Tap the back ◀ icon to go back to the **Log Food** screen.

Note: The number of calories based on serving selected is displayed on top of the **Food Log** screen, below the favorite ★ icon.

11. Tap the **Cancel** to terminate the food logging process.
12. Tap the **Log It** to log the food intake. The **Food** screen appears with logged food details.


Tap the **Recent** on the **Search Food** screen. The recent food items appear. Similarly, tap the **Favorites** on the **Search Food** screen. The list of favorites added previously appears.

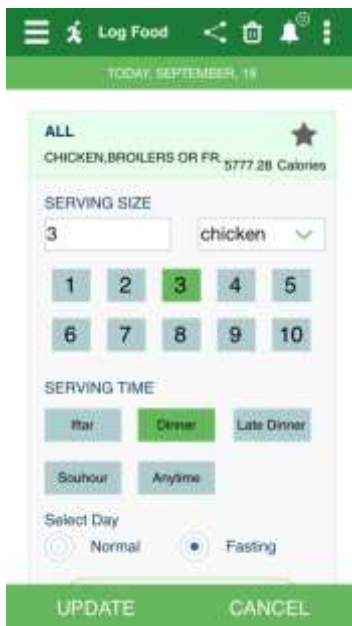


3.6.2 Edit Food

The application allows you to share, delete and update food log details.

To edit logged food intake details:

1. Tap the edit  icon available against the logged food details, on the **Food** screen. The **Log Food** screen appears.



2. Make the necessary changes on the **Log Food** screen.
3. Tap the **Cancel** to terminate the editing process.

4. Tap the **Update** to change the existing food details. The **Food** screen appears with updated food intake details.

3.6.3 Share

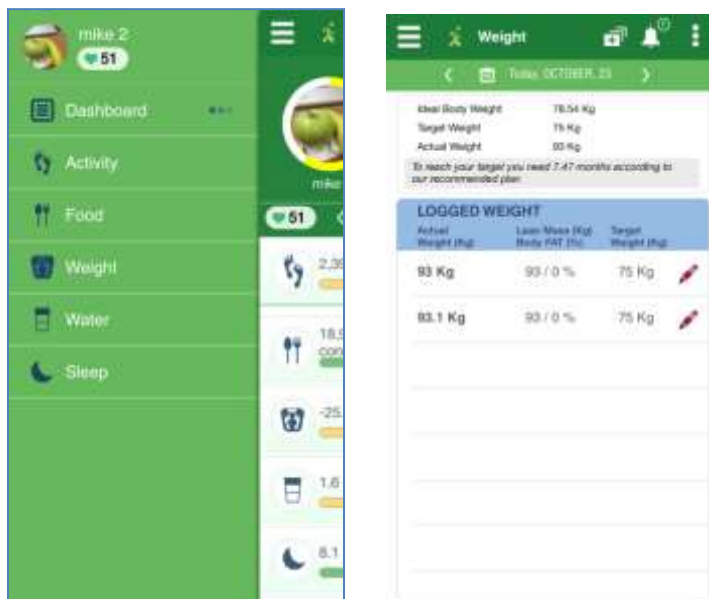
To share log food details, refer section **3.5.2 - Share** in this document for complete details.

3.6.4 Delete

To delete log food details, refer section **3.5.3 - Delete** in this document for complete details.


3.7 Weight

The Weight screen allows you to capture your body weight details and view the body weight log history details and body fat fluctuation details.



3.7.1 Log Weight

To log body weight details:

1. Tap the  icon available on top right side of the **Weight** screen. The **Log Weight** screen appears.



2. Tap the box below the **Weight** field and enter a value
3. Tap the drop down list against the **Weight** box and select the measurement.
4. Tap the box below the optional **Body FAT** field and enter a value in per cent (%).

Note: Alternatively, move the scale to set the weight and body fat. The numeric values in the boxes adjust according to the pointers set on the scales.


5. Tap the **Cancel** to terminate the body weight logging process.
6. Tap the **Log It** to log the body weight details. The **Weight** screen appears with logged weight details. This screen also displays the Ideal Body Weight and the number of months which are required to reach your target weight as per the SIH recommendation plan.



3.7.2 Edit Weight

The application allows you to share, delete and update body weight log details.

To edit logged weight details:

1. Tap the edit  icon available against the logged weight details, on the **Weight** screen. The **Log Weight** screen appears.



2. Make the necessary changes on the **Log Weight** screen.
3. Tap the **Cancel** to terminate the editing process.
4. Tap the **Update** to change the existing weight details. The **Weight** screen appears with updated weight details.

3.7.3 Share

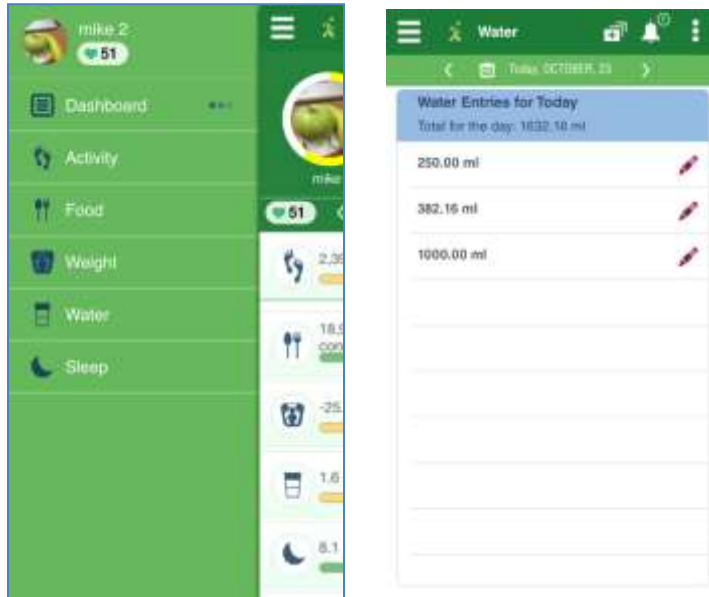
To share log weight details, refer section **3.5.2 - Share** in this document for complete details.

3.7.4 Delete

To delete log weight details, refer section **3.5.3 - Delete** in this document for complete details.


3.8 Water

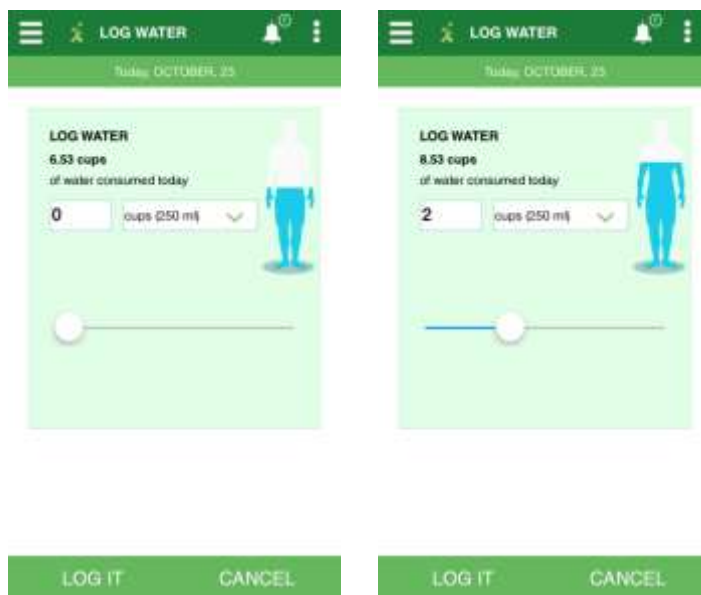
The Water screen allows you to capture your water consumed details and view the water log history details.



3.8.1 Log Water

To log water consumed:

1. Tap the  icon available on top right side of the **Water** screen. The **Log Water** screen appears.



2. Tap the box and enter the number.

3. Tap the drop down list and select the measurement.

Note: Alternatively, you can use the slider available below. The number automatically adjusts in the box.

The quantity of water consumed is depicted pictographically.

4. Tap the **Log It** to log the water consumption details.


The **Water** screen appears with logged water intake details.

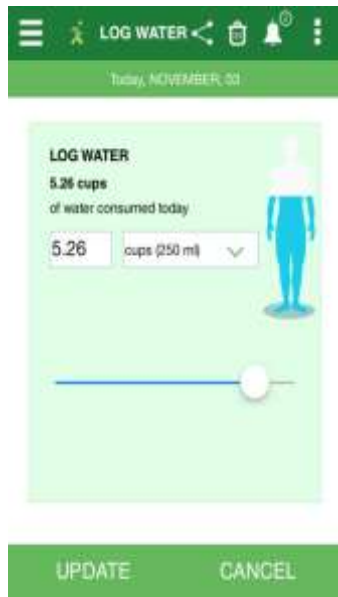


3.8.2 Edit Water

The application allows you to share, delete and update water log details.

To edit logged water details:

1. Tap the  icon available against the logged water quantity. The **Log Water** screen appears.



2. Make the necessary changes on the **Log Water** screen.
3. Tap the **Cancel** to terminate the editing process.
4. Tap the **Update** to change the existing water details. The **Water** screen appears with updated water consumption details.

3.8.3 Share

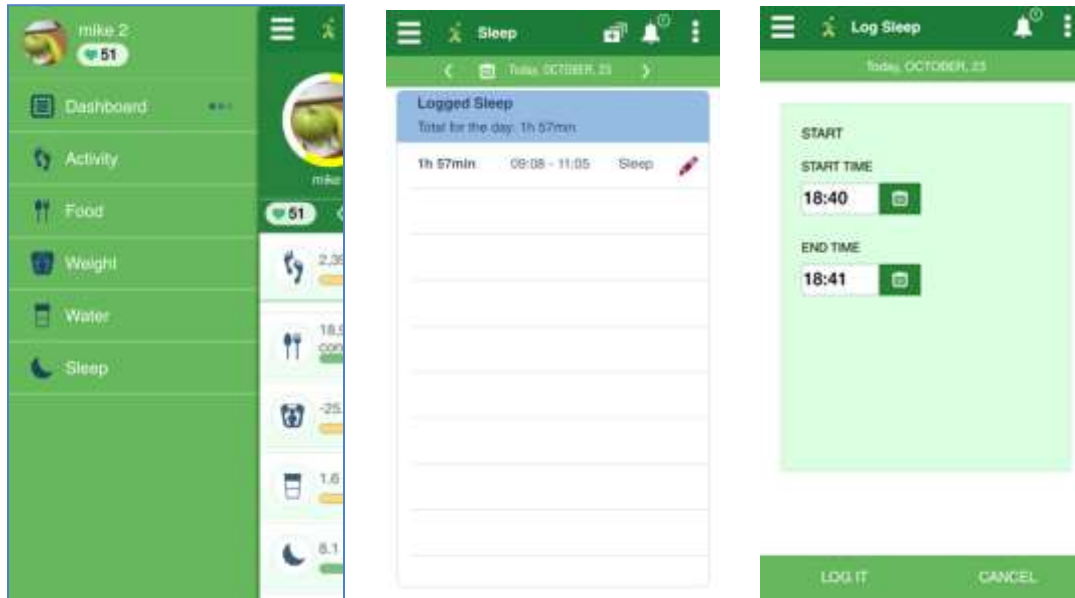
To share log water details, refer section **3.5.2 - Share** in this document for complete details.

3.8.4 Delete

To delete log water details, refer section **3.5.3 - Delete** in this document for complete details.




3.9 Sleep

The Sleep screen allows you to capture your sleep details and view the sleep log history details. The Sleep history is captured based on sleep start time and date.



3.9.1 Log Sleep

To log sleep details:


1. Tap the  icon available on top right side of the **Sleep** screen. The **Log Sleep** screen appears.
2. Tap the time field to select the sleep start time, below the **Start Time** field.
3. Tap the calendar  icon to select the sleep start date, below the **Start Time** field.
4. Tap the time field to select the sleep end time, below the **End Time** field.
5. Tap the calendar  icon to select the sleep end date, below the **End Time** field.
6. Tap the **Cancel** to terminate the sleep logging process.
7. Tap the **Log It** to log the sleep. The **Sleep** screen appears with logged sleep details.



3.9.2 Edit Sleep

The application allows you to share, delete and update sleep log details.

To edit logged sleep details:

1. Tap the  icon available against the logged sleep details, on the **Sleep** screen. The **Log Sleep** screen appears.



2. Make the necessary changes on the **Log Sleep** screen.
3. Tap the **Cancel** to terminate the editing process.

4. Tap the **Log It** to update the logged sleep details. The **Sleep** screen appears with updated sleep details.

3.9.3 Share

To share log sleep details, refer section **3.5.2 - Share** in this document for complete details.

3.9.4 Delete

To delete log sleep details, refer section **3.5.3 - Delete** in this document for complete details.

4 My Profile

The Step Into Health mobile device application displays the member profile details. The profile section allows you to view the details, edit the profile ,add buddies and view clubs.

To access my profile screen:

1. Tap the **My Profile** from right menu. The **Profile Information** screen appears.



The **My Profile** screen displays the name of the member, membership acquired date, gender, nationality identified by national flag and basic details of the member such as Age, Height and Weight. The Profile Information screen also displays the Body Mass Index (BMI), current Badge, Activity Level and Frame Size. It also displays the Buddies and Public tabs with relevant details.

2. Tap the **Buddies** tab. The **My Buddies** screen appears.

Note: Refer section **5.4** of this document for complete details.

3. Tap the **Public** tab. The **Public** screen appears.

Note: Refer section **5.5** of this document for complete details.



4.1 BMI

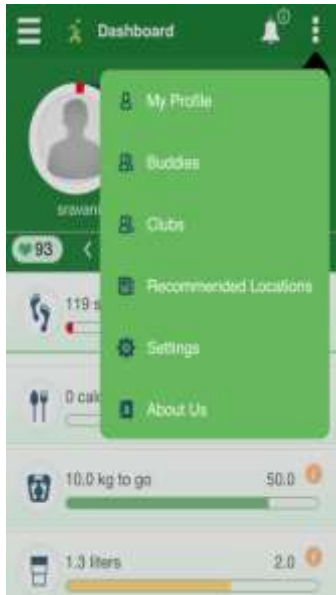
The **BMI** section of the **My Profile** screen allows you to view and keep track of your **Body Mass Index (BMI)** based data. The BMI section indicates you with Underweight, Healthy, Over weight and Obese categories. The BMI section helps you to check how much weight (in kilograms) you need to lose to be classed as healthy.


4.2 Edit Account Setup

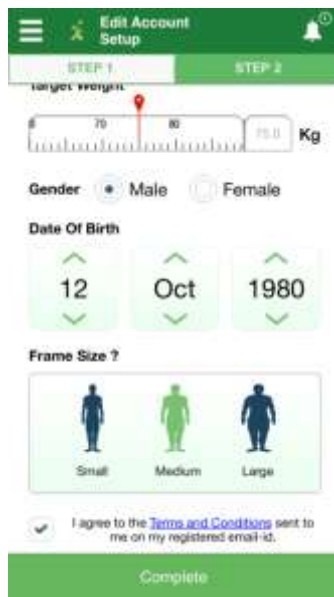
The Step Into Health mobile device application allows you to edit the profile details as required.

To access the profile information screen:

1. Tap the **My Profile** from right menu. The **Profile Information** screen appears.



2. Tap the edit  icon on the **Profile Information** screen. The **Edit Account Setup** Screen appears.
3. Make necessary changes to the details on the default the tab, **Step 1**.
4. Tap the **Update** button. The **Step 2** tab appears.



5. Make necessary changes to the details on the **Step 2** tab.
6. Tap the **Update** to complete the editing process.

4.3 Buddies

The Step Into Health mobile device application displays the buddies that you have added. You can search to view the profile of your buddy and add new buddies.

To add buddies through My Profile screen:

1. Tap the **My Profile** from right menu. The **Profile Information** screen appears.
2. Tap the **Buddies** tab. The tab **Add Buddies** appears.



3. The list of buddies added appears in the descending order of Steps Achieved.

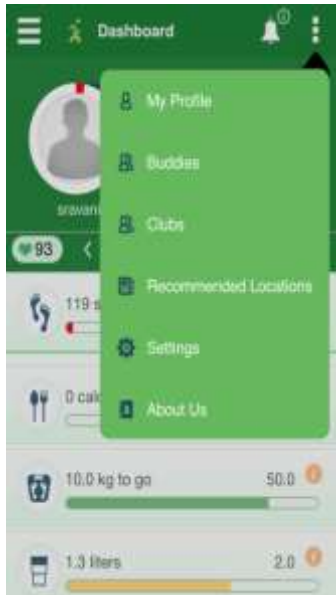
Note: Refer section 5 of this document for complete details for Adding Buddy.

4.4 Public

The Step Into Health mobile device application displays the clubs top and walkers. The screen displays Top Clubs and Top Walkers of the day as the default view. You can also view the Top Clubs and Top Walkers of the last one week and month.

To access the public screen:

1. Tap the **My Profile** from right menu. The **Profile Information** screen appears.



2. Tap the **Public** on the **Profile Information** screen. The default view of Top Clubs and Top Walkers of the day screen appears.
3. Tap the **Weekly** option of the Public on the **Profile Information** screen. The Top Clubs and Top Walkers of the last week screen appear.



4. Tap the **Monthly** option of the Public on the **Profile Information** screen. The Top Clubs and Top Walkers of the last month screen appear.

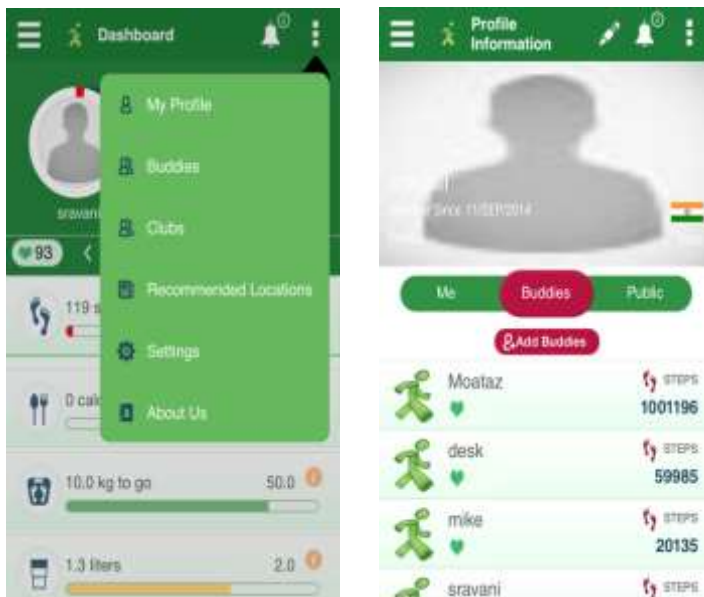


5 Buddies

The Step Into Health mobile device application displays the buddies that you have added. You can search to view the profile of your buddy and add new buddies to your list.

To access the buddy screen:

1. Tap the **Buddies** from right menu. The **Buddies** tab of the **Profile Information** screen appears.
2. The tabs **Add Buddy** appear.



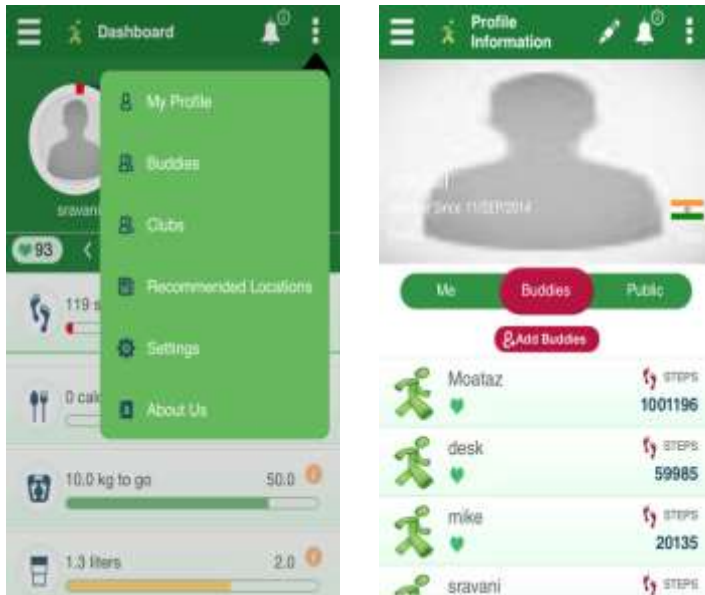
3. The Buddies list in terms of steps covered is displayed

5.1.1 Add a Buddy

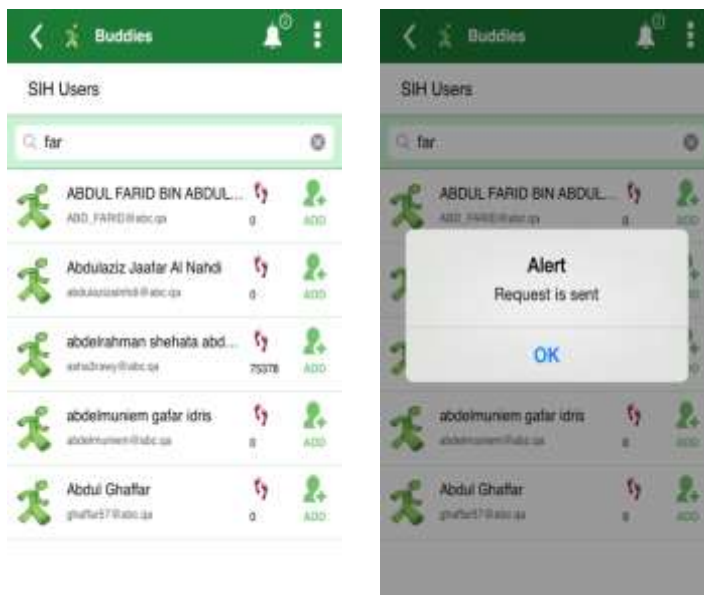
The Step Into Health mobile device application allows you to add a new buddy to the existing buddy list.

To add a buddy:

1. Tap the **Buddies** from right menu. The **My Profile** screen appears.
2. Tap the **My Buddies** tab. The tab **Add Buddy** appears.



3. Tap the **Add Buddy** tab. The **Buddies** screen appears.



4. Enter either the Display name or e-mail ID of a user in the search box. The search results will appear.

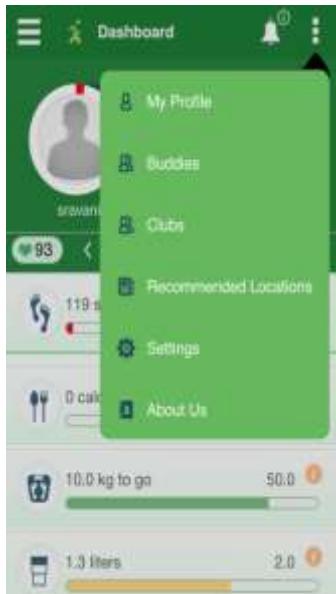
5. Tap the Add  icon against a required buddy's name.

The application sends a notification to the recently added buddy.

6 Clubs

The Step Into Health mobile device application displays the clubs in which you joined as a member.

1. Tap the **Clubs** from right menu. The **Clubs** screen appears.



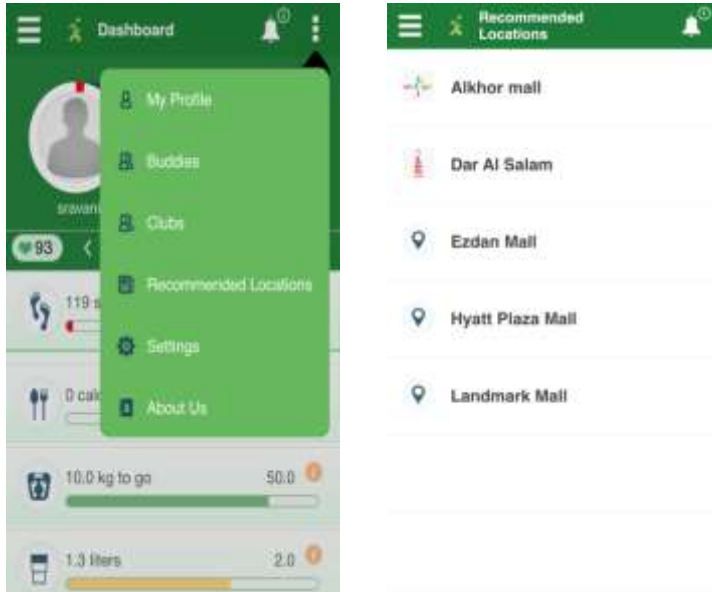
2. The club screen appears, with the list of clubs of which you are a member

7 Recommended Locations

The Step Into Health mobile device application displays a list of locations, which can be used for activity.

To view the recommended locations:

1. Tap the **Recommended Locations** from right menu. The **Recommended Locations** screen appears.



2. Tap a required location from the list. The map of the location appears.

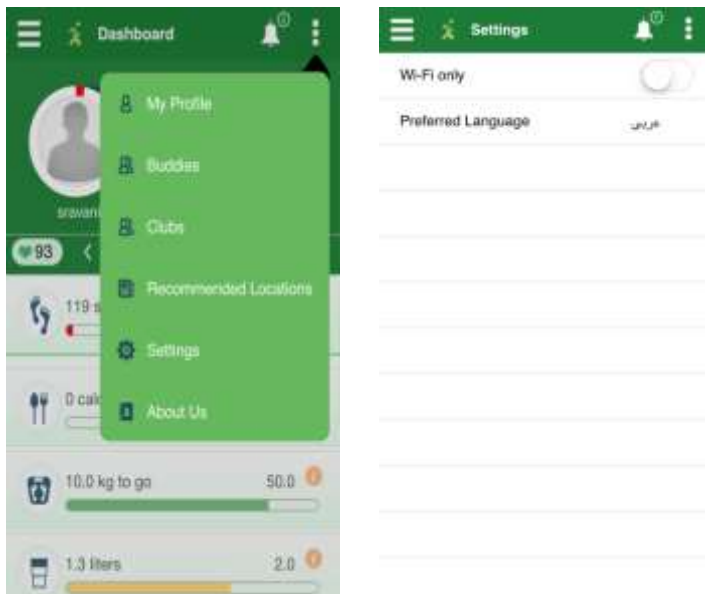


8 Settings

The **Settings** screen of the application allows you:

1. Save on 3g/4g consumption by clicking on the Wifi only button below.
3. Language preference

Tap the **Settings** from right menu. The **Settings** screen appears.



9 About Us

Tap the **About Us** from the right menu. The **About Us** screen appears.

