

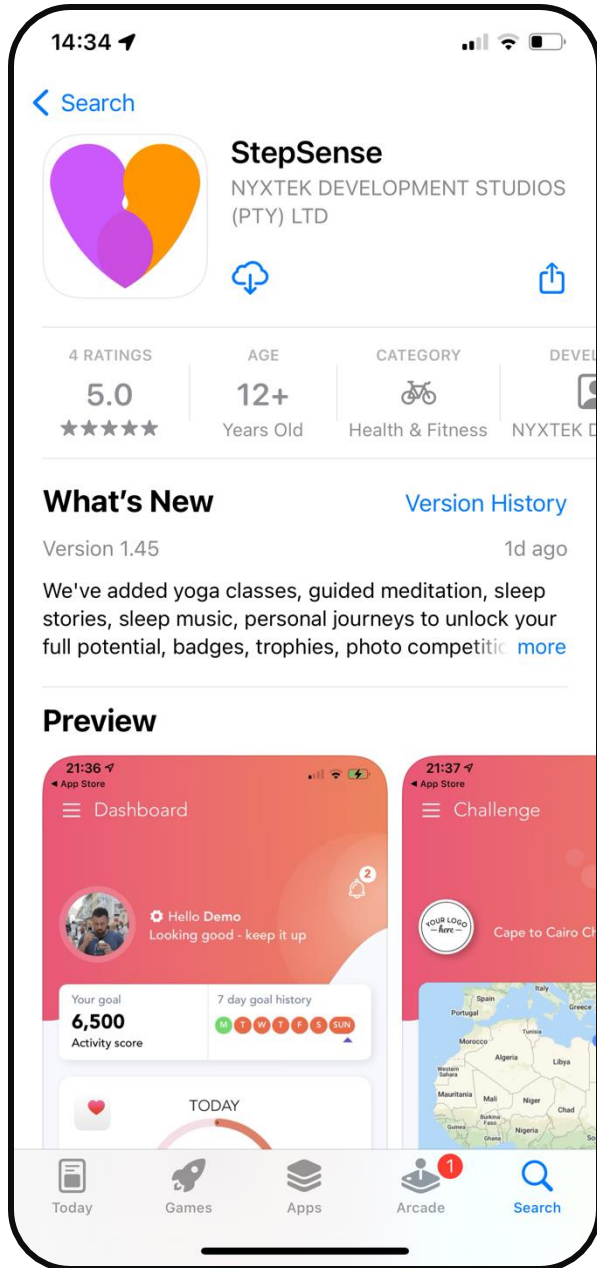
StepSense Registration Guide

The impact is immediate and powerful.



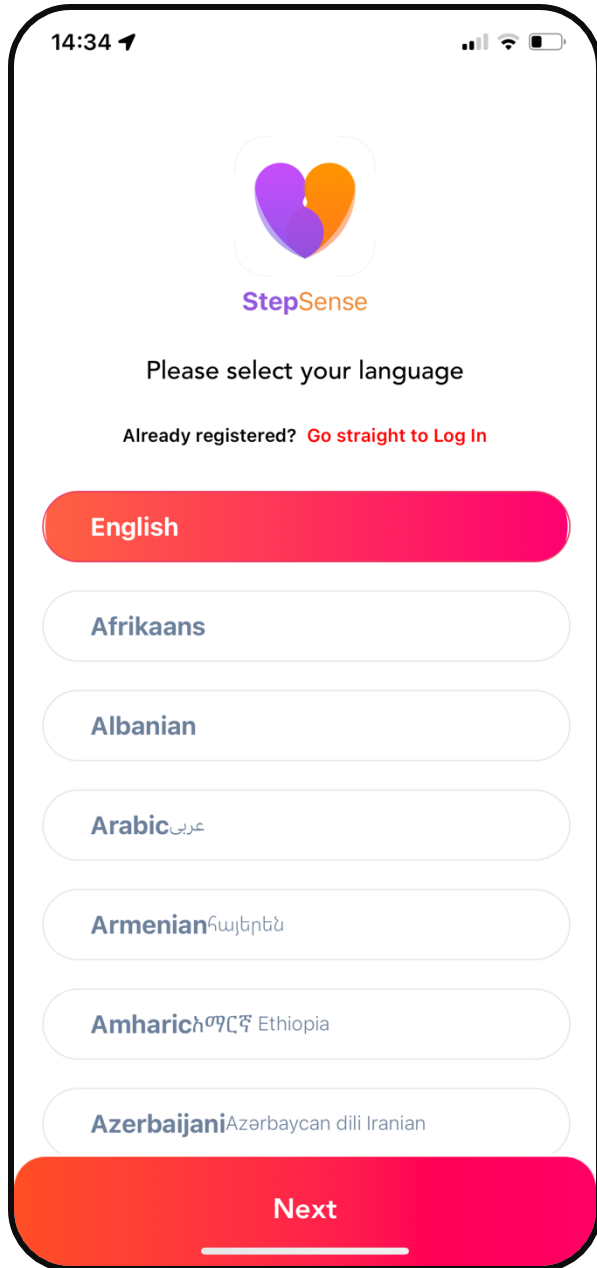
Download StepSense

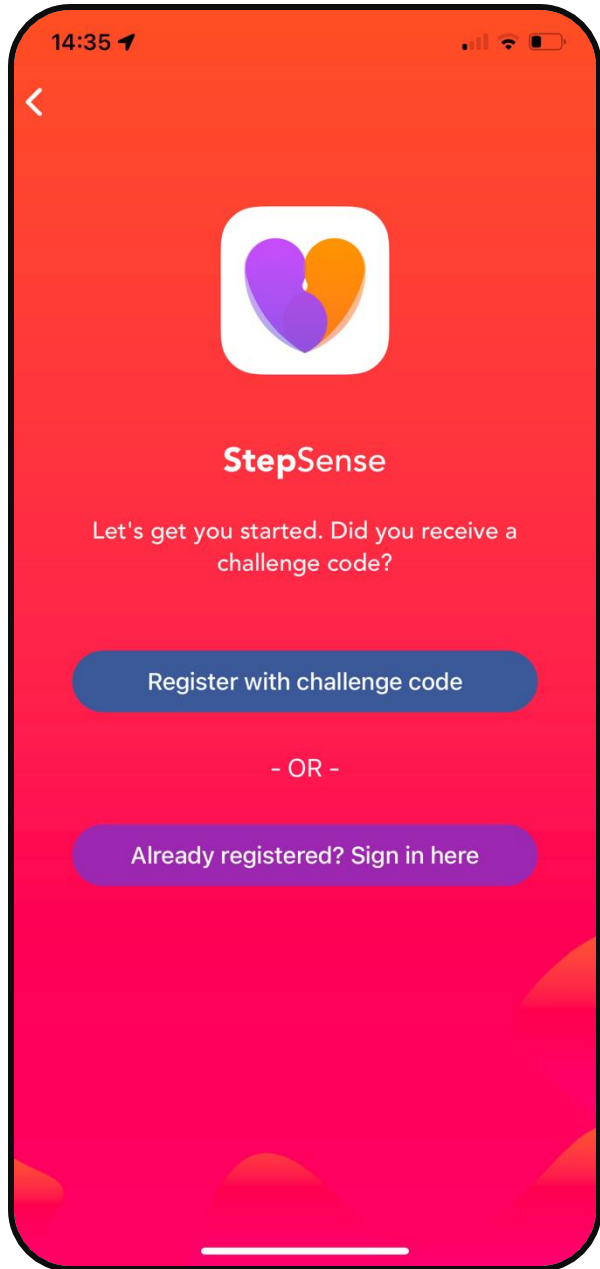
Search for StepSense in the App Store, Google Play Store or Huawei App Gallery and download the app.



Set Language

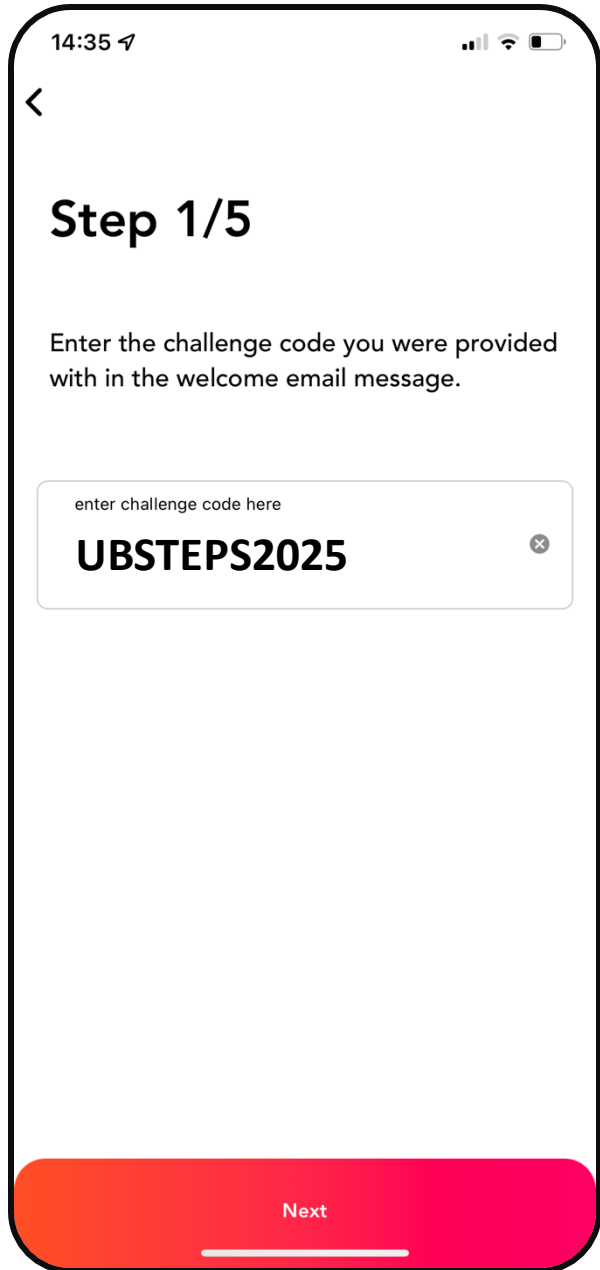
Select your preferred language





Join the challenge with your code

Select "Register with challenge code"

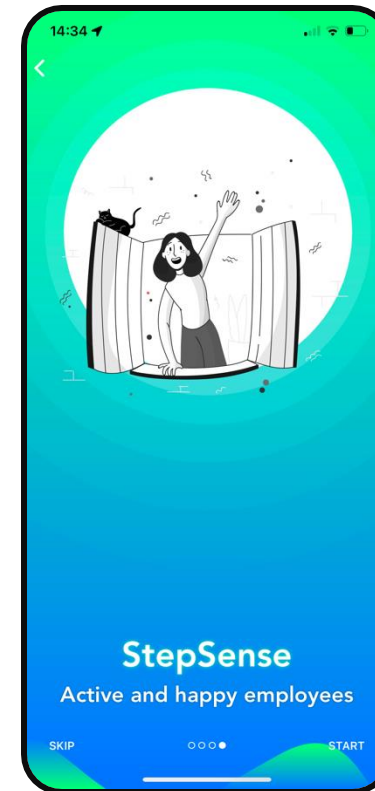
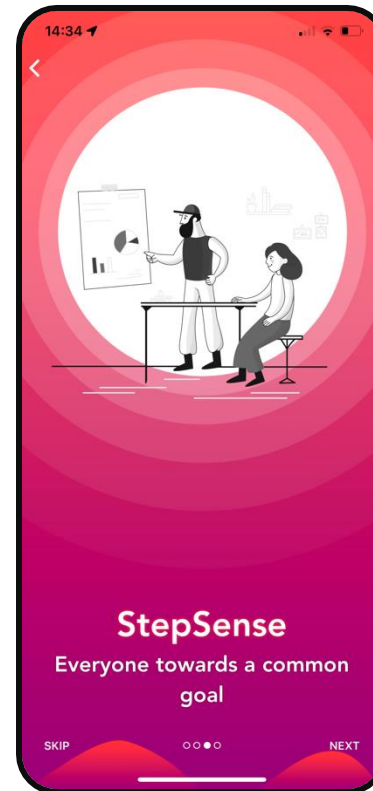
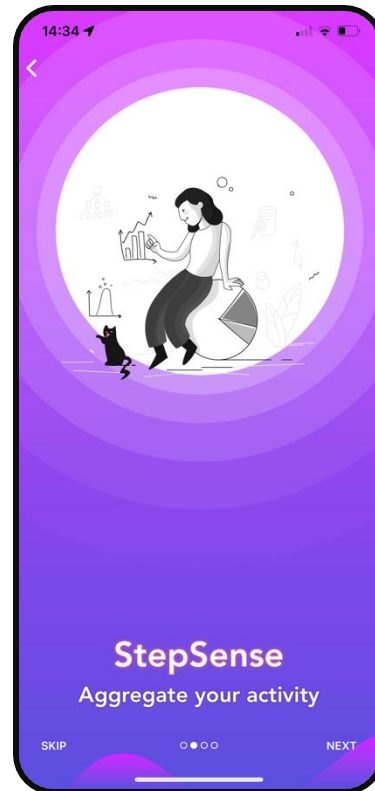
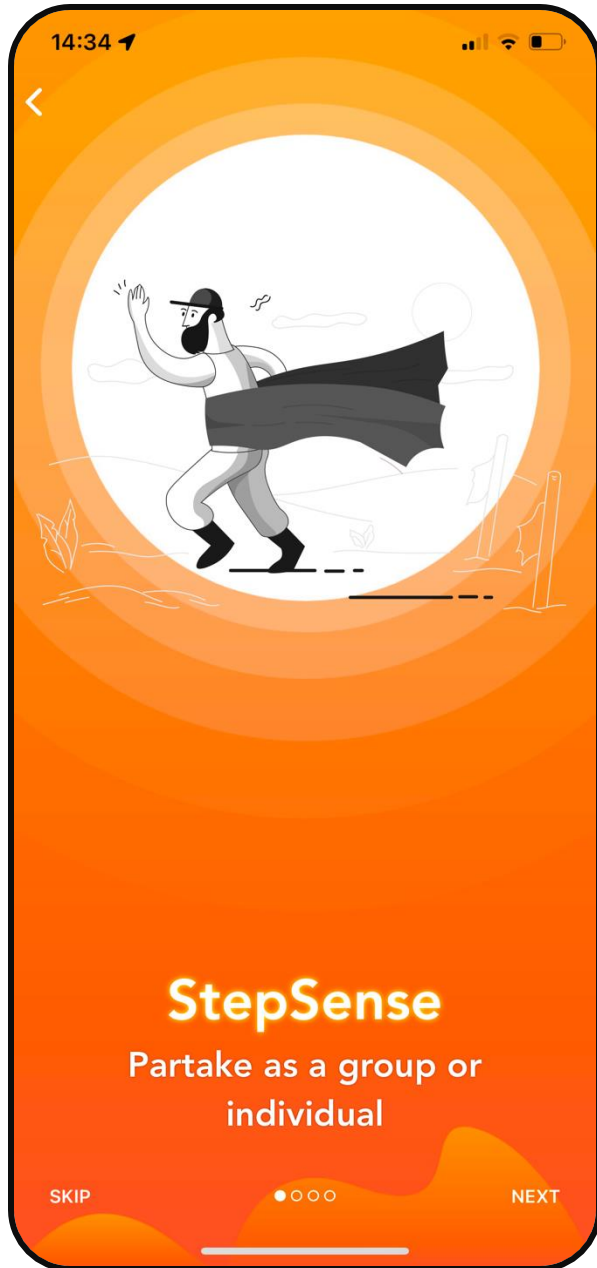


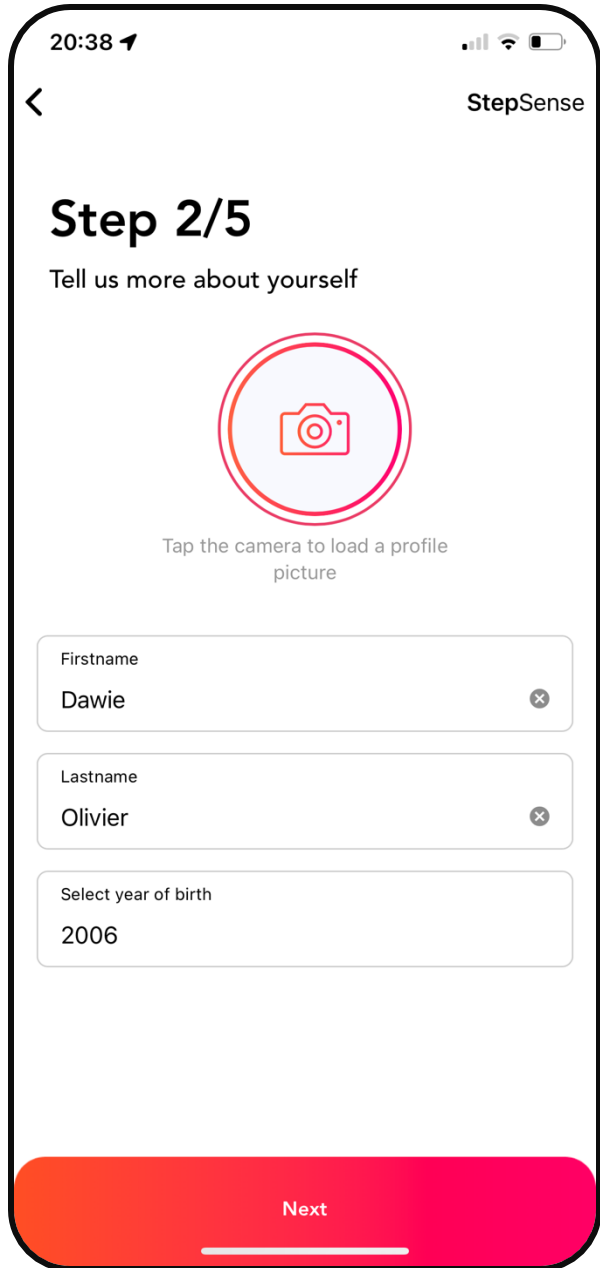
Join the challenge with your code

Enter your provided challenge code

Onboarding

The next 4 screens will just provide a quick overview of the app – you can simply click “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

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

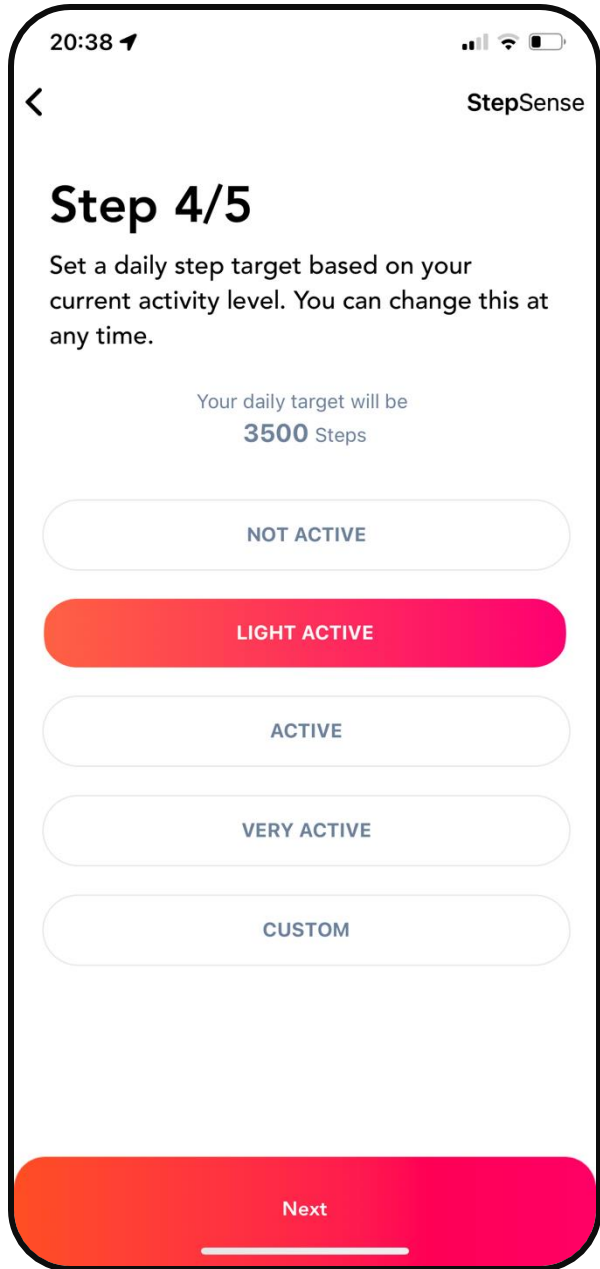
We only use your year of birth, height and weight to accurately calculate calorie consumption. This information is not shared with anyone else and is kept confidential at all times.

Next

Select your 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*



Select your daily step goal

Choose an achievable daily step goal to get started.

Select an option

14:36

StepSense

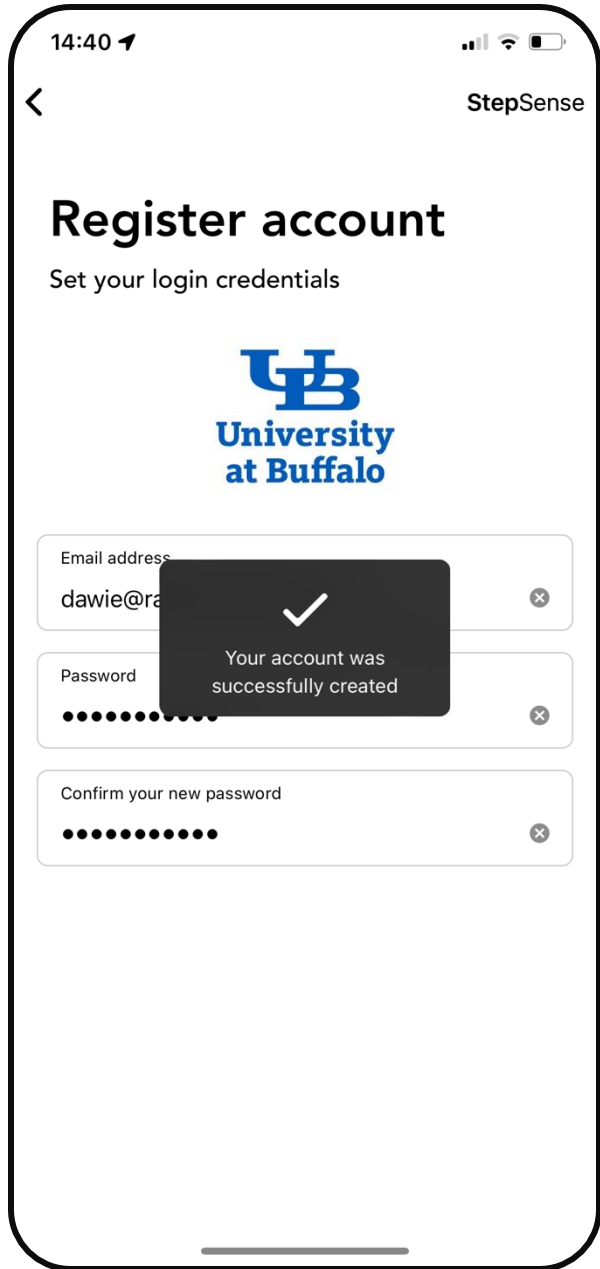
Step 5/5

Please select an option

- UB Alumni
- UB Faculty/Staff
- UB Students
- Community

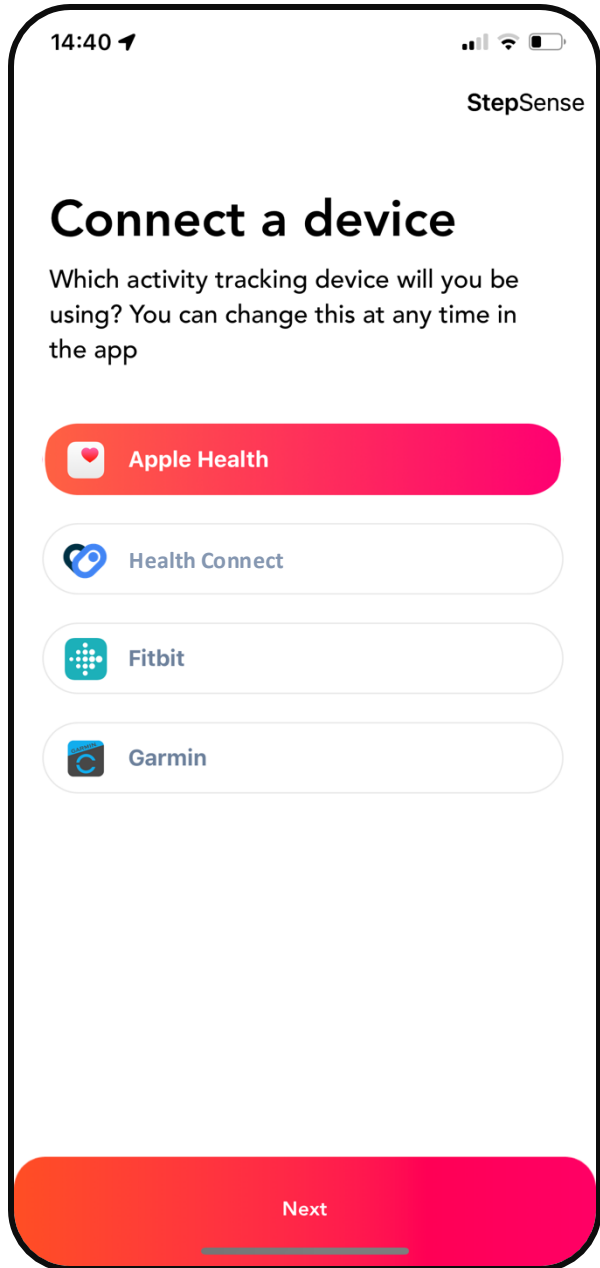
Next

The image shows a mobile application interface for 'StepSense'. At the top, the time is 14:36 and the app name 'StepSense' is visible. The screen is titled 'Step 5/5' and prompts the user to 'Please select an option'. There are four selectable options: 'UB Alumni', 'UB Faculty/Staff', 'UB Students', and 'Community'. A red 'Next' button is located at the bottom of the screen.



Create your account

Create your account by providing an email address and secure password.



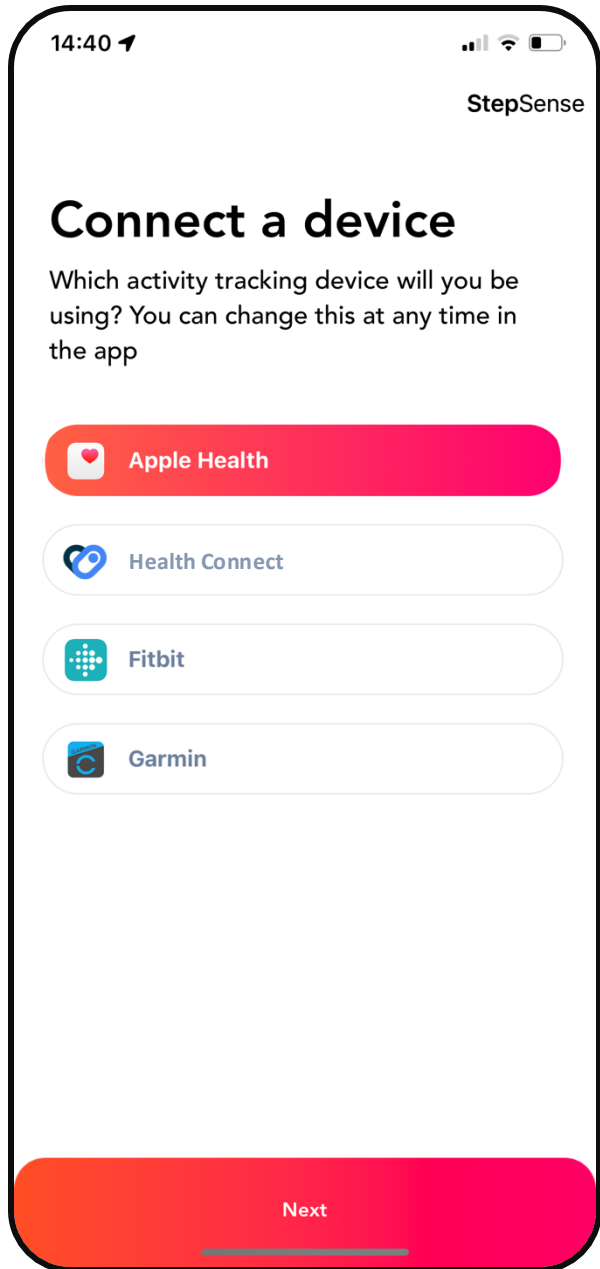
Set up your activity tracker or device

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



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

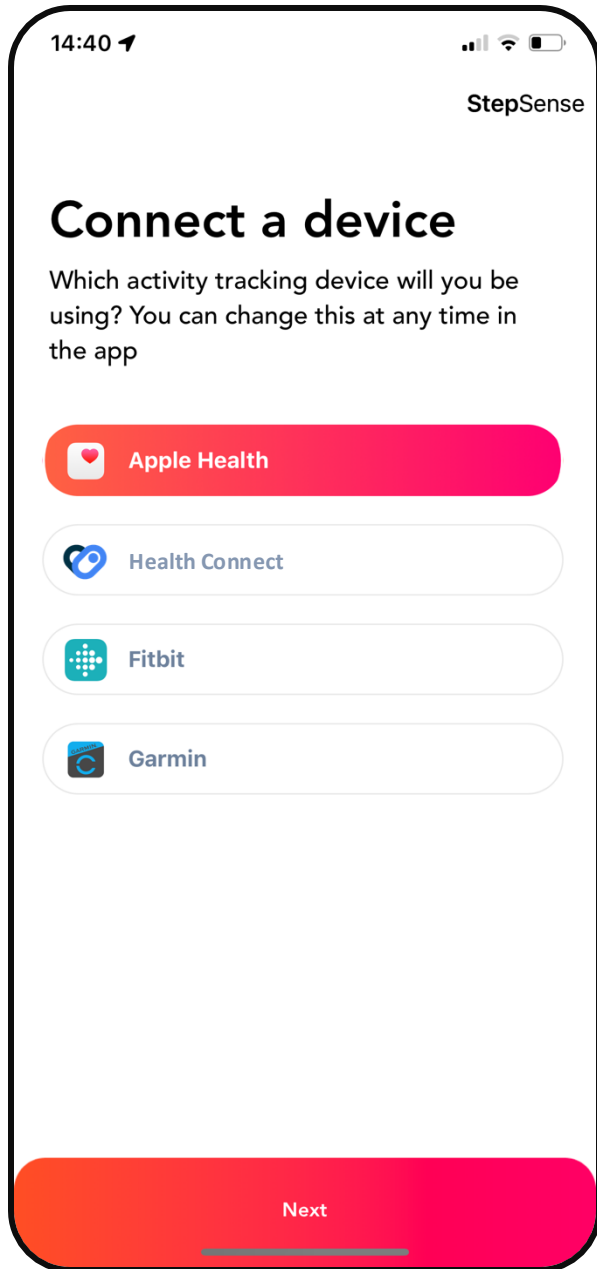
- **Select Huawei Health**
- **Huawei Health will only be visible as an option to select if your StepSense app was downloaded from the Huawei App Gallery**

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**



iPhone

- **Select Apple Health**

iPhone + Apple Watch

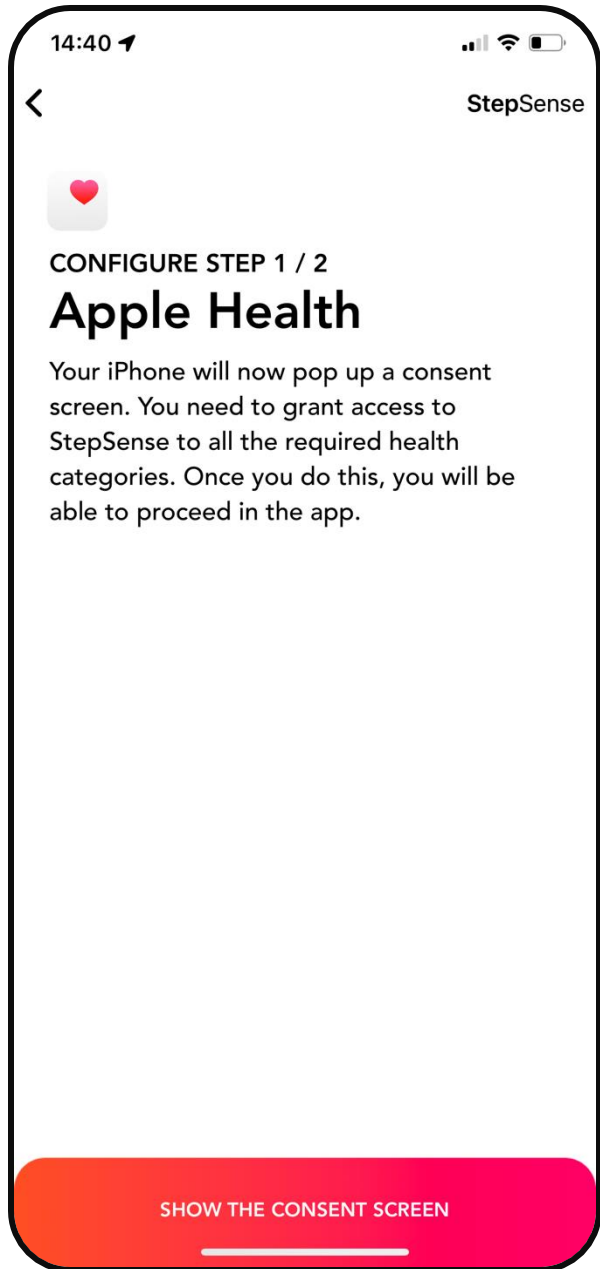
- **Select Apple Health**

Android phone

- **Select Health Connect (ensure you have Health Connect downloaded and set up on your phone) and ensure that you have linked Google Fit, Samsung Health, etc. to sync data with Health Connect**

Android phone + any fitness watch (except Huawei)

- **Select Health Connect (ensure you have Health Connect downloaded and set up on your phone). The brand of your fitness watch will have its 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 Health Connect which will, in turn, send it on to StepSense. This can generally be managed in your watch's app settings, or directly in Health Connect.**
- **For further assistance, reach out to our support team: support@mystepandgo.com**



Consent overview

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

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