User Manual Vital Companies/Cities Challenge app

Summary:

1. Download the VCC (Vital Cities Challenge) App in the AppStore or Android Play Store.
2. Select your team and create an account!
3. Press the button 'Join Now'
4. Start the challenge by giving the VCC app access to the Health app that is already on your phone.
5. Now you can see how many points you've earned for your team! For each day you can see how many steps you take, how many kilometres you cycled and how many flights you've climbed!

Press 'Join the challenge'

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Extensive explanation:

Step 1:

Go to the AppStore or Android Play Store and search for **Vital Companies Challenge**. Download the free app!
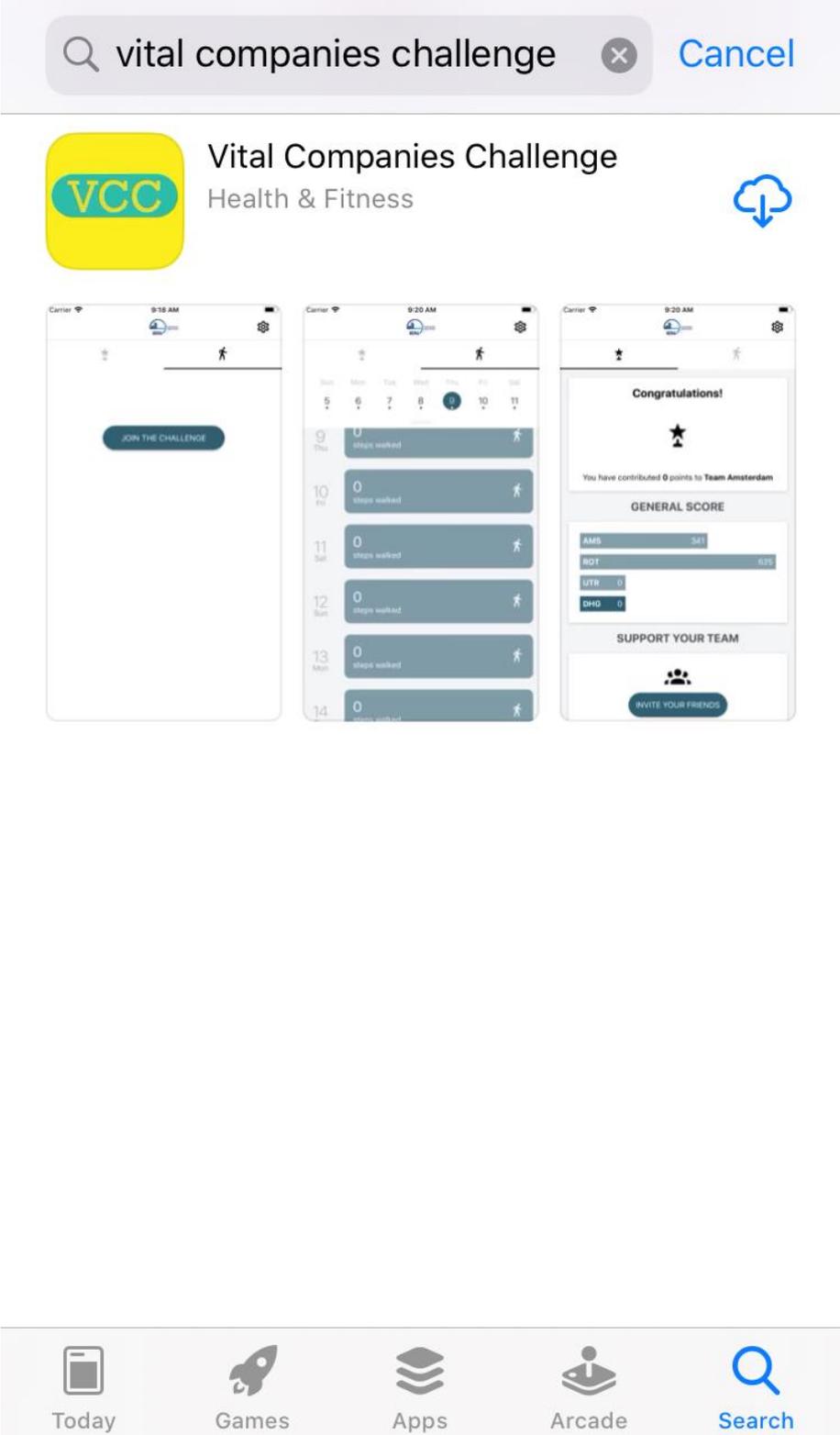
Step 2:

Once the app is downloaded you can open it. You will see the screen as shown in the figure below. You will see three options. Sign in, add a team and join team.

2.1 Sign in → you're **NOT ABLE YET** to use this option. Because you didn't create an account yet. After you've used one of the other options below to create an account, you are able to use the 'log in' button with the email address and password you've signed up with. You will then automatically enter the team for which you have registered.

2.2 Add a team → Use this option if you didn't create an account yet or you haven't received a team code to join a VCC team.

- Click 'Add a Team' at the home screen (step 2). Fill in your details, figure 1 will show you which details you need to fill out. After you've done that press 'next'.
- Now you will see the screen showed in figure 2. Choose the team you want to join by scrolling and pressing on 'register'. It is also possible to add a team yourself. Enter a team name in the line that says 'add team', e.g. Kinetic Analysis BV, then tap the button 'register' (see figure 3)
- If you've pressed 'register' you will receive the following message: 'Welcome to the club'. Your team name and your unique team code are shown as well (figure 4). Via this unique code you can invite people to participate in your team. These people can register via option 3 'Join Team' (step 3). You can immediately invite friends by pressing the blue triangle and sharing the code with a Social Media channel of your choice.
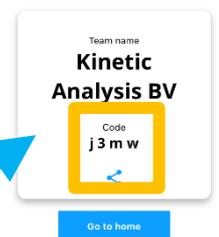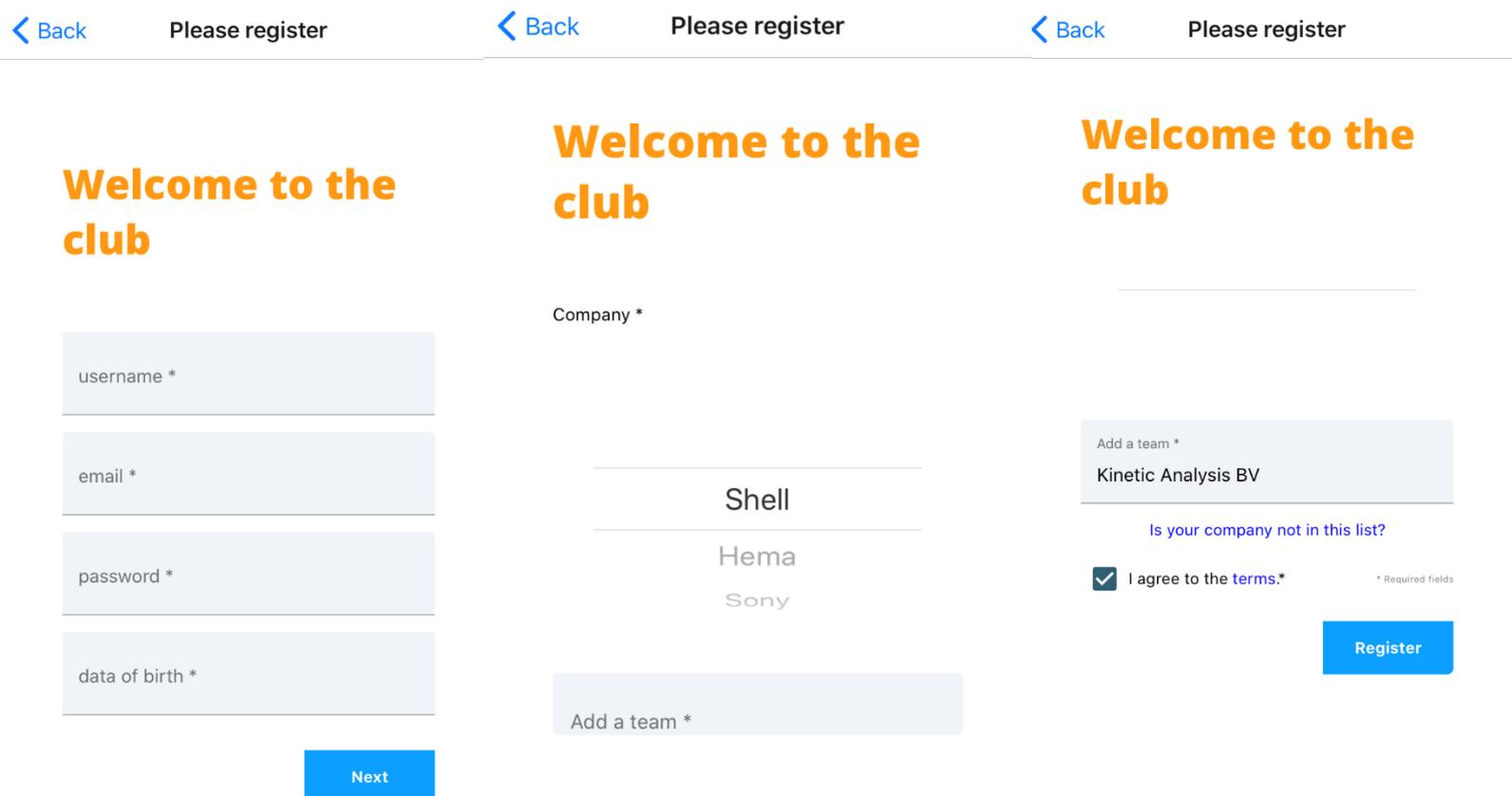
Figure 4

Figure 1

Figure 2

Figure 3

2.3 Join Team → Choose this option if you've received an unique team code from an already existing team.

- Press 'Join Team' and fill in the unique team code you have received in the area that says 'your team code' (figure 5). Then press 'Next' (in this example we used the team code from Kinetic Analysis BV)
- Enter the information requested as shown in figure 7 and press the 'Join Team' button. You're now in the team whose team code you entered.

Vital Company Challenge

Your team code

Next

Figure 5

Vital Company Challenge

Your team code
j3mw

Next

Figure 6

Kinetic Analysis BV

username *

email *

password *

data of birth *

☐   I agree to the terms.*

Join team

Figure 7

Step 3:

When you have completed one of the three start options, you will see the screen shown in figure 8.

Press 'Join'. The app will show you the screen in figure 9. You can connect your 'Health Kit' (which is the Health application that is already on your phone) with the VCC app.

Press 'Authorize Health Kit'. You will now automatically enter the Health app on your phone (in this example you will see the Health application off Apple). For the best results make sure you give the application access to all categories (flights climbed and steps). When this is successfully done, the 'Authorize Health Kit' button will turn green as shown in figure 11.
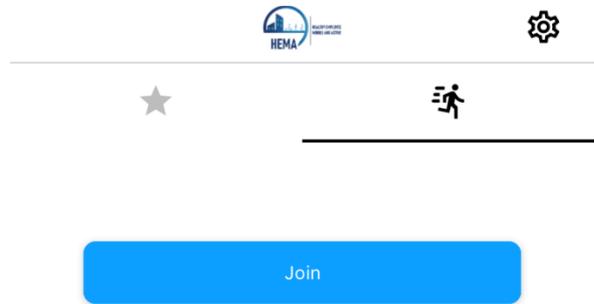
Figure 8
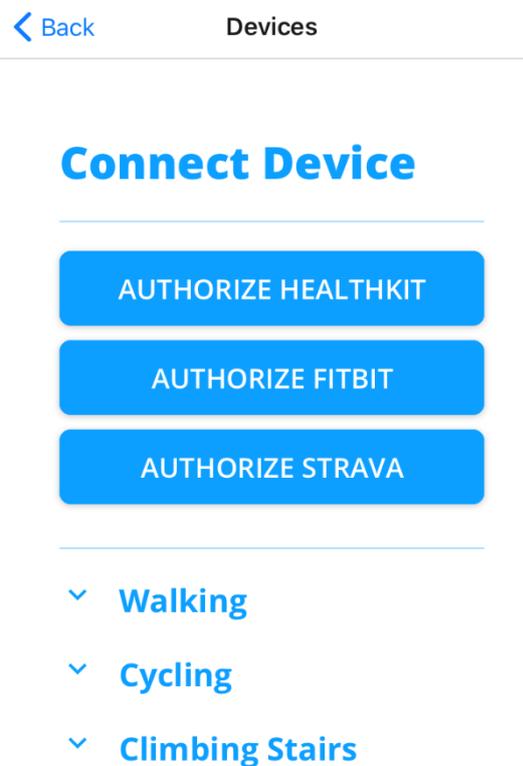
Figure 9
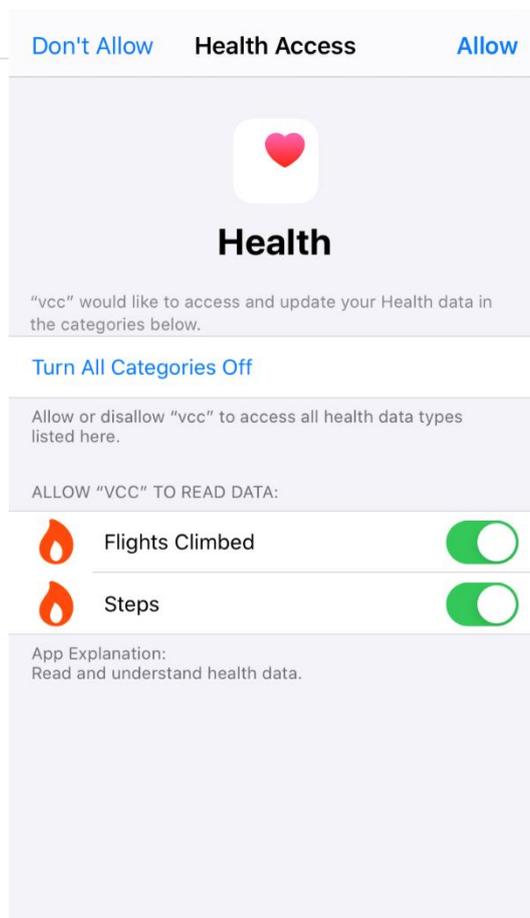
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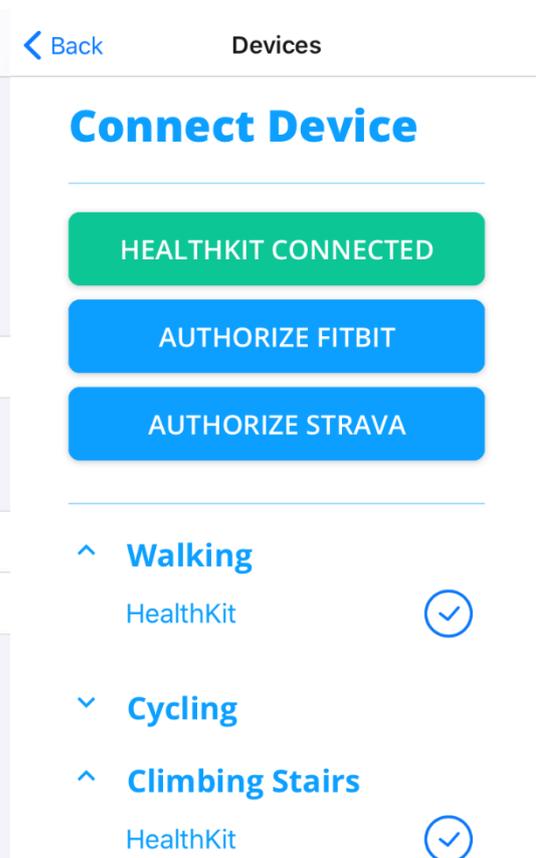
Figure 11

Step 4:

When you own a Fit bit there is a possibility to connect this with the VCC application. Press 'Authorize Fit Bit' as show in figure 12. A pop-up off the Fit Bit website will now appear (figure 13). Press 'Continue' and enter your login details in the Fit Bit website, so that your Fit Bit can link with the VCC app.

Connecting the Strava app works quite the same. Press 'Authorize Strava'. The pop-up from Strava will appear. Press 'Continue' (figure 14). Fill out your login details in the Strava app to give Strava access to the VCC app.
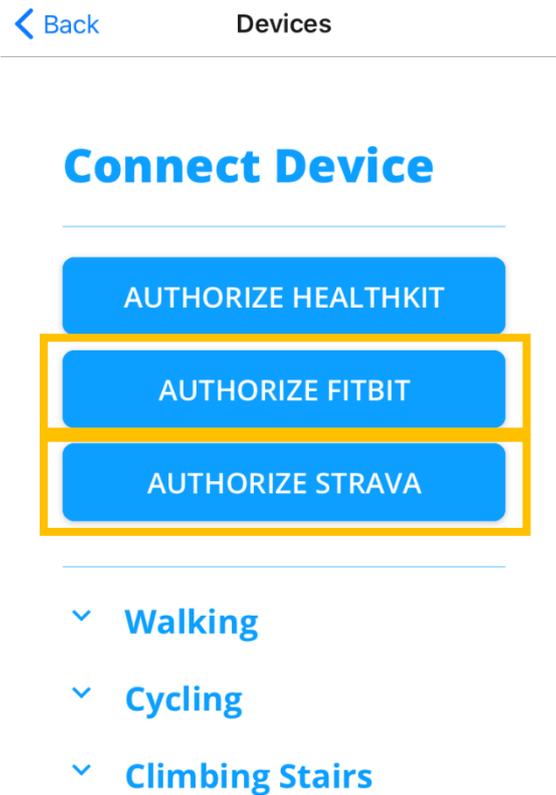
Figure 12
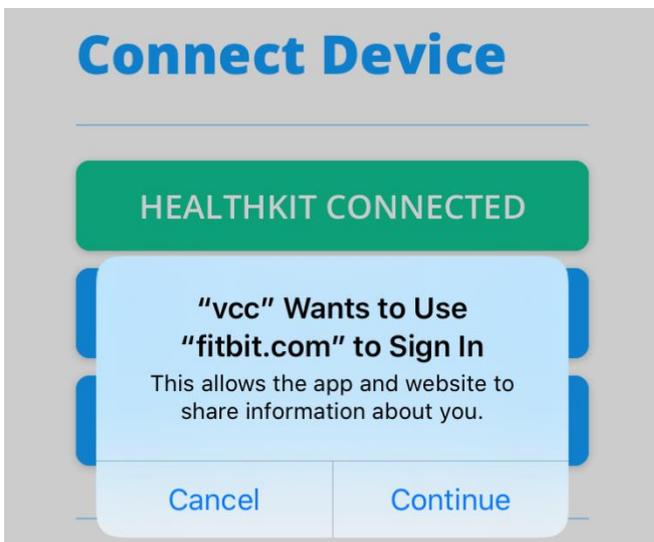
Figure 13
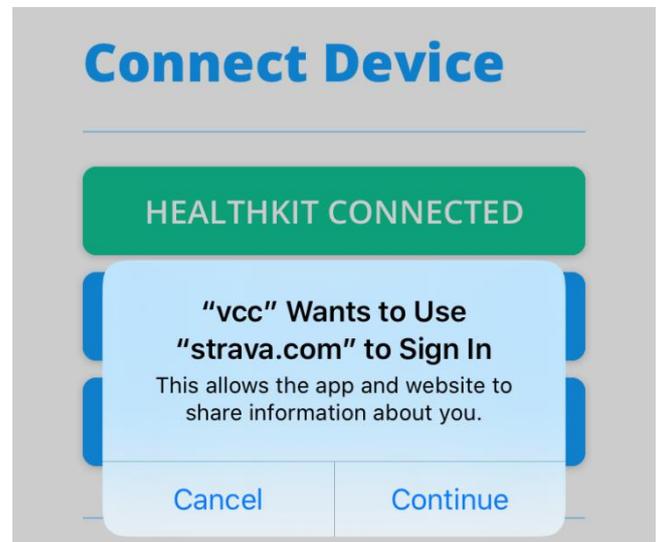
Figure 14

Step 5:

When the Health app (and possibly Fit Bit and Strava) are connected, you are ready to start moving! The screen from the app will now be the same as shown in figure 15.

For each day you can see how many steps you've made, how many flights you've climbed and how many kilometres you have biked.
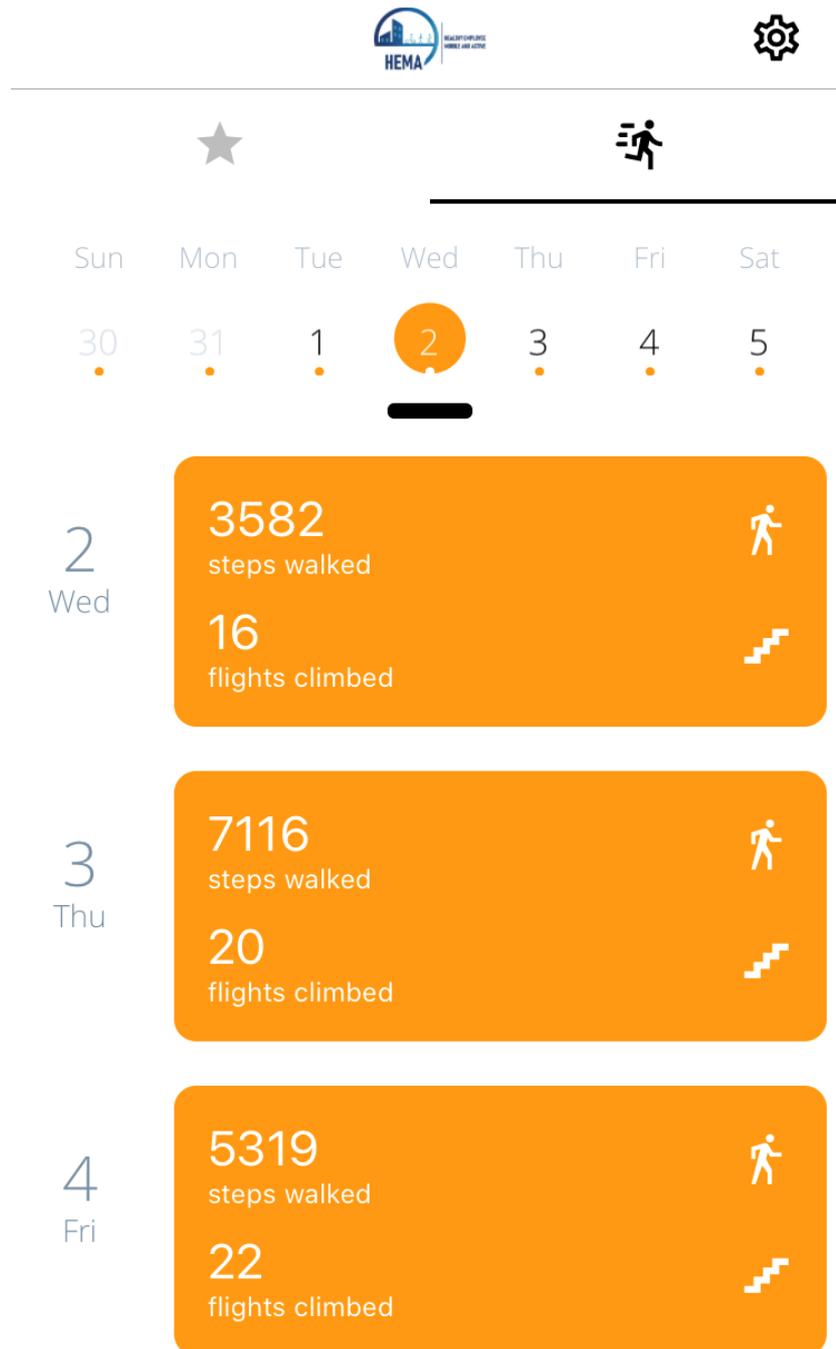
Figure 15

Furthermore you can see how many points you have earned for your team and how your team is doing compared to other teams that are competing.

Congratulations

You have contributed **444** points to
Kinetic Analysis BV

MY TEAM

Dvanwijk	444
Total	444

SCORES

SONY	4k
SHELL	2k
HEMA	2k

WALKING
DUST OFF YOUR SNEAKERS

CLIMBING STAIRS
FORGET THE ELEVATOR
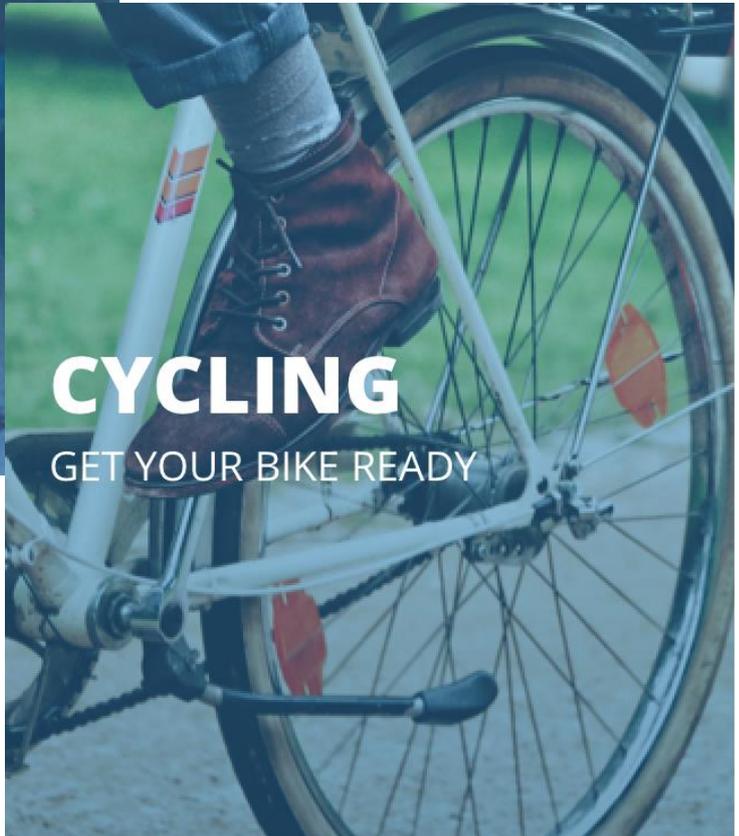
CYCLING
GET YOUR BIKE READY

Step 6:

It's possible to invite friends to join the Vital Cities Challenge.

Press 'Invite Friends' (figure 16) and choose which Social Media channel you want to use to invite friends (e.g. WhatsApp, Facebook or Mail)

Sharing the VCC app (or team code) is also possible after you've created your own team. Share your unique team code by pressing the blue triangle (for explanation see step 2.2 and figure 17).
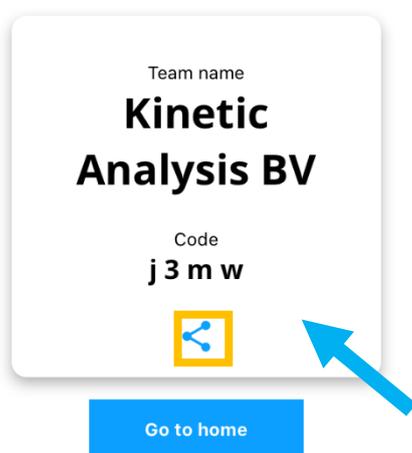
Figure 16

Figure 17

Good luck with using the VCC app! I wish you a lot of fun with your colleagues, friends or other communities.

If you have any questions don't hesitate to contact me. My name is Linda van Wijk, vitality coach with Kinetic Analysis. You can reach me via the following email address: linda@kinetic-analysis.com