

YUMUUV

USER MANUAL

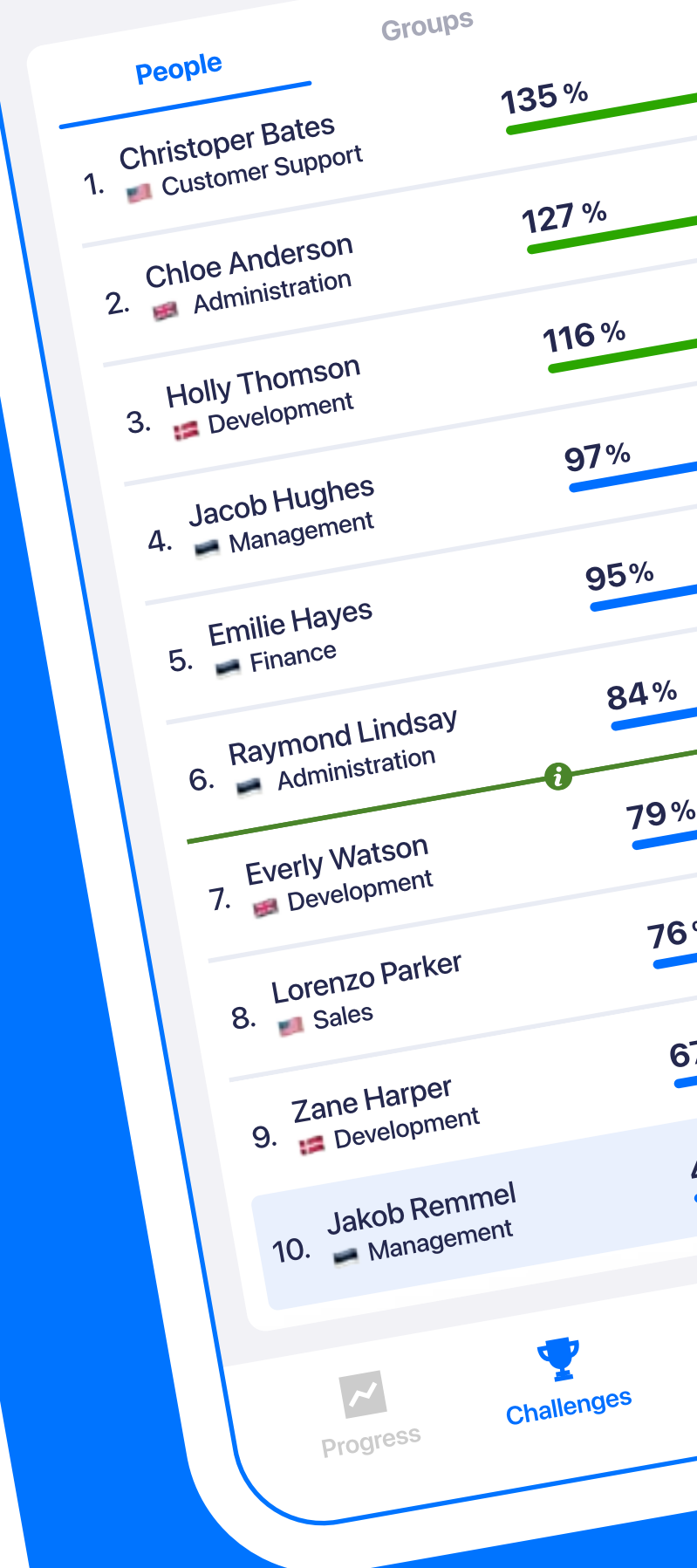


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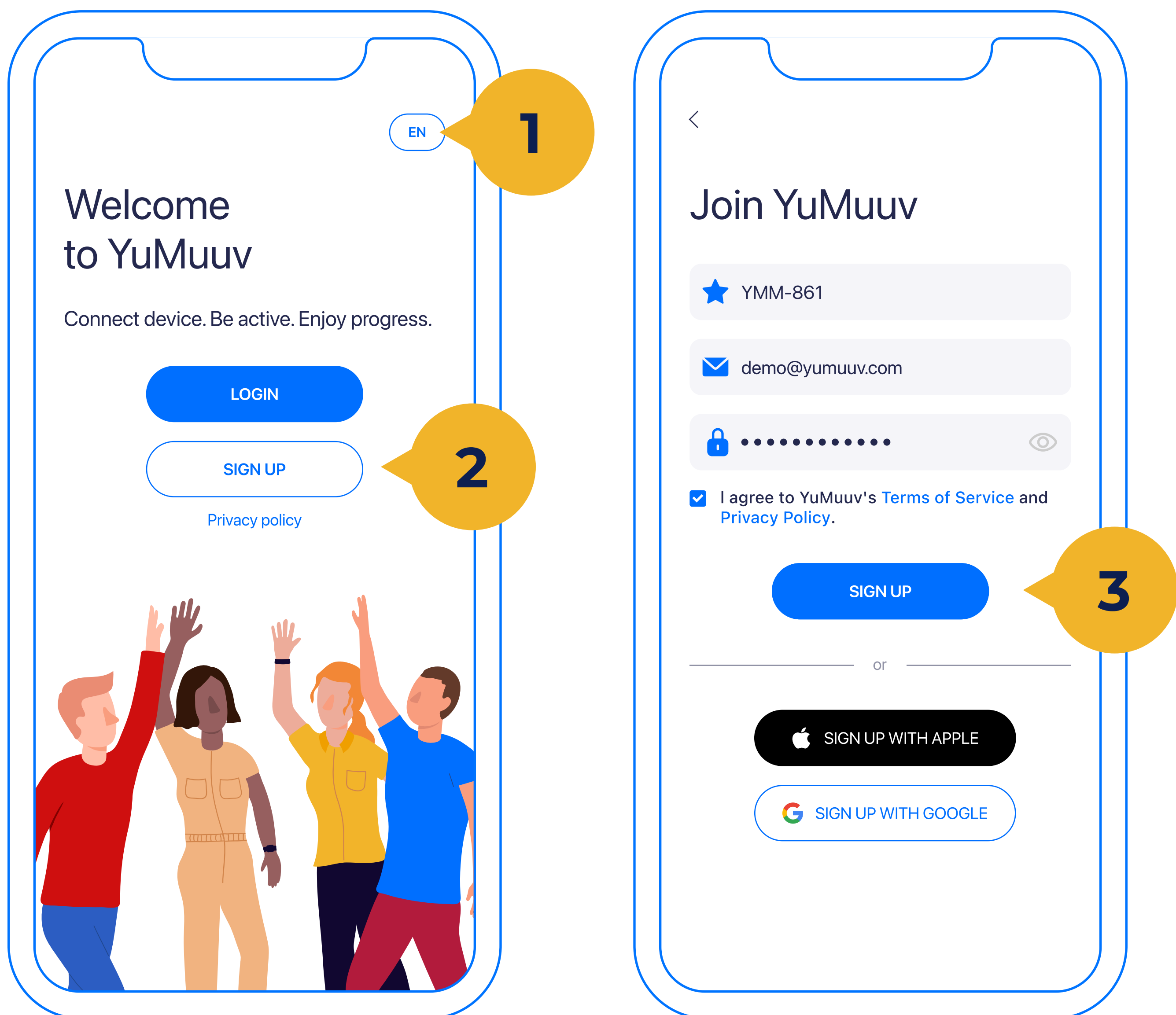
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1. Onboarding

1.1 Register user



YuMuuv comes in **32 different languages** (1), choose the one most comfortable for you.

Click to **Sign Up** (2) to create an account.

For registration please enter your **company code** (a specific code from your employer), **e-mail**, and **password**, and then press the **Sign up** button (3). If your employer has not provided you with the code, please ask the person who invited you to join.

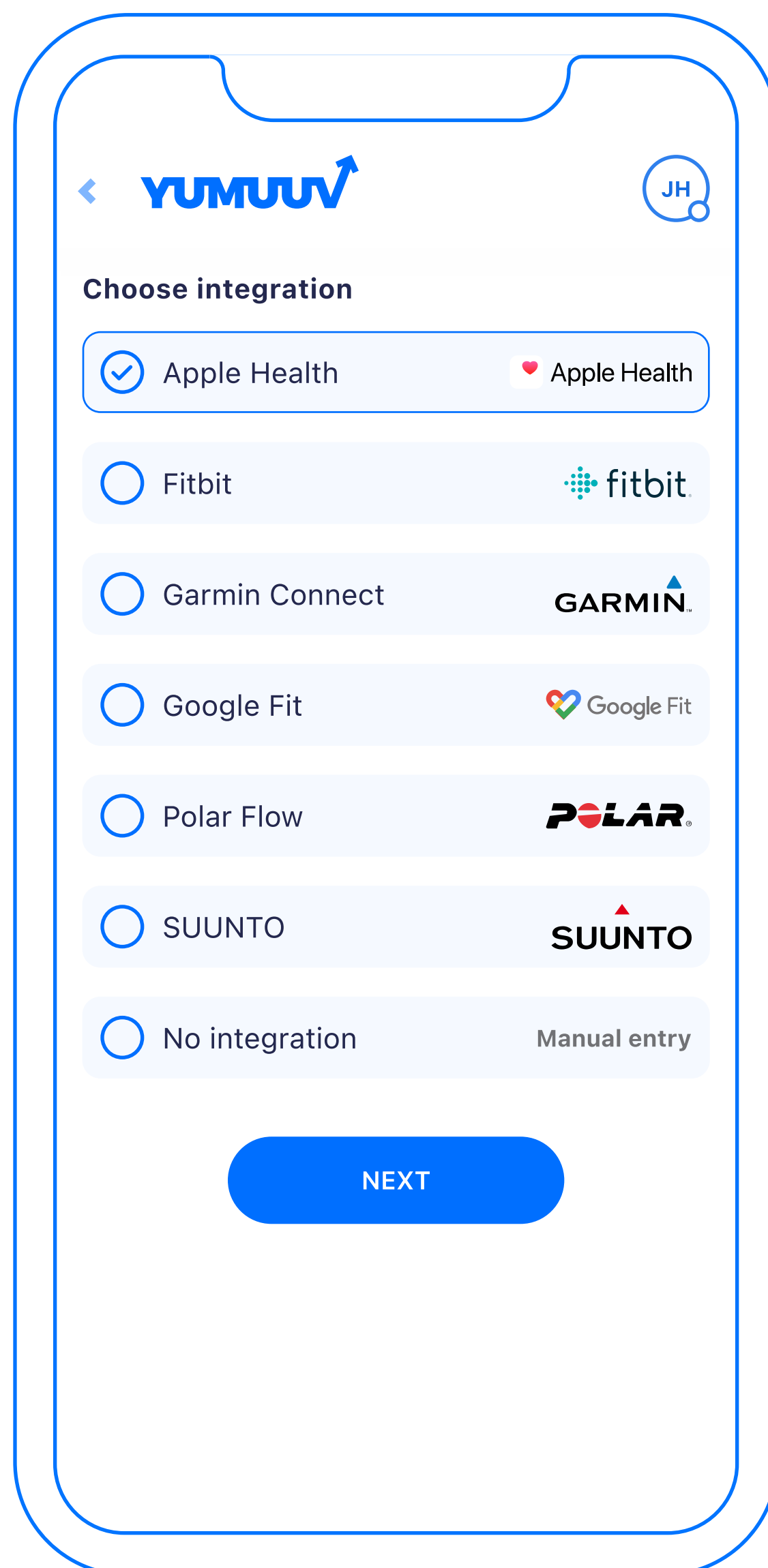
1.2 Creating profile

The image displays two mobile application screens for profile creation. The first screen, titled 'Edit profile', contains the following fields: 'First name *' with the value 'Jakob', 'Last name *' with 'Hughes', 'Time zone *' set to '(GMT+02:00) Europe/Tallinn', 'Group' set to 'Management', and 'Country' set to 'USA'. A checkbox for 'Subscribe to newsletter' is checked. A blue 'NEXT' button is at the bottom. A yellow callout bubble with the number '1' points to the 'Country' field. The second screen, titled 'YuMuuv Activity Index', includes a light blue informational box: 'We need this data for activity index calculation. If you only want to participate in step or manual data entry challenges, you can skip this. [Learn more](#)'. Below this are fields for 'Sex *' (radio buttons for 'Male' and 'Female', with 'Male' selected), 'Date of birth *' (text input '28.01.1988', format 'DD.MM.YYYY'), 'Units of measure*' (radio buttons for 'Metric' and 'Imperial', with 'Metric' selected), 'Weight *' (text input '72', unit 'kg'), and 'Height *' (text input '173', unit 'cm'). At the bottom are blue 'SAVE' and 'SKIP' buttons. A yellow callout bubble with the number '2' points to the 'Sex *' field.

Next, you are directed to the profile creation view. Besides your **first name** and **last name**, you should choose your **time zone** (1). If your company has added **groups** and **countries** to it, you can choose them during the onboarding. Additionally, you can **subscribe** to YuMuuv monthly newsletters to be up to date with any useful updates. If this is completed click next.



You have also the possibility to fill out **YuMuuv Activity Index** fields (2) that are **not visible to others**. It is not mandatory, but in case you want to get more detailed analytics, it will be needed.

1.3 Connecting the device












Here you have to select the **integration according to your device**. In case you have a device that is not listed here and cannot be **connected through 3rd party connection (see the next page)** we recommend you continue without integration. If you have **additional questions** regards to integrations please contact our customer support (info@yumuuv). If you choose to continue through manual entry note that not all challenges might be manual entry enabled.

1.4 Description of YuMuuv integrations

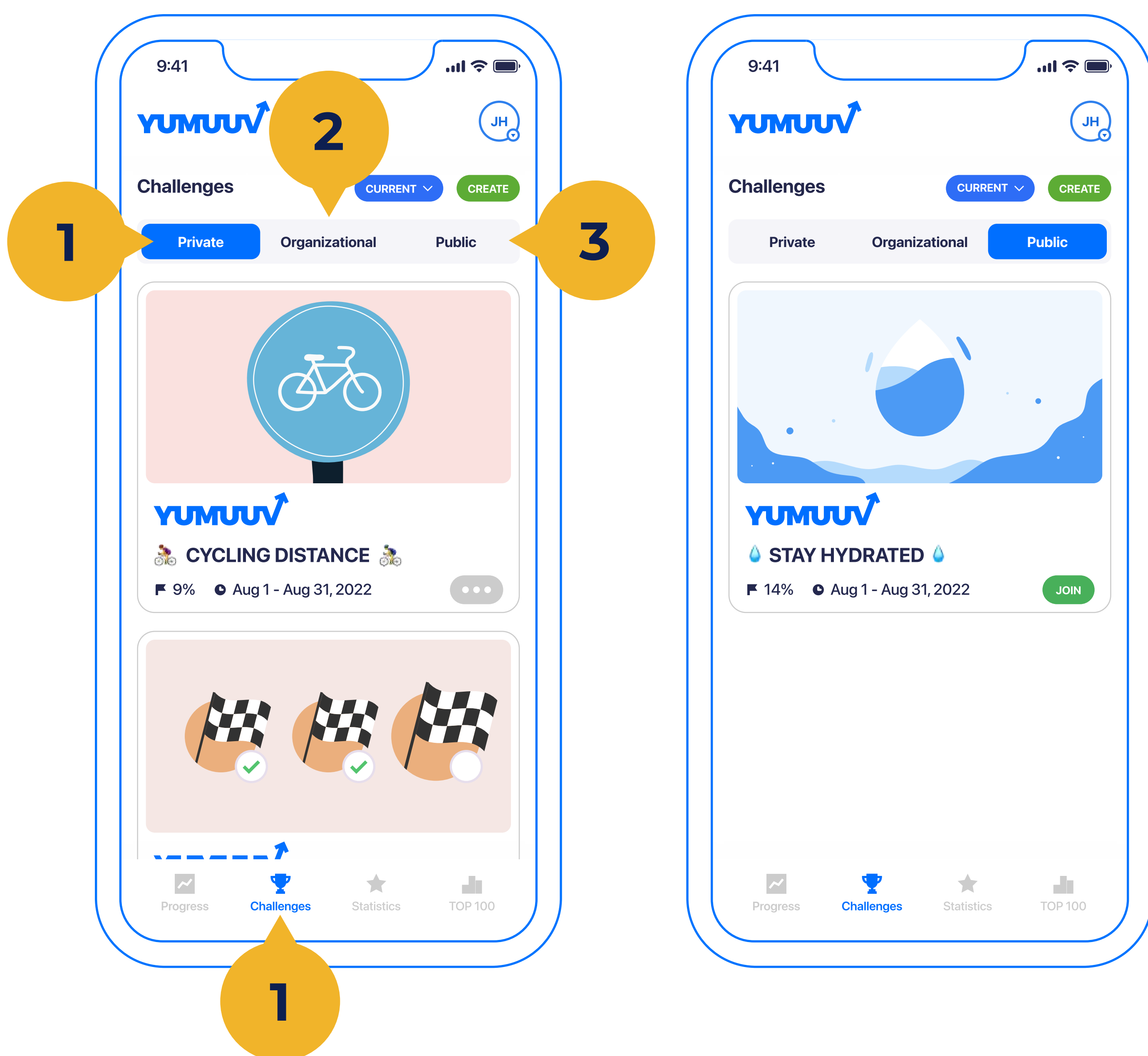
	Sync speed ²	Measuring steps	Measuring calories	Measuring heart rate	Measuring distance
	Automatic Once an hour	Automatic	Automatic	Automatic	Generic total distance or all activities distance sum
	Automatic	Automatic	Automatic	Automatic	Generic total distance
	Automatic Once an hour	Automatic	Automatic	Automatic	All activities distance sum
	Automatic Once an hour	Automatic	Automatic	Automatic	All activities distance sum
Apple Health	Automatic When you open the app	Automatic	Automatic Doesn't measure with phone	Automatic (watch with HR sensor) Doesn't measure with phone	Walking, Running, Distance, Cycling, Swimming
	Automatic	Automatic	Automatic	Automatic (watch with HR sensor) Doesn't measure with phone	Generic total distance

How to get other integrations to YuMuuv

	Non-direct integration ↓ Apple Health	Non-direct integration ↓ Google Fit	Non-direct integration ↓ Fitbit
 From the 4th generation		✓ Android	
 Before 4th generation		Only through HealthSync	
 Huawei Health (Android)	✓	✓	
 Huawei Health (App Gallery)			✓ Only through HealthSync
 Oura	✓	✓	
 Xiaomi (MiFit)	✓	✓	
 Coros	✓		
 Withings (Health Mate)	✓	✓	
 Amazfit (Zepp)	✓	✓	

2. Participating in challenges

2.1 Different types of challenges



To join the challenge, go to **Challenges** (1). There are three different challenges to choose from in YuMuuv: **private challenges** (2), **organizational challenges** (3) and **public challenges** (4).

- 1. Private challenges** are created by regular users for up to 10 people. Each user has access to do that and invites family, friends, or colleagues to join through a unique sign-up code.
- 2. Organizational challenges** are created by the company admin.
- 3. Public challenges** are available to YuMuuv users who have switched them in. You can take a part in and win lottery prizes. Public challenges are usually held once a month.

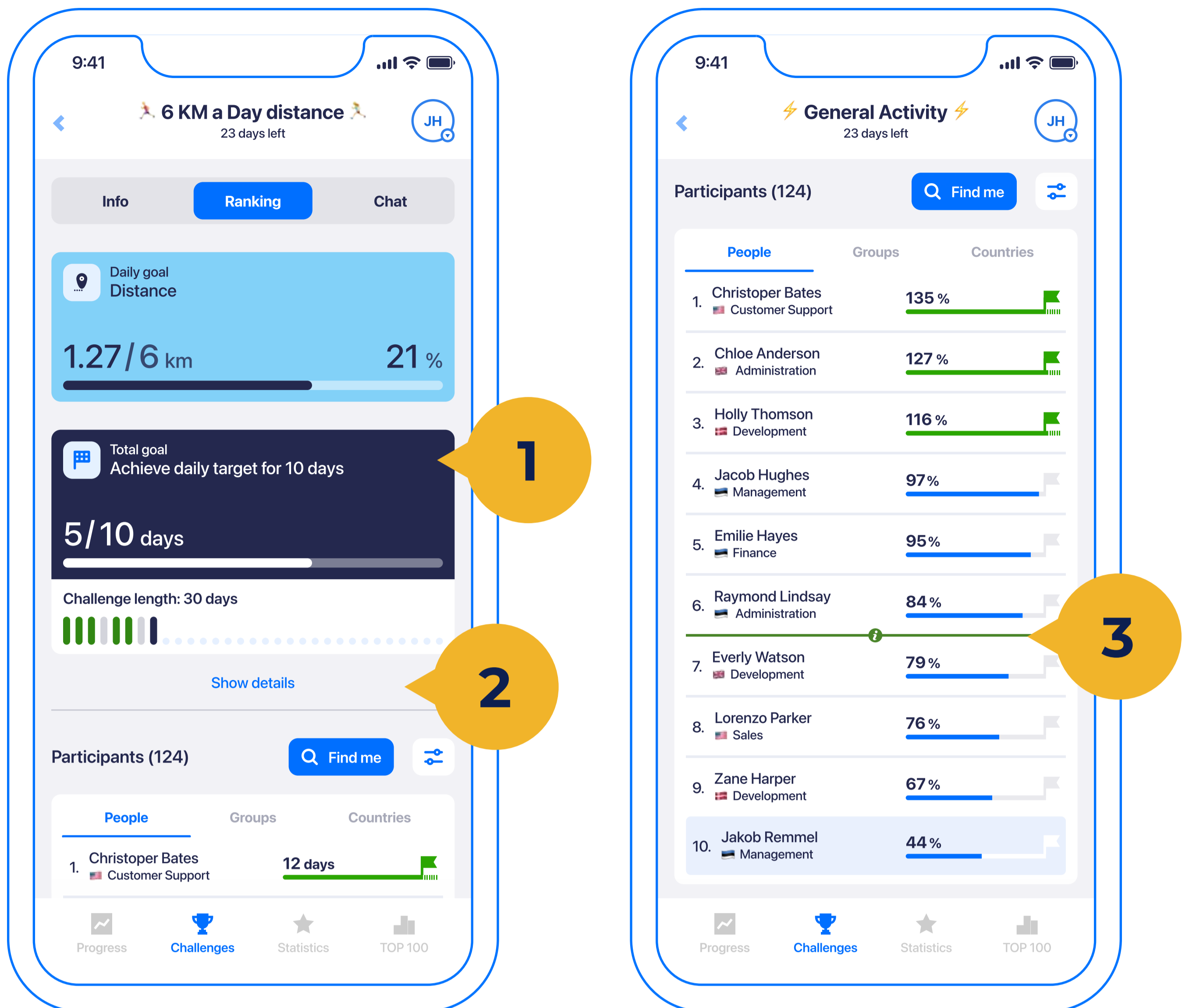
2.2 Joining challenges



To join the challenge tap **Join** (1). If you want to leave the challenge, tap on the same button or a dropdown button on the Info tab and tap **Leave the challenge** (3).

Under the info tab, you can see all the details regarding the challenge (name, period, organizer, goal + prize, and description if filled out).

2.3 Ranking



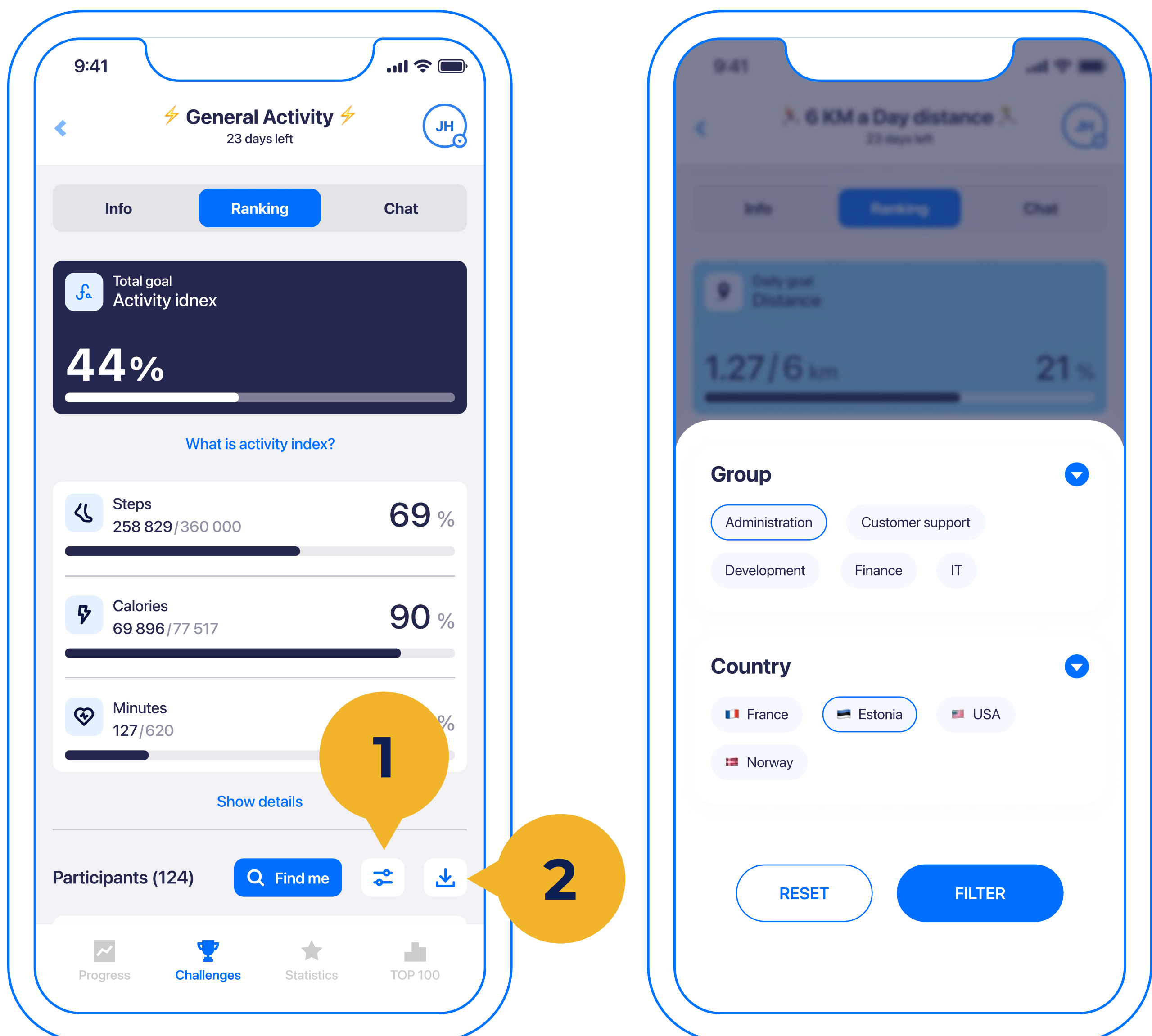
Under the ranking view, you see the **challenge goal** (1) (also the daily goal if it is a consistency challenge) and **your progress** regarding the goal.

Additionally, you can see your progress day by day by clicking on **Show details** (2).

Below that there is a leaderboard that shows the participant's number and **ranking**. The ranking can be **individual/group/country** (3) based depending on the choice the admin does. Once someone has met the goal their progress line turns green.

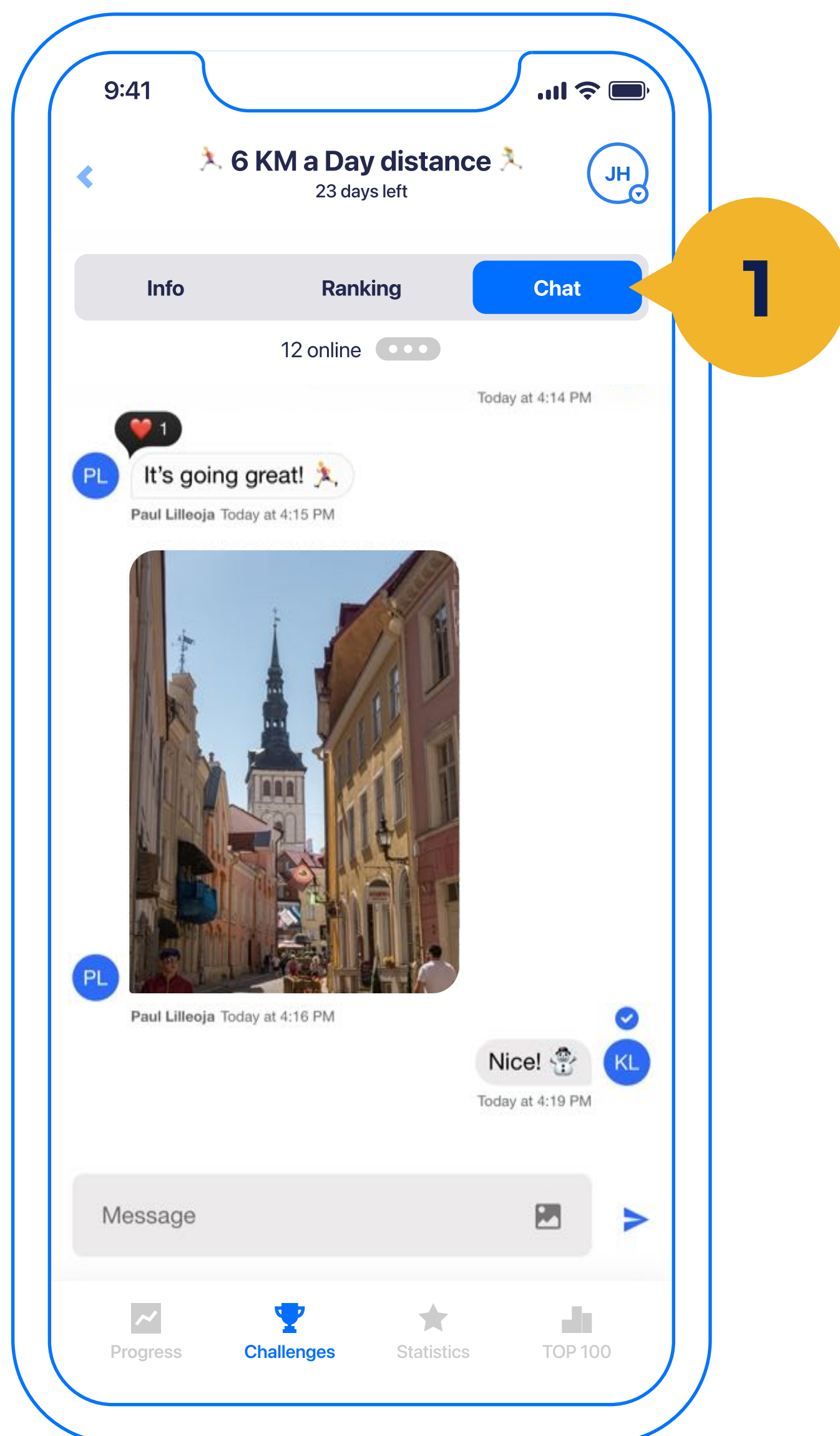
Additionally, there is an option to see the **green info line** (4) which moves exactly the base to meet the goal by the end of the period. Saying above the lines means you move at a faster pace to meet the goal and the opposite.

2.4 Filtering and export



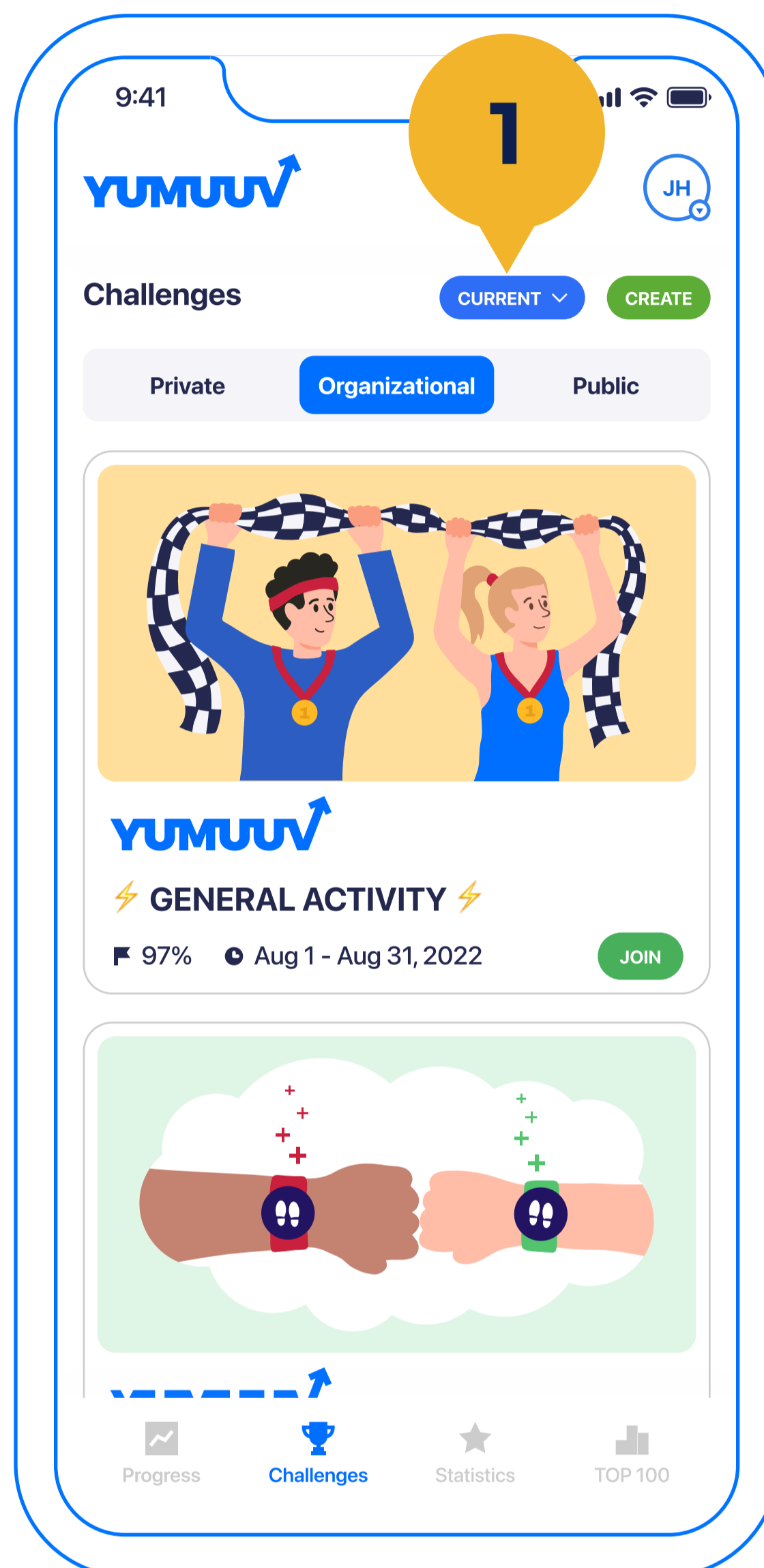
Also on the Challenges page, you can filter the ranking table using a special filter button. It is possible to filter users by their **Group** and/or **Country** (1). For admins only there is also an **export** (2) button to get the results in as a .xls file.

2.5 Chat



Under every challenge, there is also a **Chat** (1), where you can share moments and emotions with participants, who have joined that challenge. When you go to YuMuuv, you will be asked for permission to send you notifications, so you will be notified when someone writes in the chat. Make sure you press 'allow'. In this case, you won't miss out when someone writes.

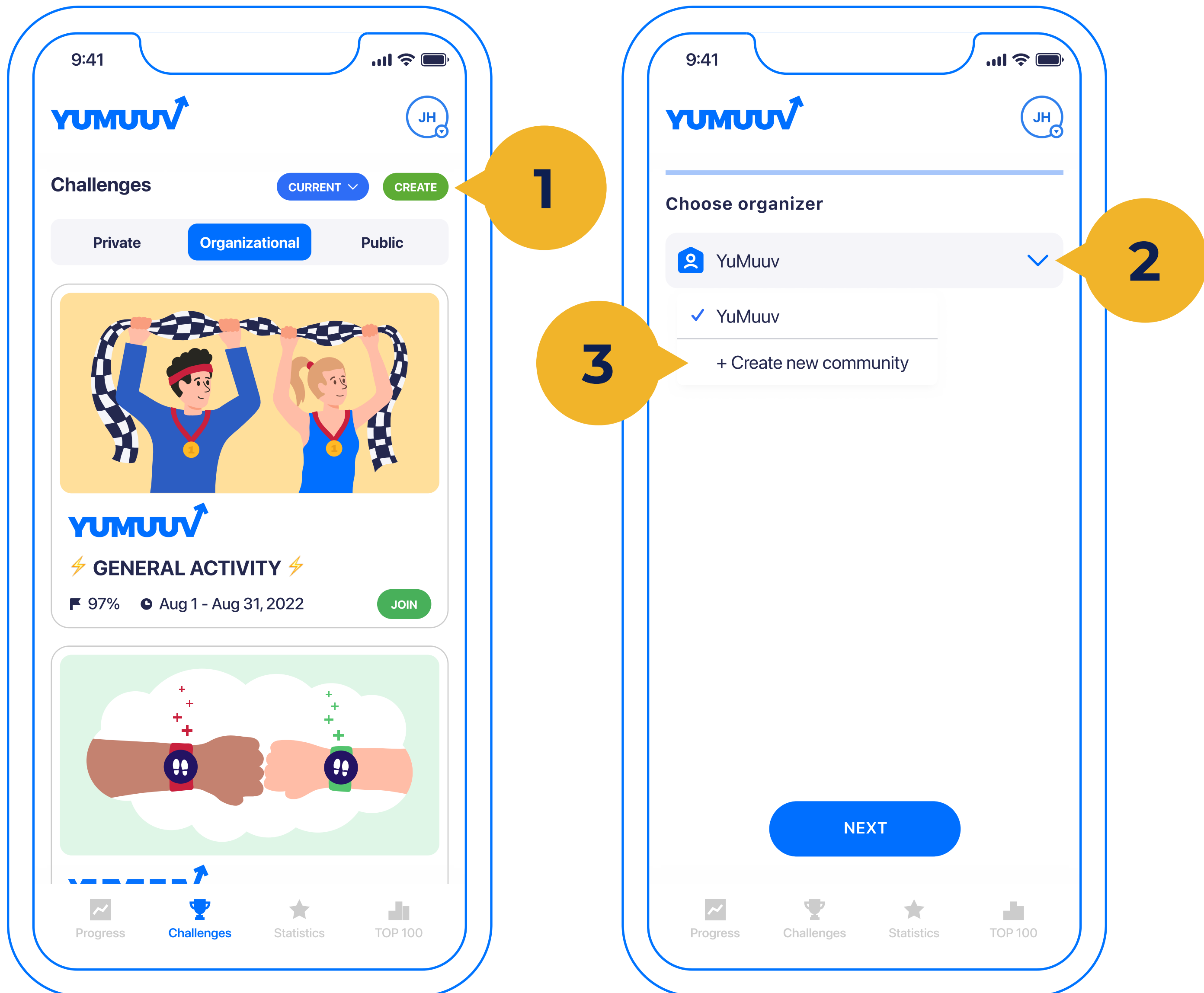
2.6 Past, Current and Future Challenges



On the Challenges page, you will see the progress of your **current challenges** as well as the challenges that you **previously participated in** (1) or which are created to start in the future.

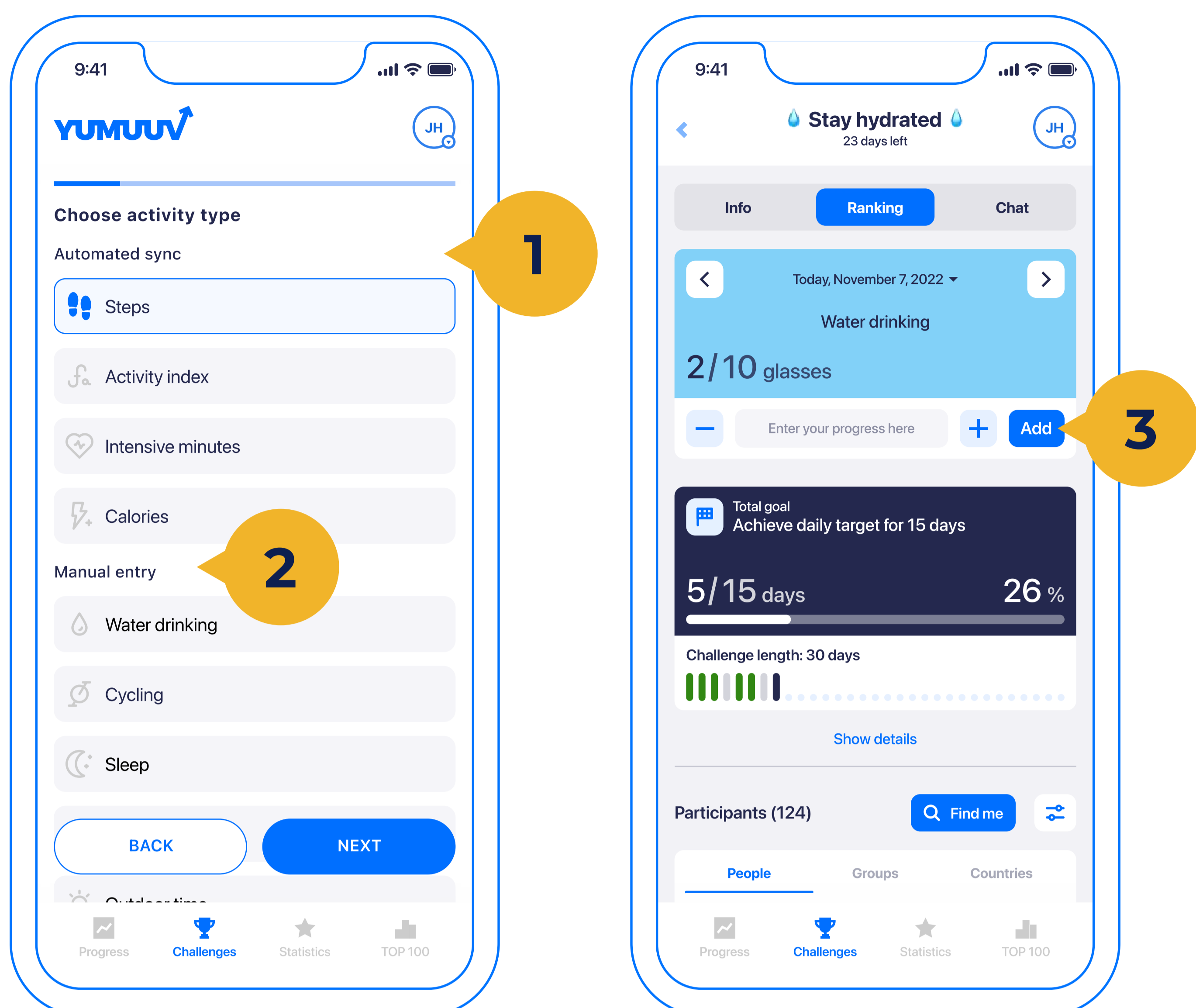
3. Creating a challenge

3.1 Choosing the organizer



To create a custom challenge you need to tap **Create** (1). Next, you need to **choose the organizer** (2). Everyone can create **new communities for private challenges** (3) by naming them. Either way, you start the creation progress by tapping next.

3.2 Choosing the activity type



Then you have to **choose an activity type**, and you can choose between **automated** (1) and **manual entry** (2) challenges.

With **automated sync activity types** (steps, calories, distance, intensive minutes, and activity index) you can additionally choose to **include manual entry data** to these as well. With **manual entry challenges** (such as water drinking, planking, outdoor time, etc.) it is only true users enter the data themselves (3).

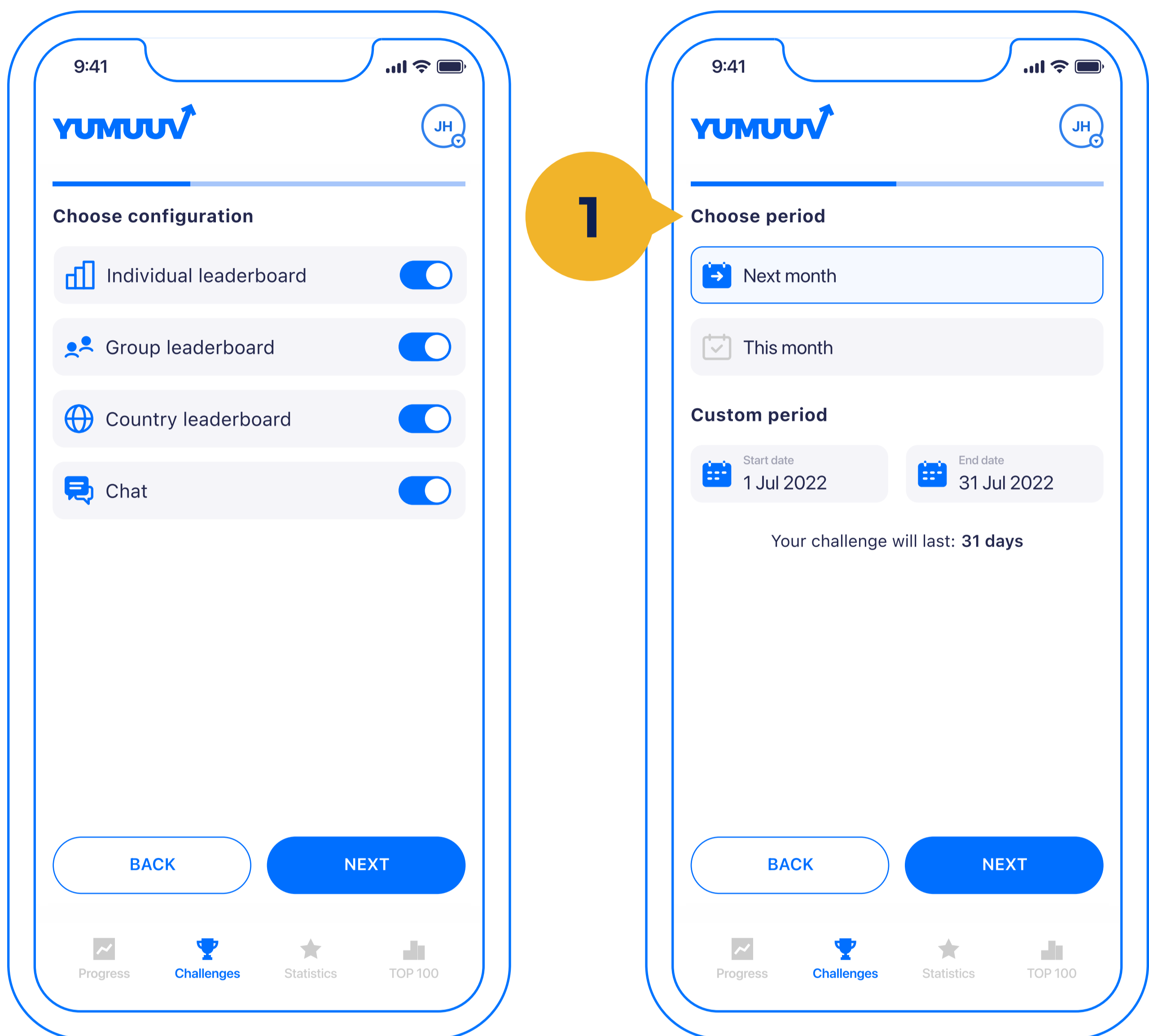
Step Challenge: most popular challenge type. As all phones record steps automatically it is an easy way to make it automated but inclusive.

Activity Index Challenge: this is the most comprehensive and includes all the parameters measured in YuMuuv - steps, calories, and intensity minutes.

Custom Challenge: can be created in a wide variety and the possibilities are limitless. You can set up a challenge for reading, cooking, or even jumping on the bed.

[Here](#) is an article with descriptions of all the mentioned challenges to give you a better overview.

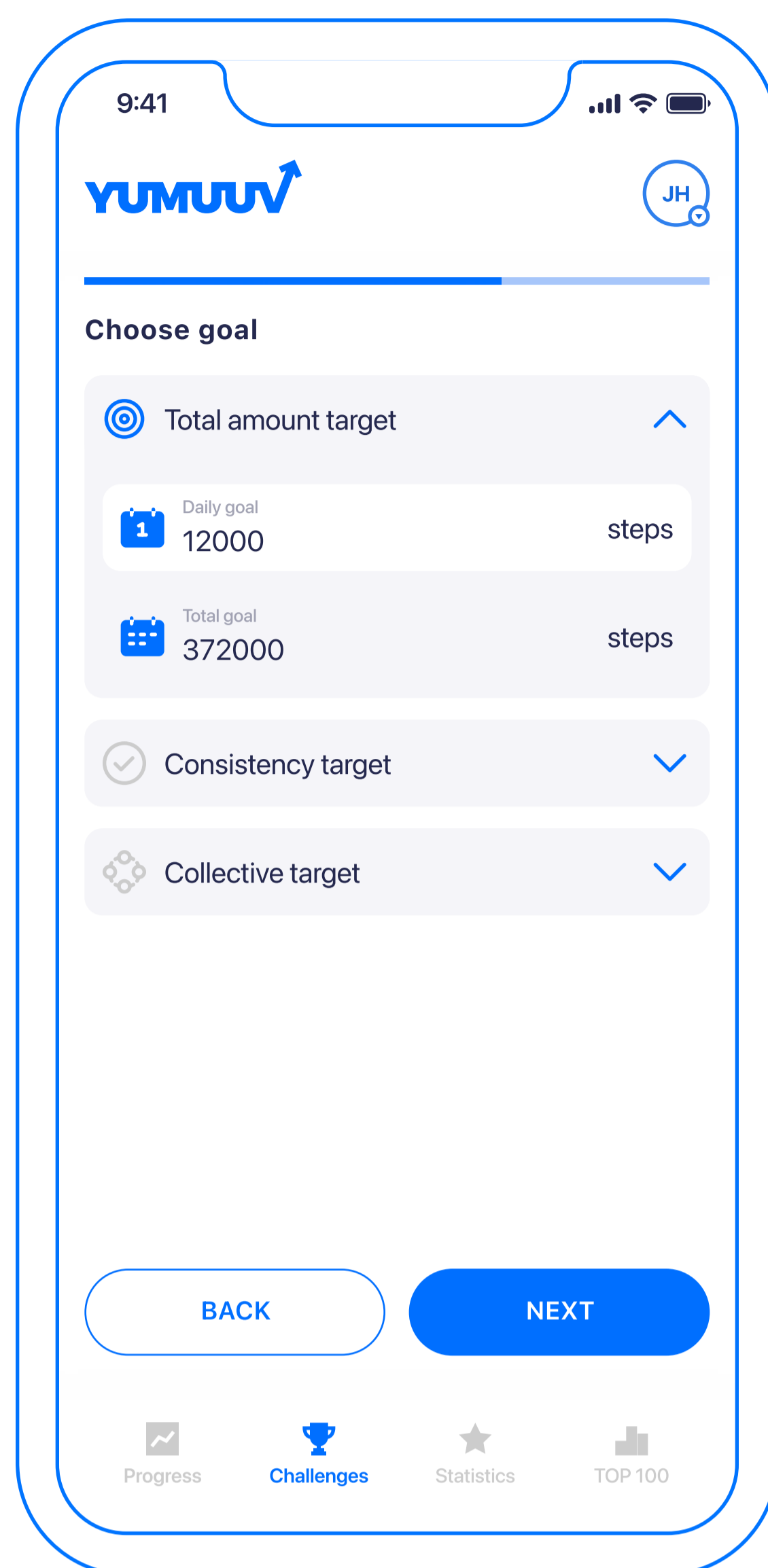
3.3 Choosing configuration and period



Here you can make your challenge configuration. You can decide which leaderboard type (individual, group, country) is visible and also whether chat and manual entry data is enabled.

Another decision needs to make regards to **challenge period** (1). We have made quick choices for the most often used month length.

3.4 Choosing the target



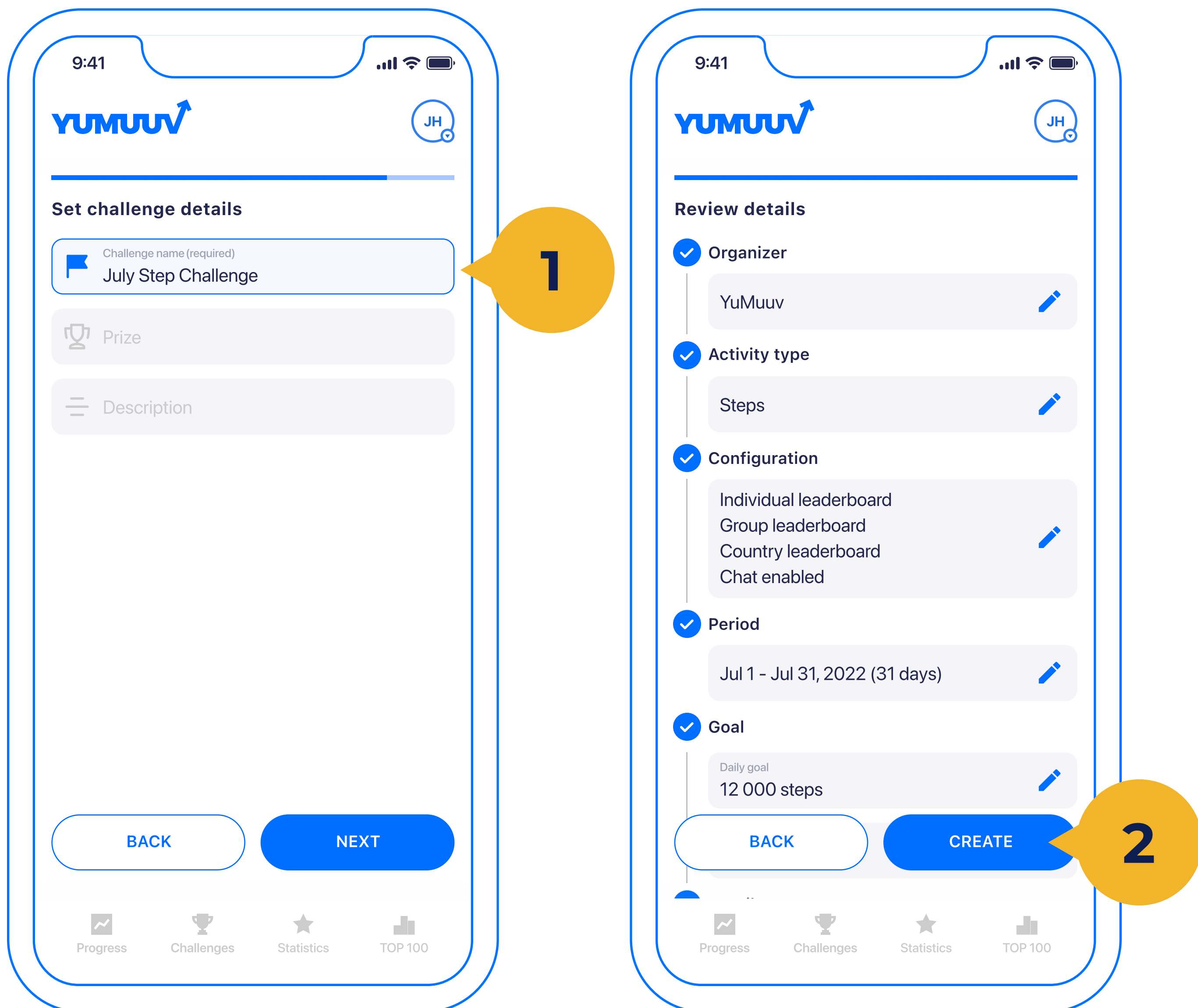
You will have to **choose a target** for the challenge. There are three different types you can choose from (and define the target amount for):

Total target: it is a challenge type that has a numeric target that participants need to reach. The progress happens by summarizing the daily progress.

Consistency target: it is a challenge type where participants need to complete a certain activity in a specific number of days that is equal to or lesser than the challenge duration. If the user completes the daily goal, they will get that day marked as completed and progress happens regards to consistency target.

Collective target: challenge type where everybody contributes to the target as one unit.

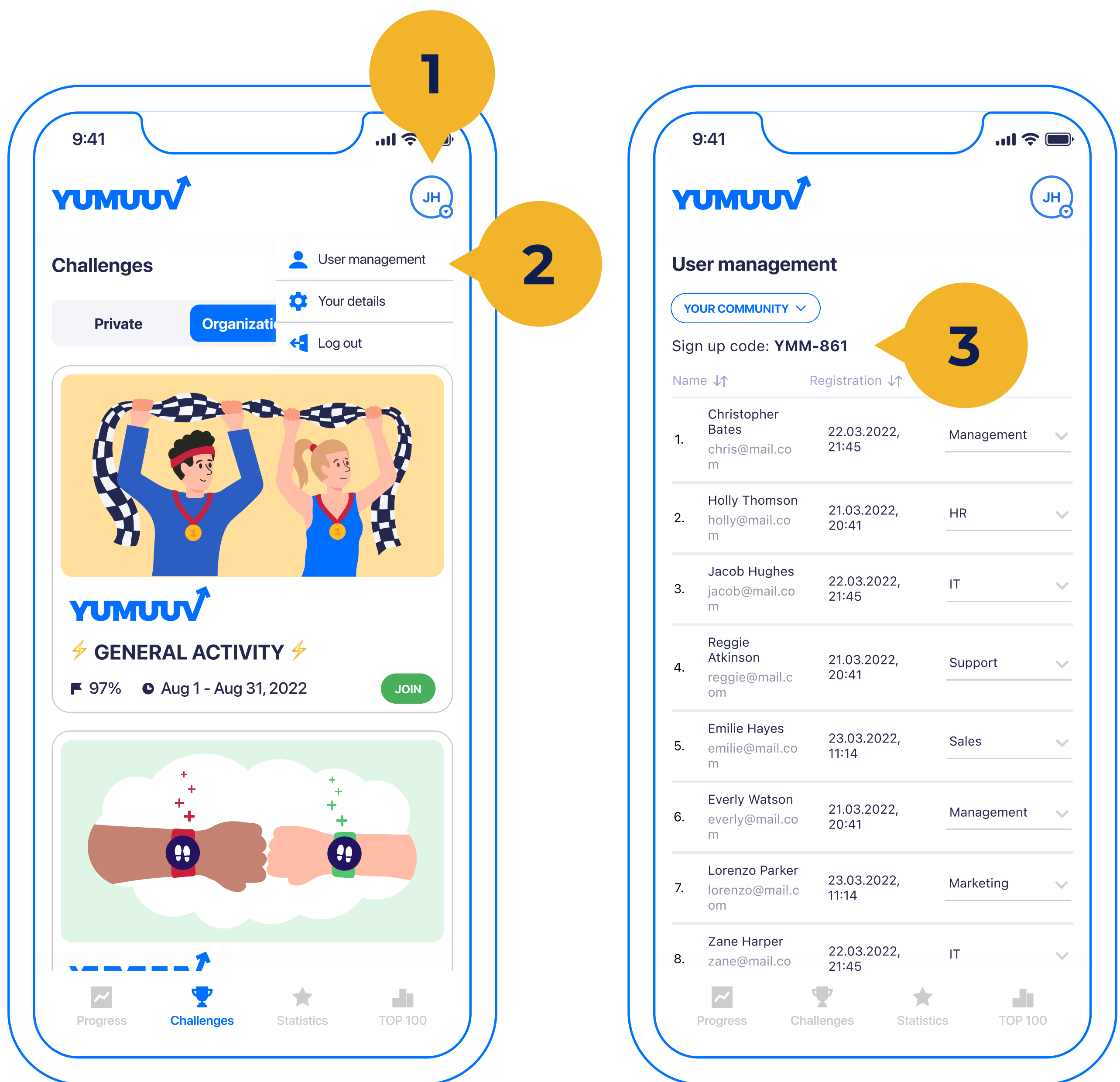
3.5 Setting challenge details



Finally set a **challenge name** (1) and prize description (if it will be offered) and any other information you want to provide. When everything is set and done you will be shown a review of the challenge. If everything seems correct, tap **Create** (2) and your challenge is ready for use (under the current or future tab).

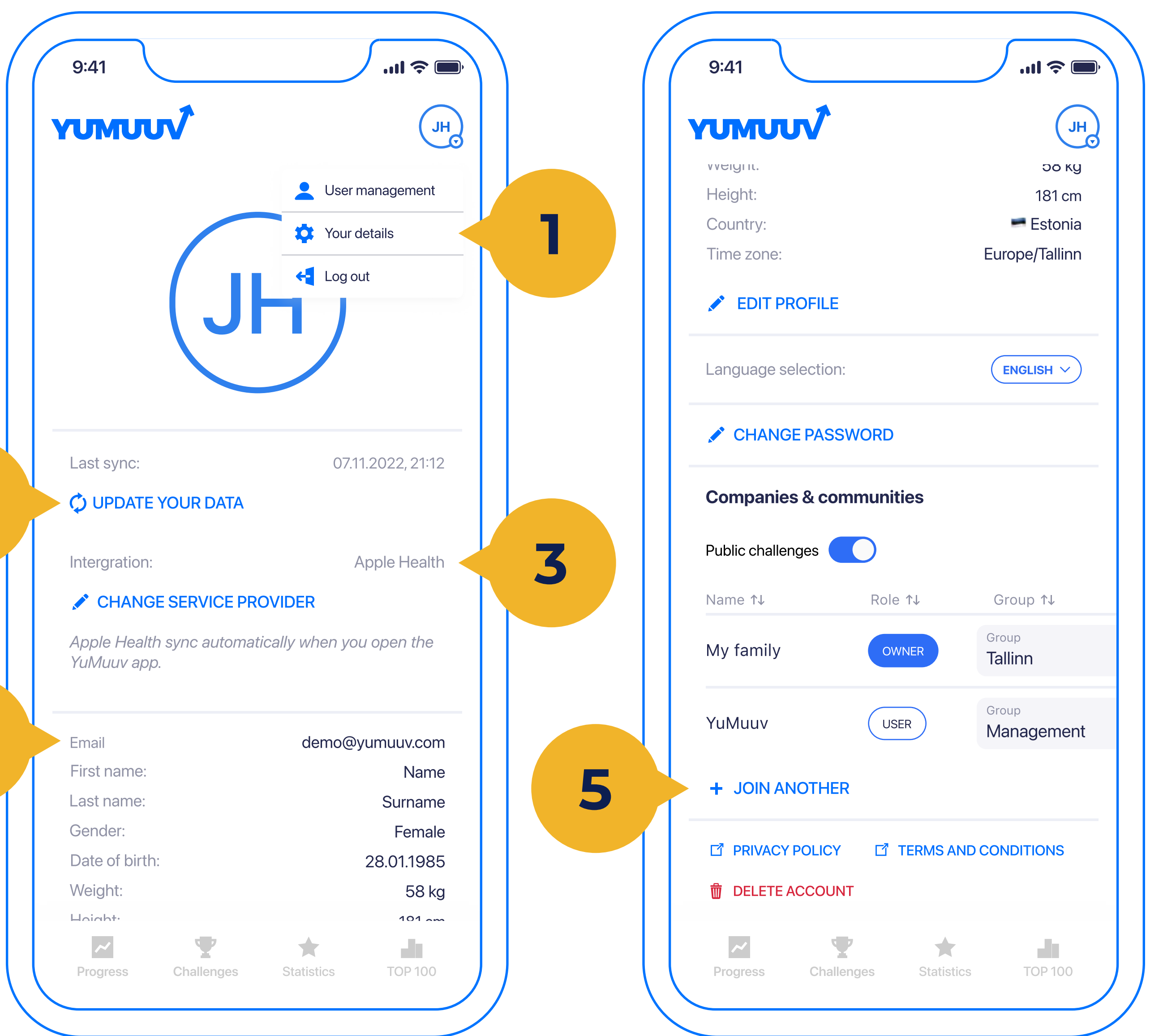
4. User management

4.1 User management



Under **Your initials** (1) there is an option for **User management** (2), where your user's name, email, registration date, country, and group. This is for the admins or users who manage their created community and its challenges. Admins can **delete users' connections to the organizer** and activate or deactivate them. There is also a **signup code** (3) that is used for users to join YuMuuv and this challenge.

4.2 Profile editing



On the **Your Details** (1) screen, you can integrate with a new service provider, change the language of the application or change your profile data if it should change.

The **Update your details** (2) option allows you to manually update your activity data if it is not automatically received (note that with sports watch integrations it happens automatically once an hour).

Under Service Provider (3) you can identify and display which integration is connected and switch between them.

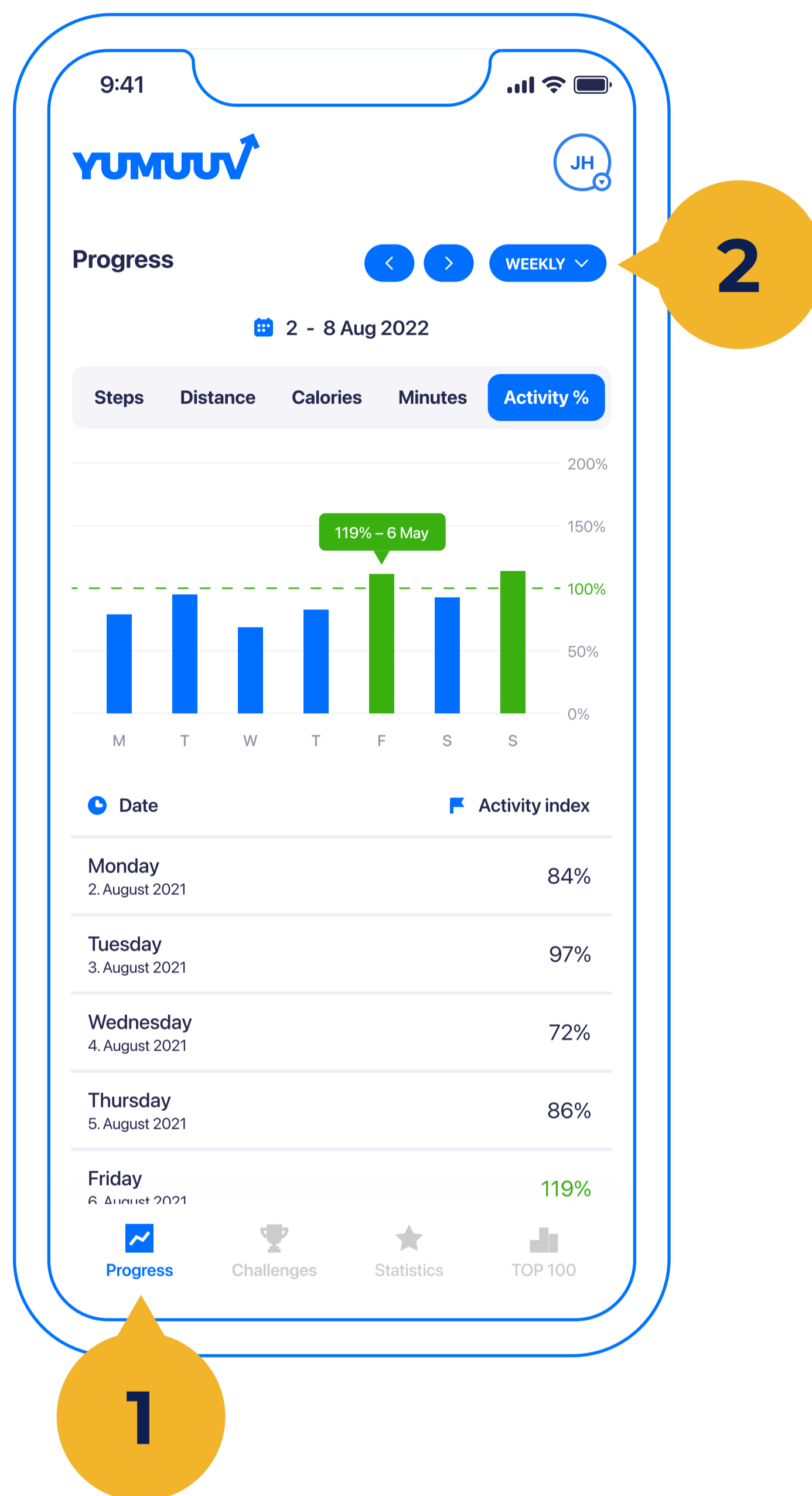
You can also change your details at any time (4).

To **join an extra company or community** tap on **Join another** (5), where you can enter the Signup code. You can also select or switch a group or country from a dropdown.

Finally, you have a **privacy policy, terms of service** links also our customer support email. In case you choose to **delete your user**, it will be done automatically and all the data will be deleted from our database.

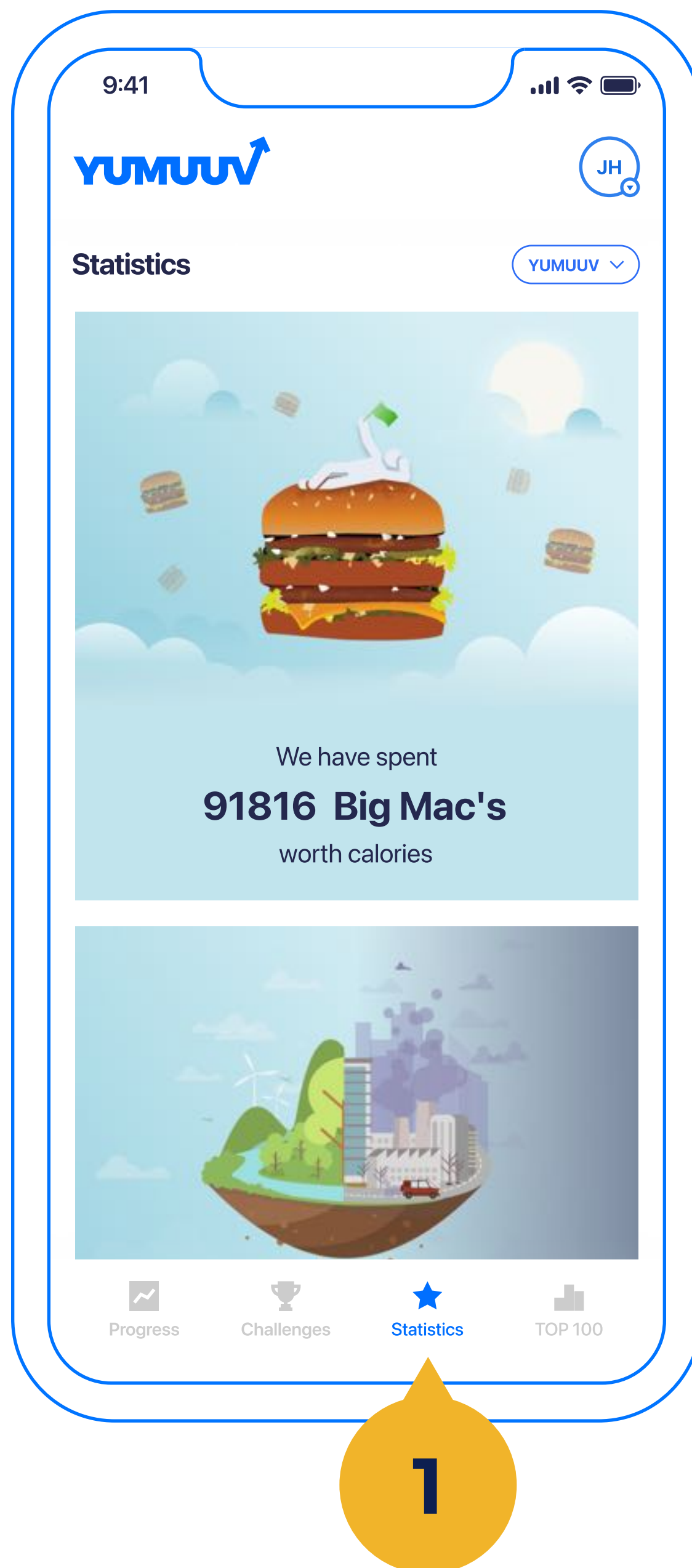
5. Statitics

5.1 Personal progress



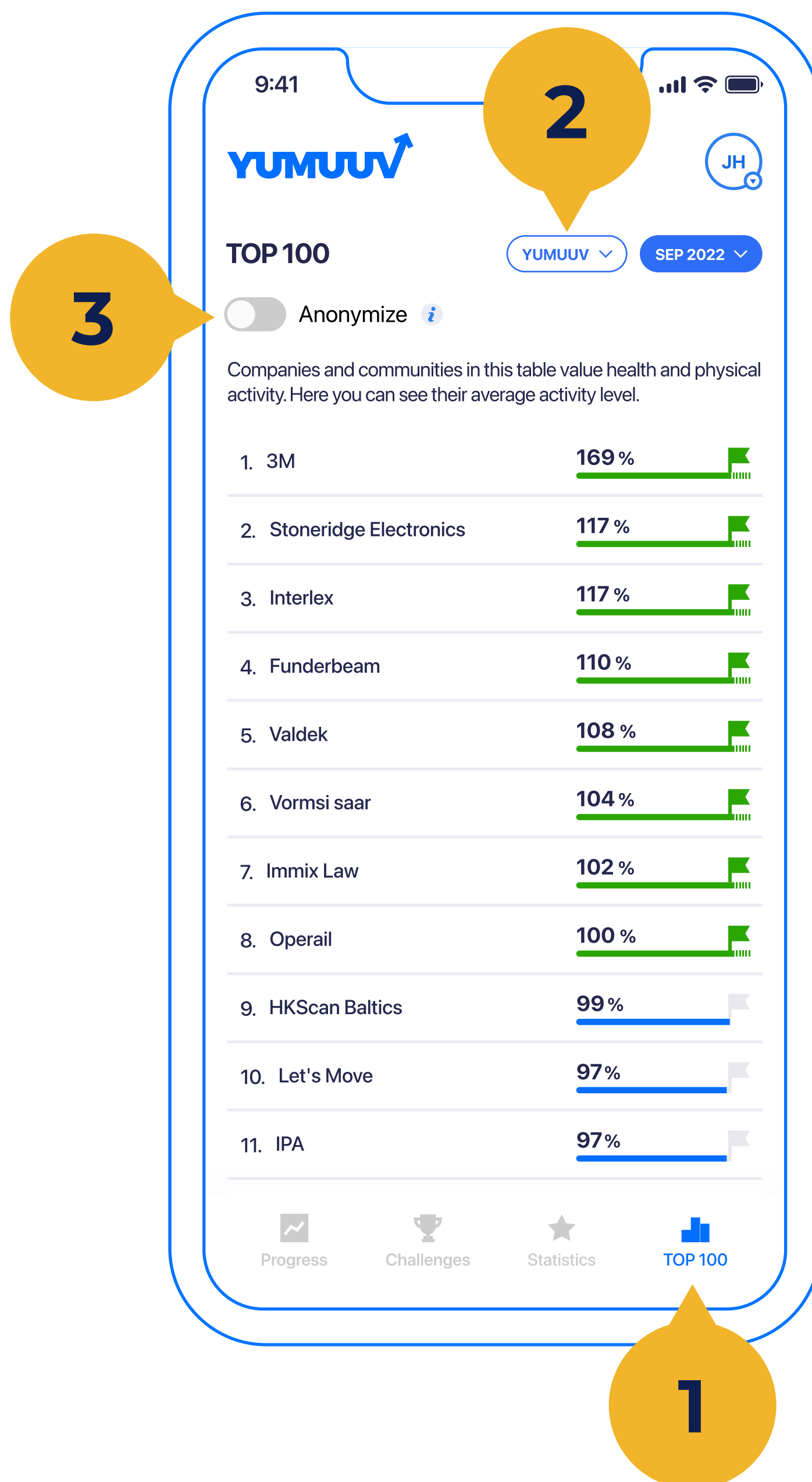
On the **Personal progress** (1) screen, you will see the progress of different activity types through your current month or week as well as the previous periods (2).

5.2 Company statistics



In addition, we have created a **Statistics** (1) page where you can see some fun facts about general physical activity in your company

5.3 TOP 100 ranking



In the **TOP 100 list**, we have a monthly leaderboard based on the organization's average employee activity that is calculated using **YuMuuv Activity Index**.

If you want to change the company or community view click on the right top corner you will find a list (2) of companies you are participating in.

If you are admin and tap on Anonymize (3) you will hide your company name from the TOP 100 leaderboard.

6. Contact us

Feel free to contact us if you have any difficulties using the YuMuuv app.

info@yumuv.com

