StepSense
Registration Guide
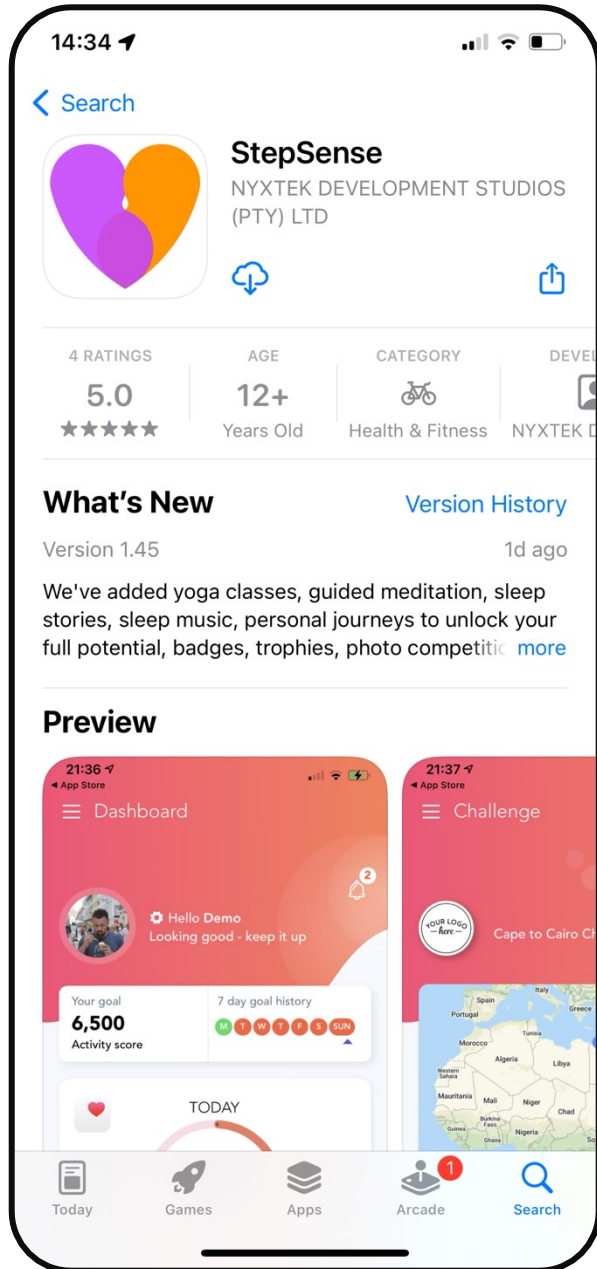
The impact is immediate and powerful.
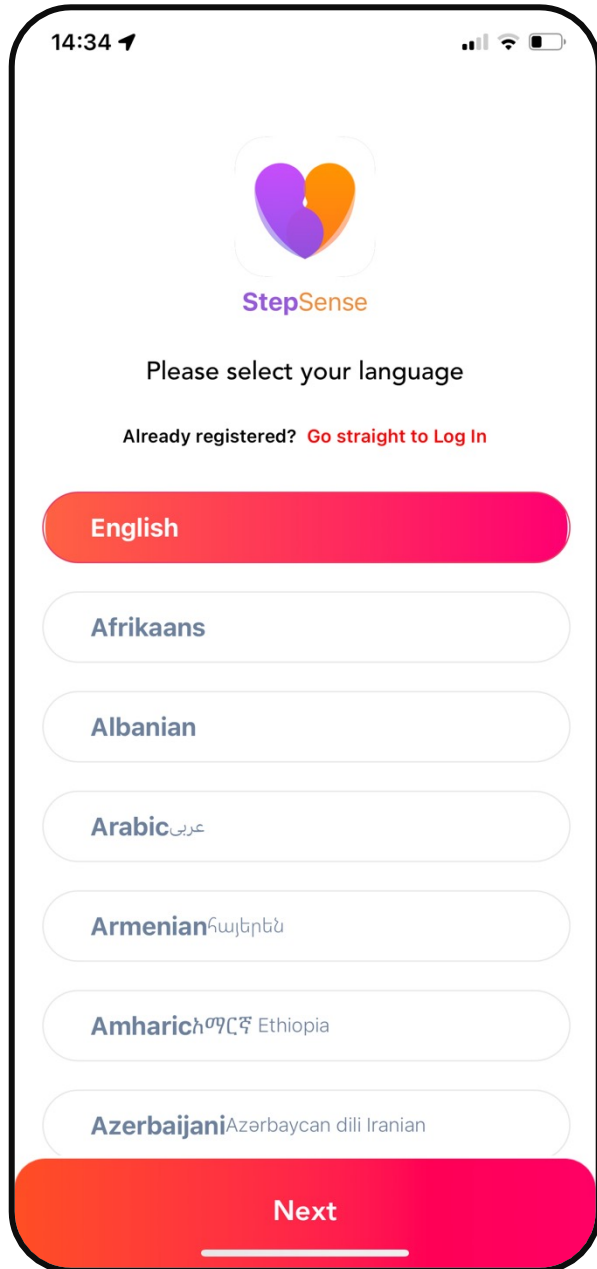
StepSense

Download StepSense

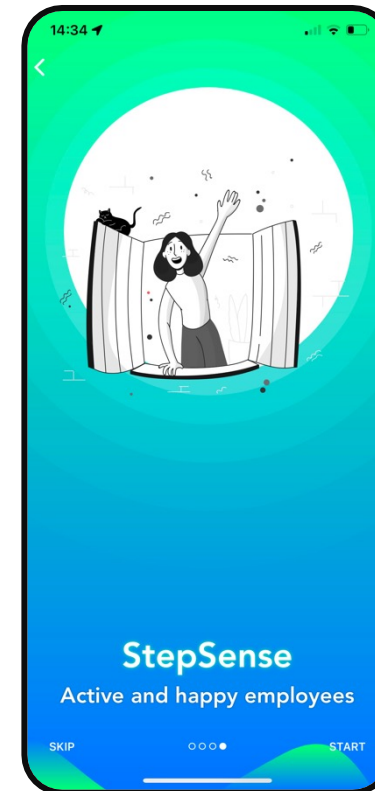Search for StepSense in the App Store, Google Play Store or Huawei App Gallery and download the app.

Set Language

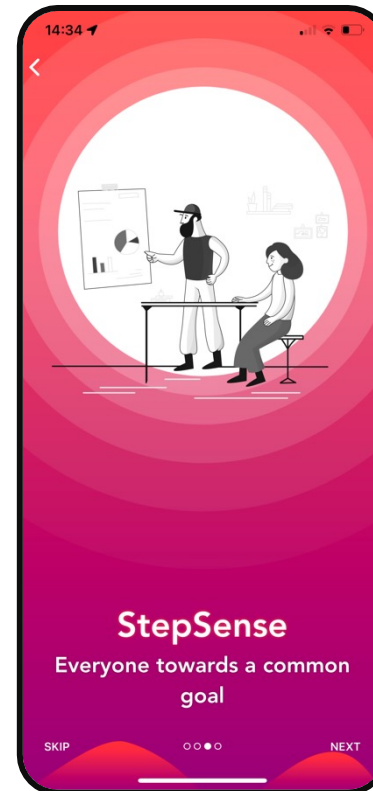Select your preferred language

14:34

StepSense

Please select your language

Already registered? **Go straight to Log In**

English

Afrikaans

Albanian

Arabic عربى

Armenianհայերեն

Amharicአማርኛ Ethiopia

AzerbaijaniAzərbaycan dili Iranian

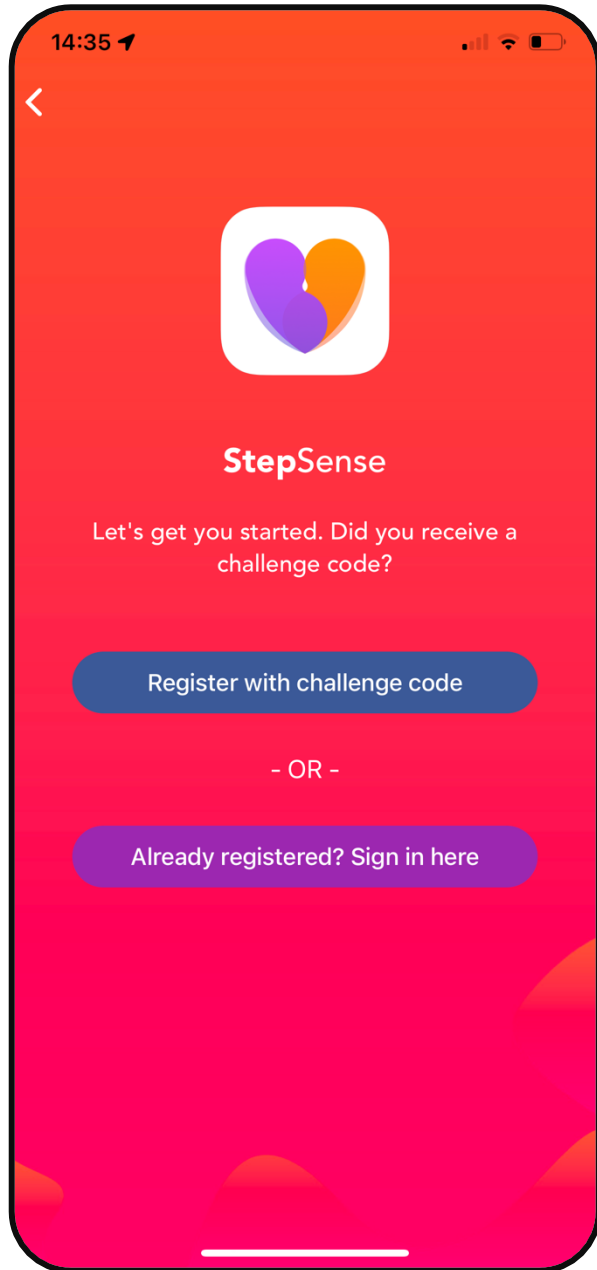Next

Onboarding

The next 4 screens will just provide a quick overview of the app – you can simply click "Next".
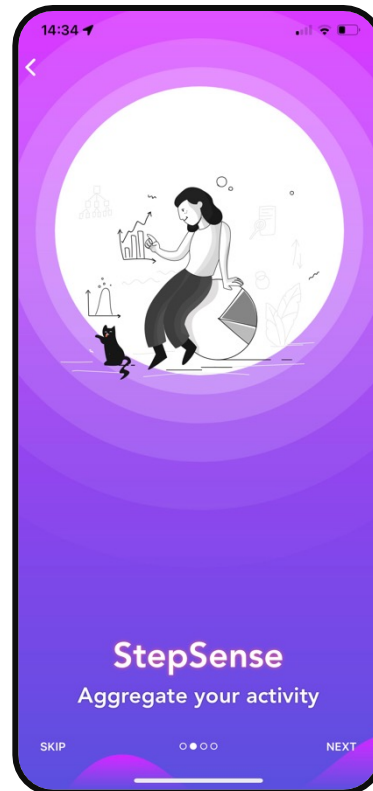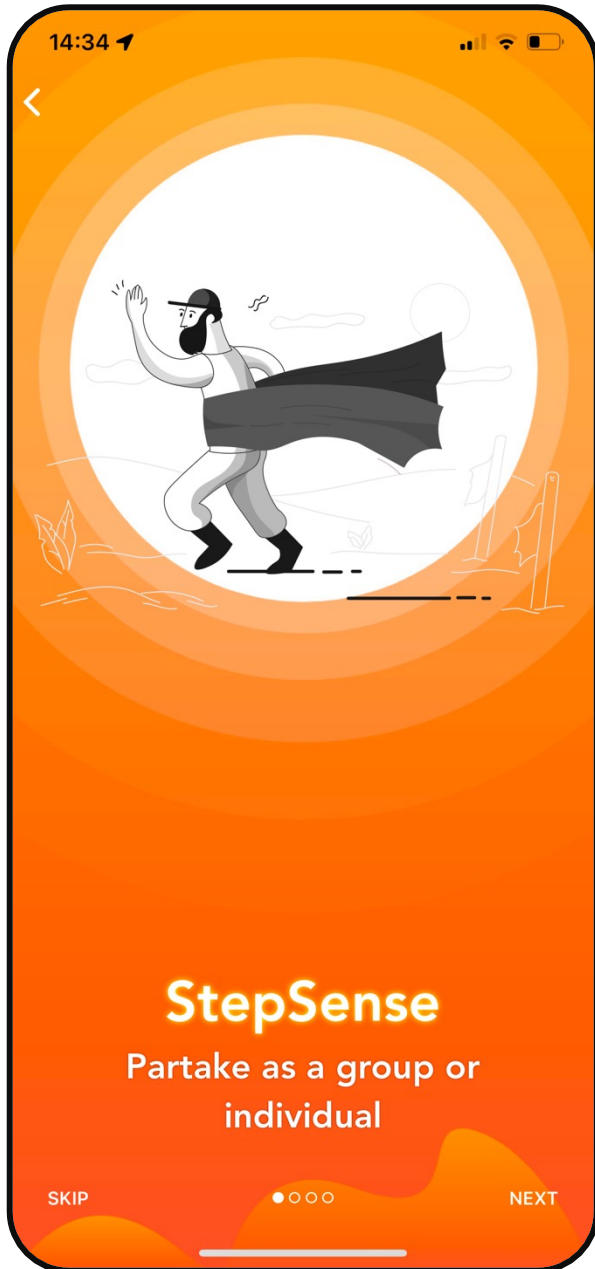
Join the challenge with your code

Select "Register with challenge code"

14:35

StepSense

Let's get you started. Did you receive a challenge code?

Register with challenge code

- OR -

Already registered? Sign in here

Join the challenge with your code

Enter your provided challenge code

14:35

Step 1/5

Enter the challenge code you were provided with in the welcome email message.

enter challenge code here

UBSTEPS24

Next

Enter your name and year of birth

Provide your first name, last name and year of birth.

*year of birth is an optional field

Select your metric system and gender

Height and weight are optional fields and you do not need to provide this information. If you do, your calories burned will be calculated more accurately. Your height and weight is not shared with anyone in the challenge.

*gender, height and weight are all optional fields and are utilized to more accurately calculate calories burned

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20:38

StepSense

Step 3/5

Height, weight and gender

Select your metric system

| Metric | Imperial |

cm, meters, km and kg

Your gender

| Male | Female | Other |

Height (cm)
175

Weight (kg)
85

We only use your year of birth, height and weight to accurately calculate calorie consumption. This information is not shared with anyone else and is kept confidential at all times.

Next
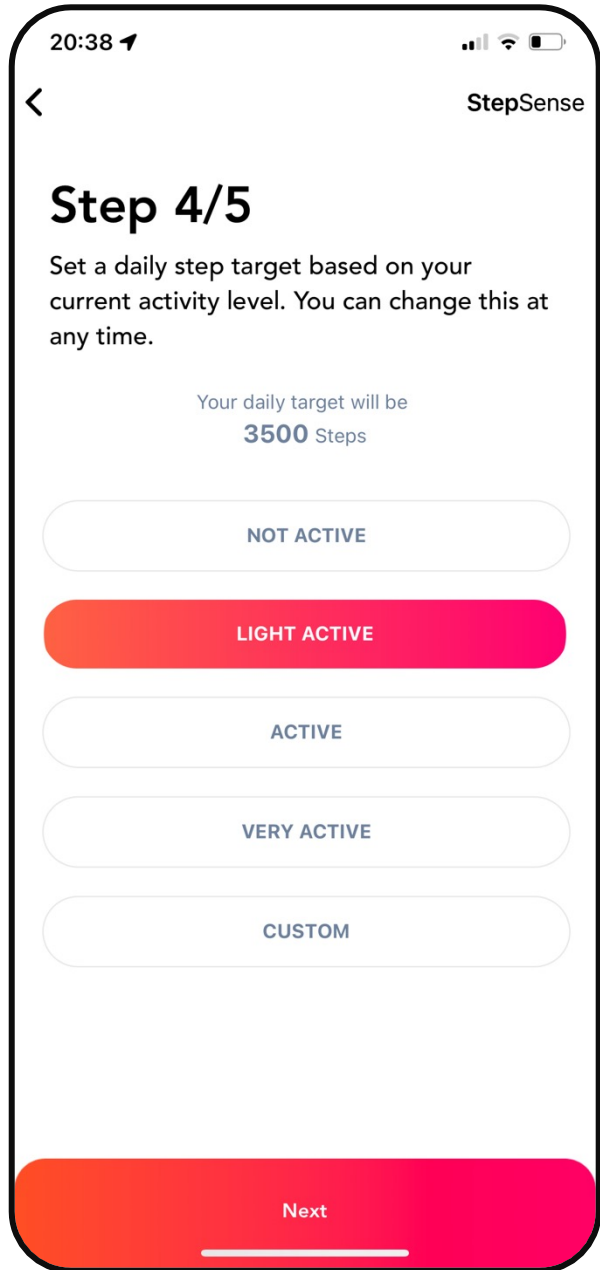
Select your daily step goal

Choose an achievable daily step goal to get started.

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StepSense

Step 4/5

Set a daily step target based on your current activity level. You can change this at any time.

Your daily target will be
3500 Steps

NOT ACTIVE

LIGHT ACTIVE

ACTIVE

VERY ACTIVE

CUSTOM

Next
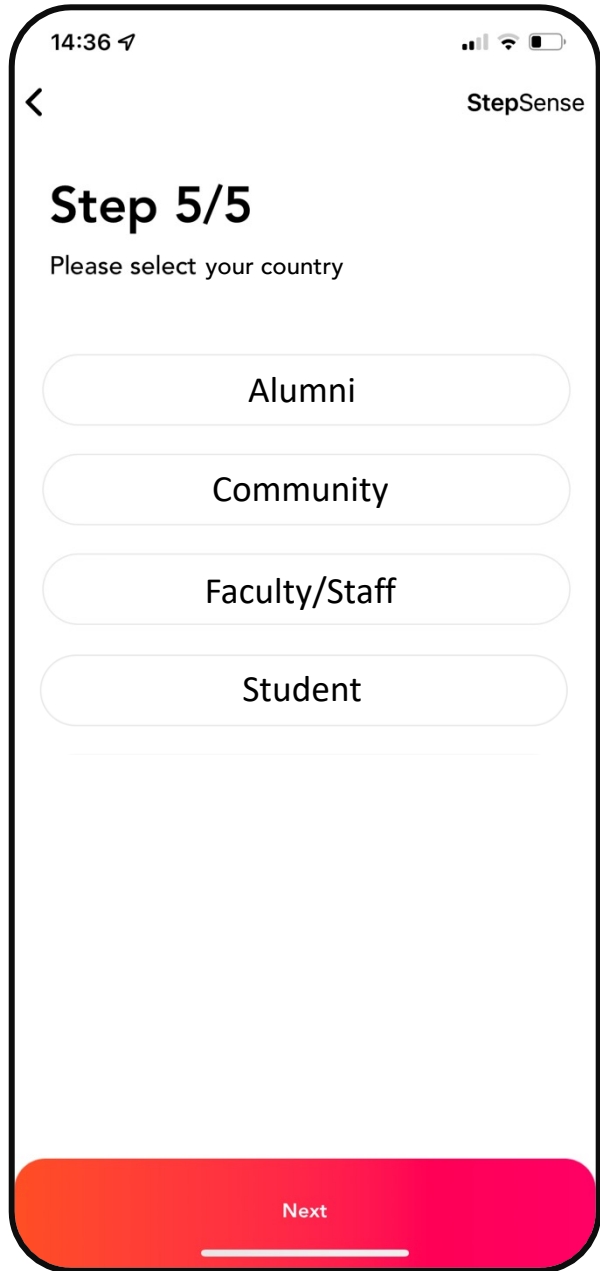
Select the correct option for you

- Alumni
- Community
- Faculty/Staff
- Student
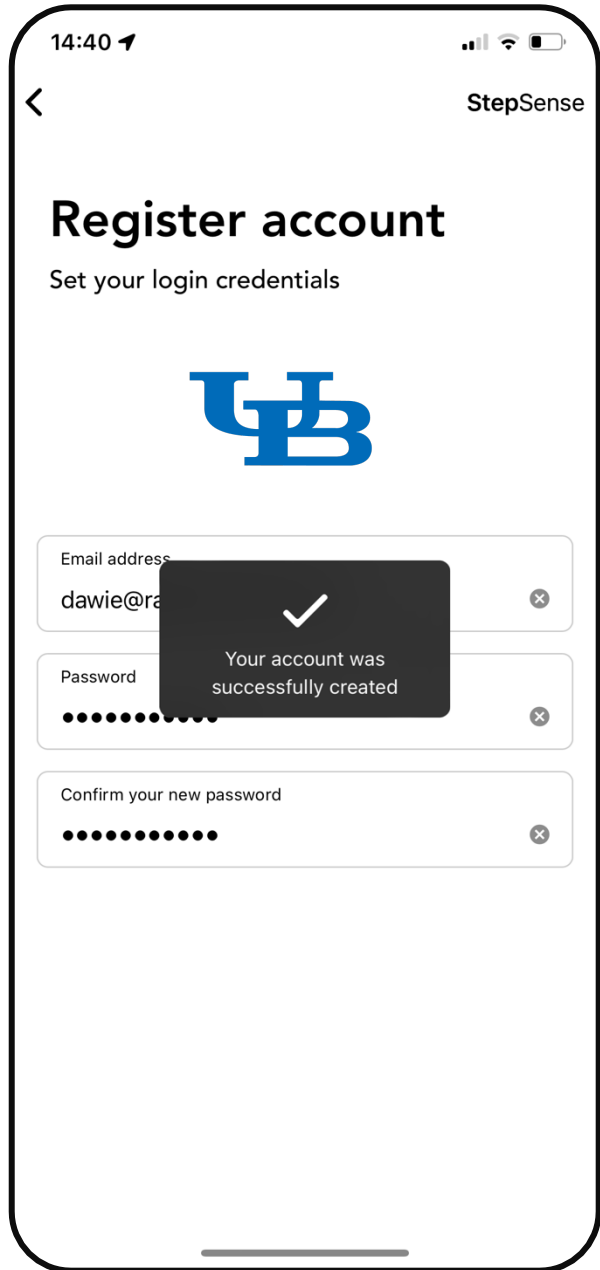
Create your account

Create your account by providing an email address and secure password.
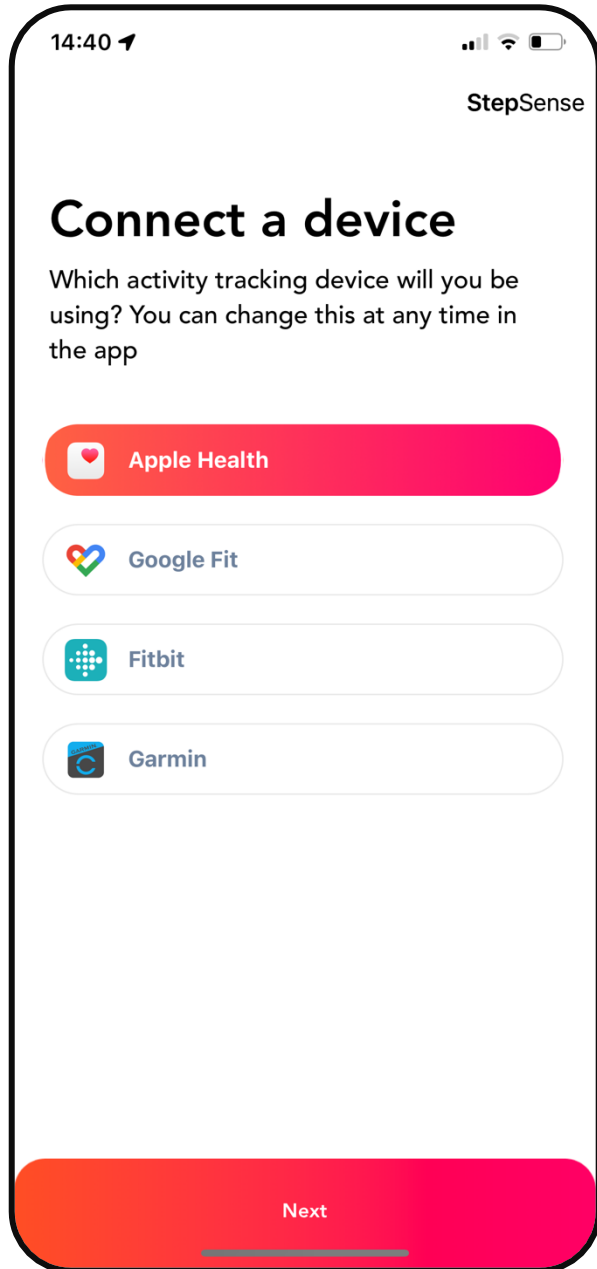
Set up your activity tracker or device

Select your activity tracker from the list.

Page down for assistance on the best option for you.

Get in touch with our support desk for further troubleshooting queries.

Support desk: support@mystepandgo.com

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StepSense

Connect a device

Which activity tracking device will you be using? You can change this at any time in the app

- Apple Health
- Google Fit
- Fitbit
- Garmin

Next

Connect a device

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Next
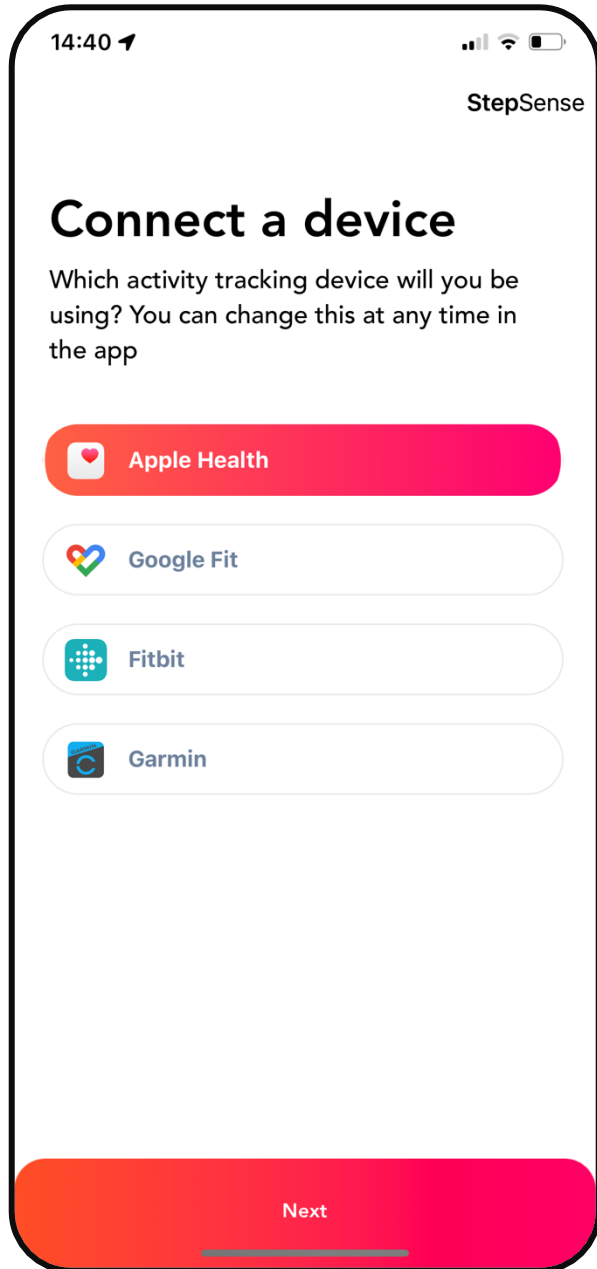
Any phone + Fitbit

- **Select Fitbit (ensure you have the Fitbit app downloaded and set up on your phone)**

Any phone + Garmin

- **Select Garmin (ensure you have the Garmin app downloaded and set up on your phone)**

Huawei phone

- **Select Huawei Health**
- **Huawei Health will only be visible as an option to select if your StepSense app was downloaded from the Huawei App Gallery**
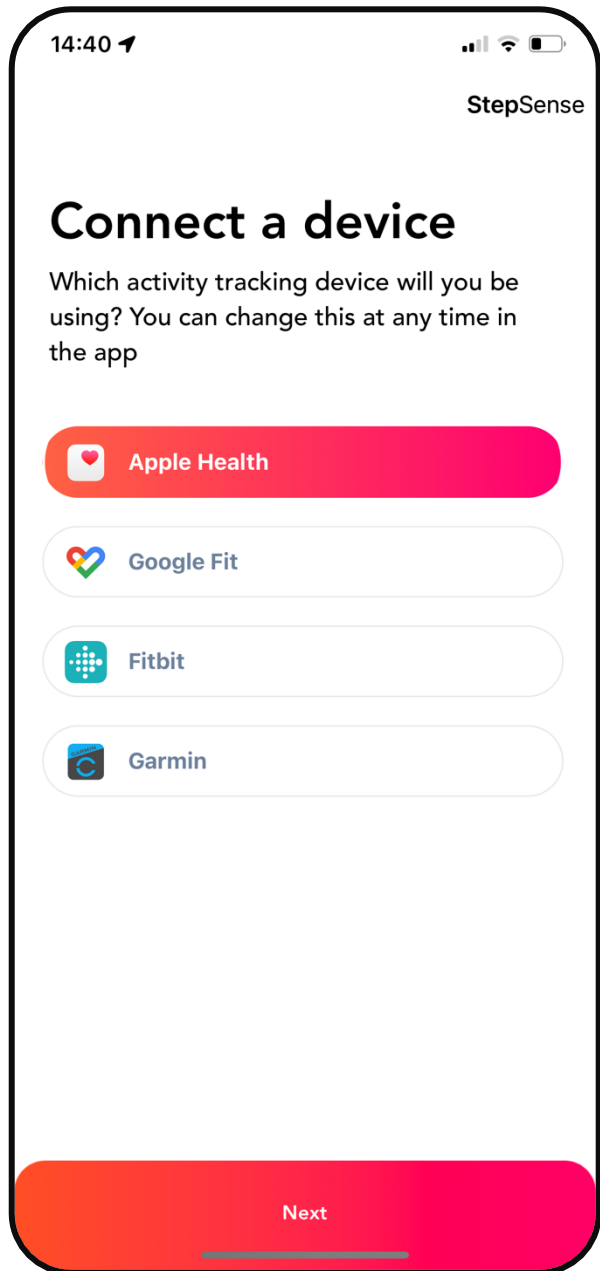
Huawei phone + Huawei watch

- **Select Huawei Health**
- **Huawei Health will only be visible as an option to select if your StepSense app was downloaded from the Huawei App Gallery**

Huawei phone + any fitness watch

- **Select Huawei Health. The brand of your fitness watch will have it's own app where it records the data collected by your device – ensure that this app is installed on your phone. This data needs to be directed to Huawei Health which will, in turn, send it on to StepSense. This can generally be managed in your watch's app settings, or by making use of a 3rd party application called Health Sync.**
- **For further assistance, reach out to our support team: support@mystepandgo.com**

Connect a device

Which activity tracking device will you be using? You can change this at any time in the app

StepSense

- Apple Health
- Google Fit
- Fitbit
- Garmin

Next

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iPhone
- **Select Apple Health**

iPhone + Apple Watch
- **Select Apple Health**

Android phone
- **Select Google Fit (ensure you have Google Fit downloaded and set up on your phone)**

Android phone + any fitness watch (except Huawei)
- **Select Google Fit (ensure you have Google Fit downloaded and set up on your phone). The brand of your fitness watch will have it's own app where it records the data collected by your device – ensure that this app is installed on your phone. This data needs to be directed to Google Fit which will, in turn, send it on to StepSense. This can generally be managed in your watch's app settings, or by making use of a 3rd party application called Health Sync.**
- **For further assistance, reach out to our support team: support@mystepandgo.com**

Android phone + Huawei watch
- **Select Google Fit (ensure you have Google Fit downloaded and set up on your phone)**
- **Reach out to our support team: support@mystepandgo.com for further instructions**

Samsung phone
- **Select Google Fit (ensure you have Google Fit downloaded and set up on your phone)**
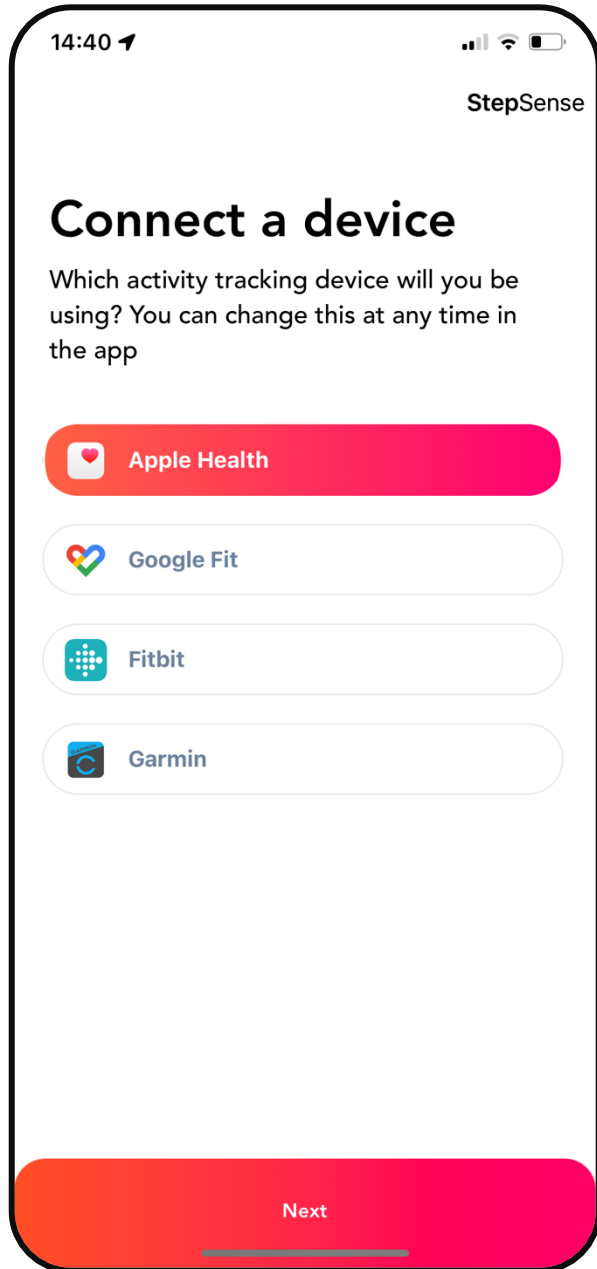
Samsung phone + Samsung watch

- **Select Google Fit**
- **Ensure you have the following apps downloaded and setup on your Samsung phone:**

Samsung Health, Google Fit, Health Connect

Step 1 of 3: Setting up Health Connect

1. **Open Health Connect**
2. **Tap ' Get Started'**
3. **Select 'App Permissions'**
4. **Select 'Samsung Health'**
5. **Turn on 'Allow All'**

Step 2 of 3: Connecting Google Fit

1. **The first time Google Fit is opened after installing Health Connect, you will see a 'Sync with Health Connect' banner**
2. **Tap 'Get Started'**
3. **Select 'Set Up' from the Sync with Health Connect page**
4. **Grant Google Fit access to all Health Connect data**
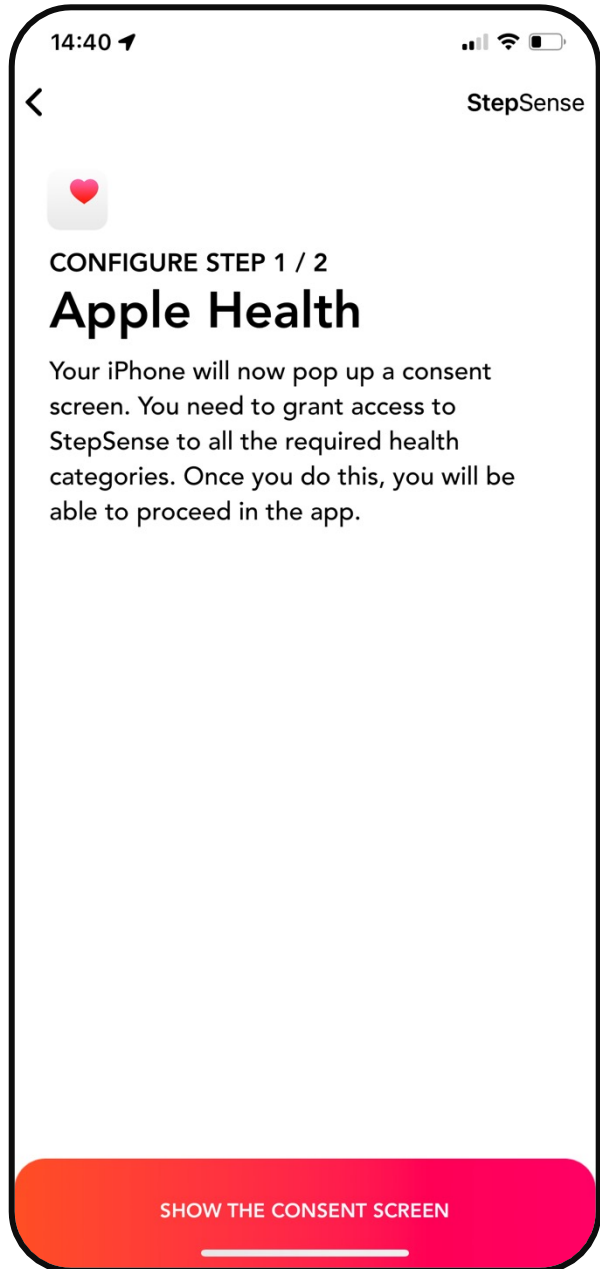5. **Tap 'Done' to proceed**
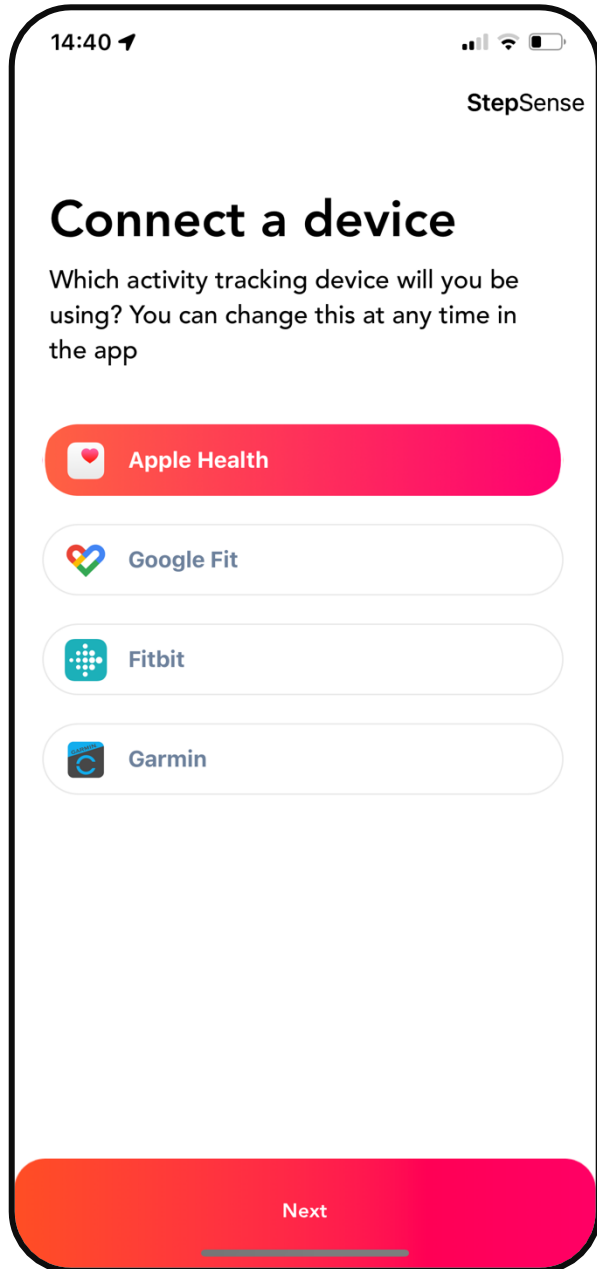
After it's connected, Google Fit reads data shared with Health Connect over the last 30 days to pull existing data saved by other services. You can confirm Google Fit is syncing data with Health Connect by following the below steps:

- **Open the Google Fit app on your phone.**
- **Tap the Profile button from the bottom navigation bar.**
- **Tap the Settings button at the top.**
- **Ensure the Sync Fit with Health Connect option is turned on**

Step 3 of 3: Connecting Samsung Health

1. **Open the Samsung Health app.**
2. **Tap the three-dot main menu icon in the upper-right corner.**
3. **Select 'Settings'**
4. **Tap 'Health Connect'**
5. **Open Health Connect and tap 'Get Started'**
6. **Tap 'App Permissions'**
7. **Select 'Samsung Health'**
8. **Tap 'Allow all'**
9. **Tap 'Allow' to complete the process.**

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StepSense

CONFIGURE STEP 1 / 2

Apple Health

Your iPhone will now pop up a consent screen. You need to grant access to StepSense to all the required health categories. Once you do this, you will be able to proceed in the app.

SHOW THE CONSENT SCREEN

Consent overview

You will be guided through a consent screen with additional details on how your step data will be used.

StepSense
Registration Guide

The impact is immediate and powerful.

StepSense