

# Wellness

#### Dashboard | The Community Admin Guidebook



# Overview

Last updated: August 11, 2023, Version 39

This guide will take you through the steps on how to use the Community Admin dashboard. The platform is designed to help you conveniently keep track of your population activities and improve overall population wellness.

Some key features of the platform are to:

- Track overall population wellness and engagement levels
- View distribution charts of population activities and challenge progress
- Create health challenges and invite participants
- Manage users and segment them into group

\*Please note: Set the screen resolution of the browser to 100% (fit to screen) for the best viewing experience & to avoid any screen distortion.

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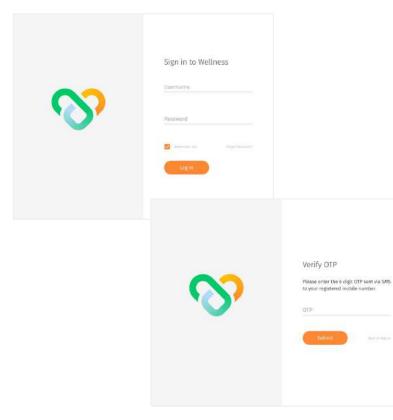
# **Get Started**

l Login

Setting Your Password



# Login



# Navigate to the dashboard at wellness-ccwc-dev.connectedlife.io

Sussessing the sent to login. A temporary password will be sent to your email address upon account creation.

← Once you click on Login button, you will be redirected back to the dashboard, where you need to enter the OTP sent to your registered phone number > click Submit button to complete login.

#### Setting Your Password

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Personal Profile

Account Information

Basic Information

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Logout

\*Your new password must contain a number, symbol, upper cases and lower case letters. To change your password, go to Personal
 Profile > Reset Password.

↑ You are required to change your password to ensure that the system remains secure.

# **Community & Sub Community**

- About Communities & Sub Communities
- Adding Sub Community
- Editing Sub Community
- Assigning Sub Community Administrators
- Assigning Users to Community
- Assigning Users & Sub Community Administrators to Sub Community

#### About Community & Sub Community

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Community

Sub Community

← Upon logging in, you will see the "Communities overview page".

↑ > From here, you will be able to view communities and sub communities assigned to your care. You can manage each list by adding, editing or deleting.

#### NOTE

Community/sub community view and actions may be different depending on your accessibility.

NOTE: Community/sub community view and actions may be different depending on your accessibility.

## Adding Sub Community

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← You may add a new Sub Community (Multiple) on this page.

Add New Sub Community. Enter your sub community relevant name and address > Assign your new sub community to an existing and relevant community > You may add more than one sub community by clicking on the "+Add New button" > Click on "Add Sub Community" to complete the process

### Editing Sub Community

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 $\leftarrow$  You may edit your Sub Community name and address by clicking on Edit button  $\mathscr{O}\,$  .

### Assigning Sub Community Administrators

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← To assign sub community admins, click on the ④ icon. Assign the relevant admin by selecting through the list of admins or search the admin through the search box.

## Assigning Users to Community

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ty Administrators

← Upon entering your individual community page, you will have an overview of that community's user.

↑ You may toggle the list view between "Users" or "Community Admins" by clicking on the dropdown menu located beside your community name.

K You may assign either "User" based on the list view you are on.

← You can only view community admins and cannot make assign/edit them.

## Assigning Users to Community (cont.)

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	TA	Tan Ah Bee				
		Bertie Larson				
	IE	Jacob Edwards				

← Upon selecting "+Assign Users", you will be able to assign user to the community.

← You may assign user for your community by selecting through the list of users or search the user through the search box.

### Assigning Users and Sub Community Admins to Sub Community

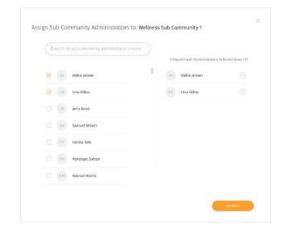
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	Kim Sang Community Gentre		100 Hashters Rd, Singapare 168045	Q. 1	π

← On click of the individual community/ subcommunity, You will be able to view the users/admins under it, edit their details or assign them.

Please note that you can only reassign subcommunity admins.

### Assigning Users and Sub Community Admins to Sub Community (cont.)

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← The Sub Community Page will show a list of Users and Sub Community Admins under that individual sub community depending on your list view.

↑ Assigning Users and Sub Community Admins follows the same flow as assigning users for <u>community.</u>

# Users

- About Users
- Users List Summary
- I Invite New Users
- Onboard and Assign User
- Editing User
- Deleting User
- Sending Broadcast Message to User(s)

#### About Users

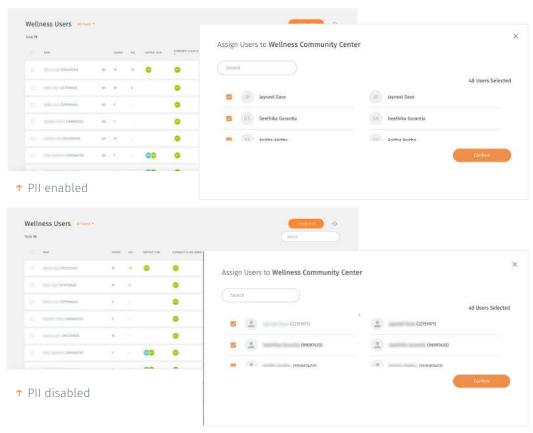
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← You may view your organization Wellness Users by navigating through the top navigation bar and selecting "Users".

 You may also filter through the different type of users, eg. "Assigned Users", "Unassigned Users" by clicking on the filter dropdown.

 You may manage each list by onboarding, editing, or deleting.

#### About My Users (cont.)



← Your wellness administrator may restrict your access to personal identifiable information (PII). Your admin may enable/disable your access at any points in time.

← Note that if your PII access is disabled, you will not be able to view your users' names (which will be fully blurred) or edit their information. You can refer to their User ID as required.

### Users List Summary

↓ This is an explanation summary of the different Users that can be viewed/filtered from the 'Users' dashboard.

Assigned Users	Unassigned Users	Pending Onboarding Users	Pending Activation List	Invited Users List
Users who have a support team assigned to them (either via self selection or admin)	Users who have been onboarded previously - but for some reason doesn't have a support team (e.g. User Requests a Change / Off Duty)	New Users who have completed mobile onboarding on mobile app & did not select support team	Users who have not completed mobile onboarding procedure (download app & complete profile)	Users who are invited by admins or support team members but have not registered. This list is the same across all dashboard roles.

### Inviting New Users

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▲ You may invite a User to start their program under your facility by clicking on the '+Invite a New User'.

← Depending on the organisation setup, invitation code may be turned **off** or turned **on**.

Invitation code turned ON: Invited users can have three states - '**Invited**', '**Cancelled**' (means invitation is cancelled by administrator), and '**Expired**' (means code expired).

Invitation code turned OFF: Invited users can have two states - '**Invited**' and **'Cancelled'** (means invitation is cancelled by administrator).

#### Inviting New Users o Invite users

Invite Us				8
Follow the :	steps to add a	new user.		
User's D	etails			
First Name				
Last Name				
Email				
An email will be	e sont to the user w	ith the registration instruction.		
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K To invite users manually, click "+Invite A New User".

← Fill up the User Name & Email/mobile number, and mode of invitation.

↑ Upon invitation, users will receive invitation with link to microsite, together with an invitation code if the platform owner has switched on invitation code settings. The organisation section will be prefilled to that of the inviting organisation.

#### Inviting New Users • Cancel invite

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← You can cancel an active invitation by clicking on the
 ≫ button. A pop up will show accordingly to confirm your cancellation.

Once an invitation is cancelled, the user will not be able to access the invitation link sent and/or use the invitation code provided to register on their mobile app.

The cancel button will be disabled once an invitation has been cancelled.

#### **Inviting New Users** $\circ$ Delete invite

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Cancel

← You can delete an invitation only if it has been
 cancelled. Click invitation. A prompt
 will appear to confirm your deletion.

#### Inviting New Users • Resend invite

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← Once an invitation has been cancelled, you can resend their invitation by clicking on the 🖂 button.

An invitation can also be resend even if it is still active. The previous invitation link and/or code will be auto-expired and a new one will be generated.

A pop up will appear to review/update the invitation details before resending.

To resend invitation in bulk, click on the checkbox to select multiple invitations 🖾 and click on the resend button after on the bottom of the list.

Please note that updating the invitee's details is only available in the single resend feature.

#### Onboard & Assign User

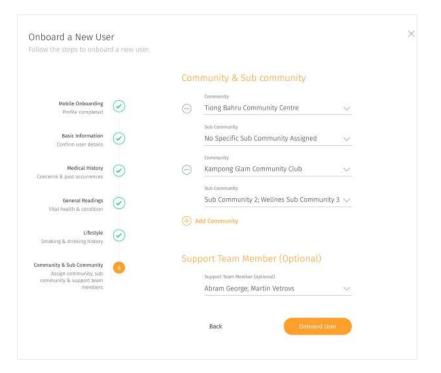
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← Click the "Onboard" button to start onboarding User.

> Fill or edit the relevant information up till. You may assign the user to communities and sub communities that you are in charge of.

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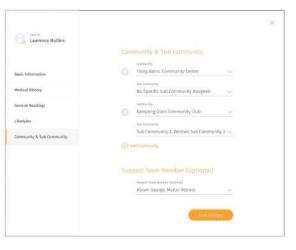
#### Onboard & Assign User (cont.)



← You may also assign the user to a Support Team Member (optional) for each of the Community they are in. If not, you may click on the "Onboard User" button to complete the onboarding process.

## **Editing User**

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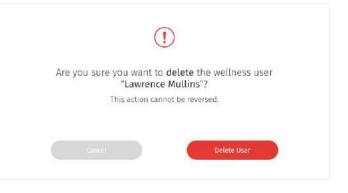


- $\checkmark$  Click the Edit button icon  ${\mathscr O}$  on the user you would like to edit.
- ← Edit the user's information accordingly.

↑ You may choose to reassign the user to another Community, Sub Community or Support Team. Otherwise, click next to finish editing the user's information.

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#### **Deleting User**

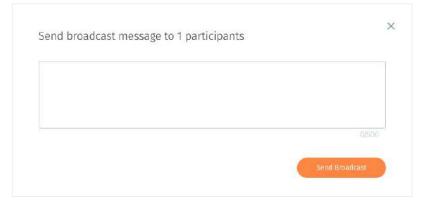


← You may choose to delete the Support Team Member information by clicking on the delete button icon

↑ Click Delete User to confirm delete.

#### Sending Broadcast Message to User(s)

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← Select the the users that you would like to broadcast your message to.

← You are able to send a broadcast message to your user(s) by click Broadcast button icon <

↑ Once you have type out the message you wish to send to the user(s), click send message to send it out to your user.

# **Community Administrators**

- About Community Administrators
- Adding Community Administrator

### About Community Administrators

#### Community Administrators

Sub Community Administrators

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You may access the Community
 Administrators page through the
 "Administrators" tab at the top navigation bar.

← The Community Administrators screen shows a list of community administrators under your organization which you can view each community administrator information.

← You can manage each list by adding new community administrators.

# Adding Community Administrator

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- To add a new Community Administrator, click the "Add A New Community Administrator" button.
- ← Step up an account for the community admin by filling in the username and uploading a profile picture (optional)
- Key in the basic information about the administrator.
- ↑ Assign new administrator to a community (only can be communities you are in charge of).

# **Sub Community Administrators**

- About Sub Community Administrators
- Adding Sub Community administrators
- Editing Sub Community administrators
- Deleting Sub Community Administrators

#### About Sub Community Administrators

Community Administrators

Sub Community Administrators

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You may access the Sub Community
 Administrators page through the
 "Administrators" tab at the top navigation bar.

← The Sub Community Administrators screen shows a list of sub community administrators under your organization which you can view each sub community administrator information.

← You can manage each list by adding new admins, editing or deleting.

## Adding Sub Community Administrator

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K To add a new Sub Community Administrator, click the "Add A New Sub Community Administrator" button.

← Step up an account for the sub community admin by filling in the username and uploading a profile picture (optional)

Key in the basic information about the administrator.

↑ Assign new administrator to a sub community (only can be from communities you are in charge of).

# Editing Sub Community Administrator

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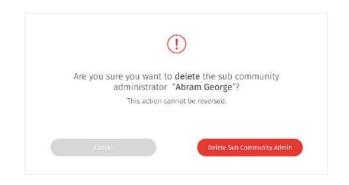
 You may choose to add or edit the department administrator information by clicking on the edit icon button

What can be added/edited:

- Profile picture (clicking on the profile icon)
- Basic Information
- Community

# Deleting Sub Community Administrator

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 You may choose to delete the sub community administrator information by clicking on the delete icon button

# **Support Team**

- About Support Team
- Viewing User Assigned to Support Team Member
- Assigning User to Support Team Member

### About Support Team

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← You may access the Support Team page through the "Support Team" tab at the top navigation bar.

← The Support Team screen shows a list of your support team members under your organization which you can view each member's information.

← You can manage each list by editing or deleting.

### Viewing User Assigned to Support Team Member

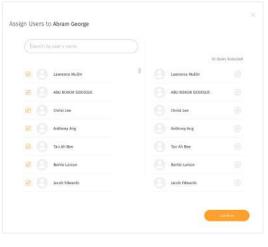
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You may view the users assigned to a Support Team Member by clicking on each Support Team Member name

# Assigning User to Support Team Member

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← You may only assign user that is under the same communities with the Support Team Member. On the Member's users page, you may assign user to the member by clicking on the "+Assign users" button

↑ Assign user for the member by selecting through the list of users or search the user through the search box.

# **Population Overview**

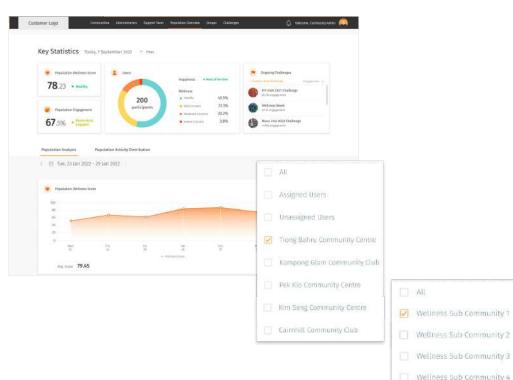
- About Population Overview
- Key Statistics
- Population Analysis
  - About Population Analysis
  - Population Wellness Score
  - Population Wellness Segment
  - Population Engagement

- Groups
- Challenges
- Population Activity Distribution
  - About Population Activity Distribution
  - BMI and Waist Circumference
  - Exercise and Sedentary Time
  - Active Zone Minutes and Distance Covered

# Population Overview (cont.)

- Steps and Sleep
- Fruits & Vegetables and Processed Food
- $\circ\,$  Water Intake and Mood & Stress
- $\circ\,$  Alcohol and Smoking

# **About Population Overview**



← The Population Overview page is the dashboard's landing page where you are able to get a quick overview of how your population is doing and what challenges are ongoing. Right at the top, the Key Statistics section shows key information for the day.

This allows you to take a quick look at your population wellness, engagement and ongoing challenges. If you would like a more in-depth analysis of your population mapped over time or data for specific parameters and activities, you can scroll down and toggle between the Population Analysis and Population Activity Distribution tabs below.

You may also filter and select to view specific community/sub community assigned to you.

You can do this simply by selecting the filter dropdown button  $\ensuremath{\,=\,}$  Filter .

Wellness Sub Community 5

# **Key Statistics**

### Key Statistics Today, 7 Feb 2022



### Population Wellness Score

Shows how well your population is doing overall

#### **Population Engagement**

Shows how engaged your population is overall

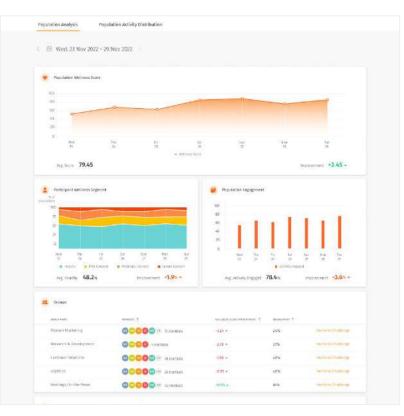
#### Participants

Shows a distribution of your population in the different wellness ranges from Healthy to Severe Concern, as well as an overall happiness level status.

#### Ongoing Challenges

Shows the list of ongoing challenges, sorted by engagement level on default.

### **Population Analysis** $\circ$ About Population Analysis



← The Population Analysis tab shows the data displayed in the key statistics above charted over time. You will be able to understand your population's wellness and engagement progression/regression trend over time from this section.

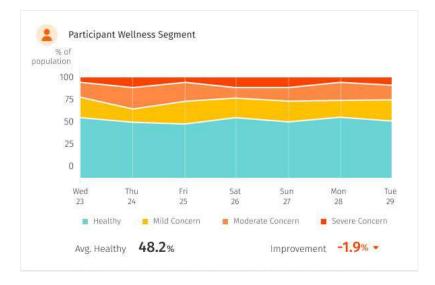
On default, the Population Analysis data is mapped over the last 7 days. To view your population trend over a longer period of time, change the time range from the calendar selection.

### **Population Analysis** • Population Wellness Score



↑ The Population Wellness Score widget shows how well your population is doing overall over a period of time. You can easily identify their improvements over the course of the last week, month or quarter by looking at the trend of the line graph, or by looking at the positive or negative comparison on the bottom right corner. Ideally, your population wellness score should be progressing upwards and be at least above 70.

### **Population Analysis** • Population Wellness Segment



← The Population Wellness Segment widget shows a distribution of your population in the different wellness ranges of Healthy (green), Mild Concern (yellow), Moderate Concern (orange), and Severe Concern (red) over a period of time.

You can also see whether the percentage of your population in the Healthy range has improved or not based on the number at the bottom right corner. Ideally, your chart should be populated with more green area than the other colours to indicate a higher percentage of Healthy individuals.

### **Population Analysis** $\circ$ Population Engagement



← The Population Engagement widget shows how engaged your population is overall over a period of time - whether they are using the app or completing challenge goals.

You can also see how their engagement for the week, month or quarter compares to the previous period by looking at the number at the bottom right corner. Ideally, you should be engaged with 100% of your population.

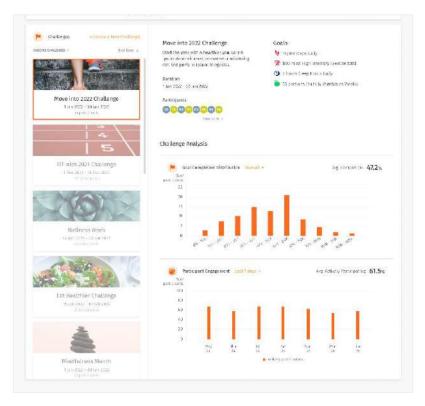
# **Population Analysis** $\circ$ Groups

Groups

GROUP NAME	members 个	WELLNESS SCORE IMPROVEMENT	ENGAGEMENT 个	
Product Marketing	BA BB TR 15 NO +9 14 members	-3.24 +	24%	Invite to Challenge
Research & Development	(BA) HB TR (E 4 members	-2.78 -	37%	Invite to Challenge
Customer Relations	(BA) HB TR JE 80 +51 56 members	-1.96 -	49%	Invite to Challenge
Logistics	BA HB TR IE NO +24 29 members	-0.53 -	40%	Invite to Challenge
Meetings On-the-Move	(BA) 18 18 18 16 167 72 members	+0.85 *	61%	Invite to Challenge

↑ The Groups widget shows the top 5 groups in your organisation, sorted by the lowest wellness score improvement by default. This allows you to quickly identify which groups require attention, where you can invite them to challenges to increase their wellness score.

# **Population Analysis** $\circ$ Challenges



← The Challenges widget shows the list of ongoing challenges, sorted by the earliest end date by default.

- 1. The widget consists of two sections:
- 2. The left side bar that shows the list of ongoing challenges.

The main section on the right side that displays the details of the selected challenge. Aside from basic details of the challenges that you have set when creating the challenge, you can also view the list of participants in the challenge, as well as an analysis of the challenge.

#### **Challenge Analysis**

The goal completion distribution chart allows you to understand how much the participants have completed the overall challenge.

The participant engagement chart shows the level of engagement by the participants in the challenge.

## **Population Activity Distribution** $\circ$ About Population Activity Distribution



Tun, 23 New 2022 - 29 New 2022

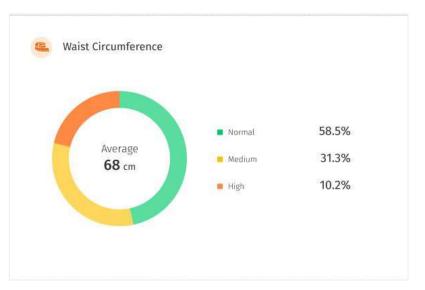


← The Population Activity Distribution tab shows visualisations for specific parameters and activities. This section allows you to understand how each parameter is distributed across your population.

On default, the Population Activity Distribution data takes the average reading over the last 7 days. To view your population trend over a longer period of time, change the time range from the calendar selection.

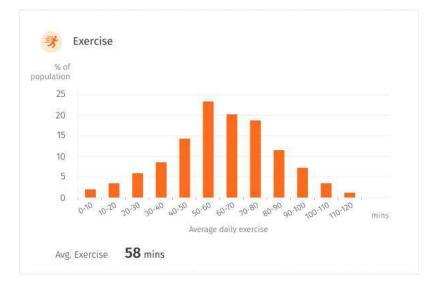
# **Population Activity Distribution** $\circ$ BMI and Waist Circumference

Normal				
Horman			_	
Overweig	tht			
Obesity (	Class 1			
Obesity (	Class 2 & 3			

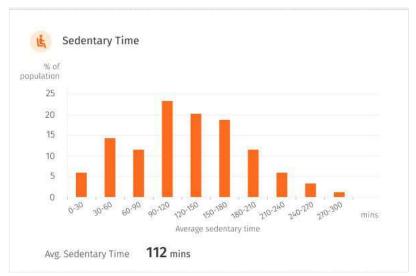


The BMI and waist circumference widgets show the percentage of your population in each label category for the different parameters for the day. Ideally, your chart should show more green to indicate more individuals in the 'Normal' range.

# **Population Activity Distribution** $\circ$ Exercise and Sedentary Time



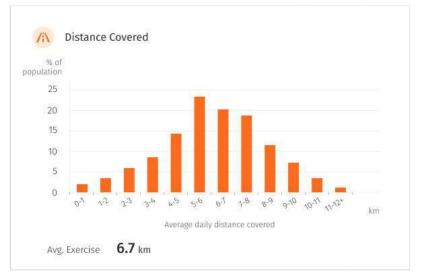
↑ The Exercise widget shows the common range of minutes of exercise in your population. Ideally, your chart should skew to the right to indicate a higher average number of minutes of exercise. Create 'Exercise' challenges to achieve this. ↓ The Sedentary Time widget shows the common range of minutes of sedentary time in your population. Ideally, your chart should skew to the left to indicate a lower sedentary lifestyle. Create 'Sedentary Time', 'Exercise' or 'Steps' challenges to achieve this.



# **Population Activity Distribution** $\circ$ Active Zone Minutes and Distance Covered



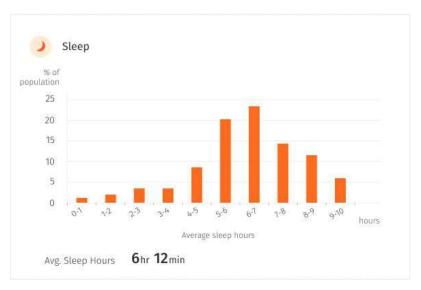
↑ The Active Zone Minutes widget shows the common range of minutes of exercise where your heart rate is elevated to the fat burning zone in your population. Ideally, your chart should skew to the right to indicate a higher average number of minutes of exercise. Create 'Active Zone Minutes' challenges to achieve this. ↓ The Distance Covered widget shows common range of kilometres of distance covered in your population, e.g. by walking, running, or wheelchair. Ideally, your chart should skew to the right to indicate a higher distance covered and more active lifestyle. Create 'Distance Covered' challenges to achieve this.



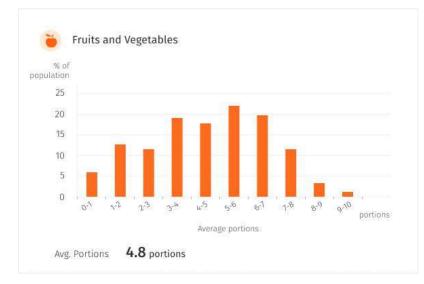
# **Population Activity Distribution** $\circ$ Steps and Sleep



↑ The Steps widget shows the common range of number of steps in your population. Ideally, your chart should skew to the right to indicate a higher average step count. Create 'Steps' challenges to achieve this. ↓ The Sleep widget shows the common range of hours of sleep in your population. Ideally, your chart should populate around the 7-8 range to indicate an ideal number of sleep hours. Create 'Sleep' challenges to achieve this.od.



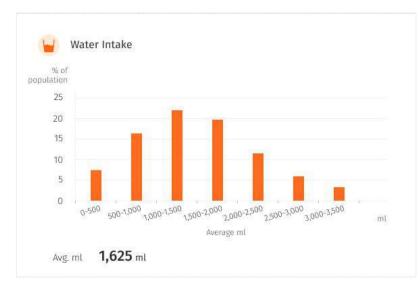
# **Population Activity Distribution** $\circ$ Fruits & Vegetables and Processed Food



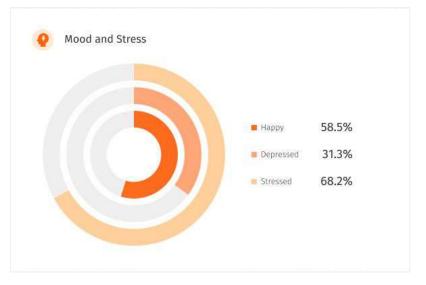
↑ The Steps widget shows the common range of number of steps in your population. Ideally, your chart should skew to the right to indicate a higher average step count. Create 'Steps' challenges to achieve this. ↓ The Processed Food widget shows the common range of number of days your population did not eat processed food. Ideally, your chart should skew to the right to indicate a higher number of days of no processed food.



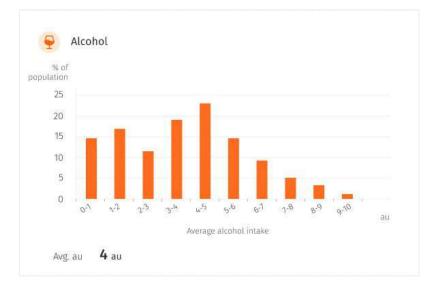
# **Population Activity Distribution** $\circ$ Water Intake and Mood & Stress



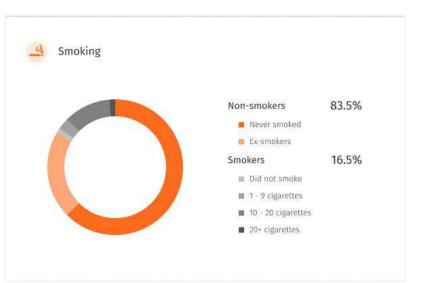
↑ The Water Intake widget shows the common range of litres of water intake in your population. Ideally, your chart should skew to the right to indicate a higher hydration levels. Create 'Water Intake' challenges to achieve this. ↓ The Mood and Stress widget shows the percentage of your population who are happy most of the time, depressed none of the time and stressed none of the time. Ideally, your rings for all three should close to indicate the ideal mood and stress levels of your population.



# **Population Activity Distribution** $\circ$ Alcohol and Smoking



↑ The Alcohol widget shows the common range of au of alcohol intake in your population. Ideally, your chart should skew to the left to 0 to indicate lower alcohol intake. ↓ The Smoking widget shows the percentage of non-smokers and smokers in your population, along with the number of cigarettes smoked in the period selected. Ideally, your chart should show more green to indicate higher number non-smokers.



# Challenges

- About Challenge
- Create Challenge
- Challenge Goals
- View Challenge Details
- Edit and Delete Challenge
- I Invite Participants

Manage Participants Resend Invitation Remove Participants From Challenge

# About Challenges

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Pitrouk 2021 Challings						
26	27	28	29	30	31	
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↑ The Challenges page shows a calendar view of all the challenges that you have created. This allows you to easily identify empty or busy periods on the calendar, and manage your challenge planning accordingly. ↓ At the Calendar dropdown, you will be able to toggle between the calendar view: month or week.

Month

Week



# Create Challenge

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Set as							
individual and group challenge This challenge is only available for ind you mitted.							
Personal challenge     Tris challenge is available for all app i     any time.							

← To create a new challenge, tap on the '+Add a New Challenge' button on the top right corner of the Challenges page.

#### Challenge type

Challenge template Goals are already prefilled based on existing templates

### Custom challenge

Add goals from scratch

### Personal challenge

00

Available for every app user to join

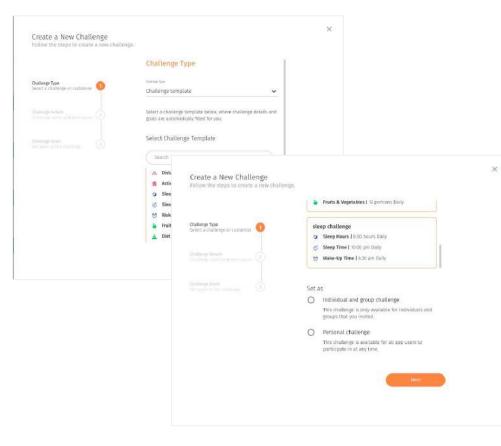
### Individual challenge

Only invited participants can join

### Group challenge

Only invited groups can join Users can view group leaderboard

### Create Challenge (cont.)



#### ← Challenge Type

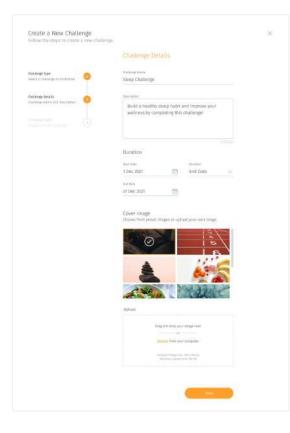
Challenge templates provide a convenient way to implement a challenge by saving your time in creating challenge goals.

If a new challenge is created from a challenge template, a selection of templates will be available for you to choose from below.

Simply click on the box containing one of the challenges to select your template before proceeding Next.

The challenge goals can be further edited in step 3 of the process.

### Create Challenge (cont.)



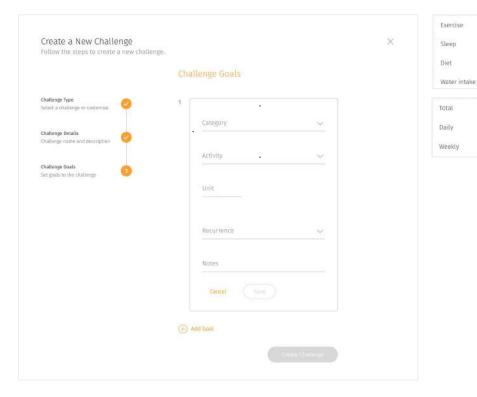
← Challenge Details

**Challenge name and description** - Fill out the challenge name and details of what the challenge is about.

**Duration** - Select the start date of the challenge. You can select an end date, or autofill by number of days, weeks or months.

**Cover image** - The cover image is displayed on both your dashboard and the users' apps. You can choose from the preset images or upload your own.

### Create Challenge (cont.)



### ← Challenge Goals

In this step, you can add challenge goals that the users will need to complete.

For a more holistic challenge, you can set more than one goal so your population is able to keep well in more than one dimension.

Select the activity category. More categories will be added as time in future developments to promote a more holistic wellbeing.

Input the target amount that the users will have to reach. This depends on the activities (e.g. Select the recurrence in which the users have to hit the target. Free text to add supporting notes

# **Challenge Goals**

Challenge goals make up of:

#### **Challenge Category**

Type of health related activities, e.g. sleep, exercise.

#### Activity

Challenge activities relating to the category, e.g. steps for exercise, which is to be measured.

### Target

The amount to set as target to achieve challenge goals.

#### Input

Regular quantitative target using the relevant units (eg. target for sleep hours is "no. of hours"); or time based target with a range of acceptance (e.g. with sleep time target at 9 pm with range 30 min, user reaches target if they sleep between 9 - 9:30 pm.

#### Predefined

Where activity can only yield one predefined target outcome. No input field will be available for activities with predefined targets. An example of such activity is "No processed food".

#### Recurrence

The time frame at which target should be met.

### Daily challenge goals

This need to be reached every day of the challenge duration.

### Weekly challenge goals

This need to be reached every week of the challenge duration, starting Monday to Sunday.

#### Total challenge goals

This need to be reached before the end of the challenge duration.

## Challenge Goals (cont.)

Challenge Category	Activity	Target	Recurrence
	😻 High-Intensity Exercise	Input (steps)	Daily, weekly or total
	Steps	Input (minutes)	Daily, weekly or total
Exercise	🔥 Sedentary Time	Input (minutes)	Dally, weekly or total
	A Distance Covered	Input (km)	Daily, weekly or total
	🔶 Active Zone Minutes	Input (km)	Daily, weekly or total
-	Ø Sleep Hours	Input (hours)	Daily, weekly or total
Sleep	of Sleep Time	Input (time target and range)	Daily
	😈 Wake-Up Time	Input (time target and range)	Daily
	🎽 Fruits & Vegetables	Input (portions)	Daily, weekly or total
	📥 Diet Quality	Input (percentage)	Daily, weekly, or total
Diet	👮 No Processed Food	Predefined (No)	Daily
	🗾 No Snacking	Predefined (No)	Daily
	🙀 Food Preparation with Fresh Ingredients	Input (percentage)	Daily, weekly or total
Water intake	🗑 Water Intake	Input (ml)	Daily, weekly or total

← Currently, there are 4 types of challenge categories to choose from with a variety of activities for each. More categories and activities will be added in time to come to promote a more holistic wellbeing.

# View Challenge Details

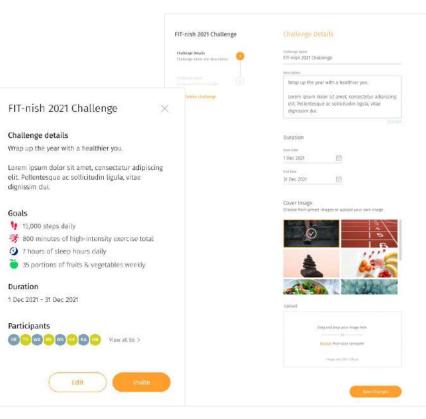
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111 with 2022 Challenge			524			35 portions of fruits & vegetables weekly
						Duration
						1 Dec 2021 - 31 Dec 2021



∧ To view challenge details, select the specific challenge bar on the calendar.

← The pop up displays the challenge details, goals, duration, as well as the participants.

# Edit and Delete Challenge



← To edit the challenge, select the 'Edit' button at the bottom of the challenge popup.

 You can edit the challenge details, duration, cover image, as well as challenge goals.

✓ You can also delete the challenge from this section by clicking on 'Delete challenge'. But please note that once a challenge is deleted, all progress made by the participants will be lost and this action cannot be undone.

# Invite Participants

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View all 56 >						



To invite participants to a challenge, select e 'Invite' button at the bottom of the allenge popup.

You can send an invitation as an individual challenge to individual participants; or you can send an invitation as a group challenge by selecting 'Groups' in the dropdown to view the list of groups in your organisation.

# Manage Participants

	Customer	Logo Comunitie	a, Administrators, Sepport T	iani Population Overview Grac	os Csallenges	۵	Weicome, Community Adrift	
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 To view and manage all your invited participants, select the 'View all >' button next to the list of participant icons in the challenge popup.

← You can view the list of participants invited as an individual challenge, or navigate to 'Groups' in the dropdown to view the list of groups invited as a group challenge.

← In both Participants and Groups lists, you can view the status of the invitation whether the participant has joined or not.

## **Resend Invitation**

Total par	ticipants 56				Search	
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	Anthony Ang	wate	ga.	0	· Inelad	<b>a</b> 🔹
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	Rest Baker	Persole	40		) 🔹 institud	E +
	Laws Continghant	Textale	28		• meani	11

	~	2		
Confi	rm Rese	end Invi	tation	
the participants challenge. Plea				

← If your invited participants have not joined the challenge (shown as a yellow 'Invited' on its status), you can resend the invitations to nudge them. They will receive a new notification on their app.

← Select the participant(s) or group(s) you want to nudge and click Resend button icon → to resend the invitation.

 $\uparrow\,$  Click Confirm button to confirm resend invitation or Cancel button to discard.

73

#### **Remove Participants from Challenge**

Total ga	ticipants 56				Sauch	
	-			465113 No.580.04	status =	
	Christopher Lee	Male	28	٠	• arrest	Ξ.
	Anthong Ang	Nike	81	0	· netad	Π.
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	Beinda Boh	Tomake	25		• Initial	17
	Ress Baler	Festale	40		• Invited	E +
	Kawa Geneingham	Temale	28		• presi	17

		$( \mathbf{I} )$		
	Con	ifirm Remo	ve	
The selecte	ed participants	will be remov	ved from this o	hallenge.
	Cancel		Confirm	

← You can remove participants from a challenge.

← Select the participant(s) or group(s) you want to remove and click the delete button icon im to remove them from the challenge.

↑ Click Confirm button to remove or Cancel to discard. Please note that once they are removed, their progress will be lost and this cannot be undone.

## **Group Management**

- About Group Management
- Create a New Group
- View Group Details
- Add Members to A Group
- Remove Members From A Group
- Edit and Delete Group
- Send Broadcast Message

## About Group Management

Group Management					
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an montains	10	Civistopher Las	Nala	н	000
Customer Relations	0	Renz Baker	Ferrate	10	00
Logistics 20 constants	0	fam Alt Next	service	-	00
Meetings On-the-Mave 6 (northern		jacob tabuarda	Mater	11	00
Runners Club		Laura Camiligham	Antib		00
Healthy Breakfest Club		bile monante	Mala	л	00
Let's Get Physical		Anthony Ang	Bala	87	00%
		Beilmia Deh	famale		00

← The Group Management page allows you to manage the groups in your organisation and their members. The page consists of two sections:

- 1. The list of created groups in the organisation on the left sidebar
- 2. The details of the selected group on the main page on the right side

The Group Management's landing page shows the list of all the participants in your organisation and an overview of the groups they are a member of.

#### Create a New Group

Group Management	411 75-				
All Participants of Providence		irticipants		Cie	tift participants
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learch Groups					
Product Markating		Titler Encloses	Make	18	00
Research & Development		Bertie Larton	Female	(M.)	00
at mariliers		Civicopher Las	Make		000
Customer Relations		Renz Rober	Heriste	10	00
Logistics					
29 numbers		fam Art Nave	Suriale	45	00
Meetings On-the-Muve 6 Members		jacob talwards.	Make	37	00
Runners Club		tauta Camiligham	- Annih	10	00
Healthy Breakfest Club		Edu mandera	Male	28	00
Let's Get Physical		Authory Ang	Note	81	000
& Hour Sleep Club		Beilinda Deh	female	200	00



← To create a new group, click the '+ Create a New Group' button in the left sidebar.

↑ Enter the group name and click Create Group button. Once the group has been created, its name will be added to the list on the left sidebar.

## View Group Details

Group Management					
All Participants	All Partic	ipants			
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Logistics 20 constants	0.1	e Art Heat	territle	**	00
Meetings On-the-Move	10 A	ola tabuarda	Maxe	81	00
Ronners Club	20134	ara Camiligham	anite		00
Healthy Breakfest Club	10.14	i, Manana	Mala	28	00
Let's Get Physical	0.04	nthony Arig	Mida	11	00%
A MANAGE		il rola Dolt	female		00

← To view a group in more detail, select a group from the list of groups in your organisation from the left sidebar. The list of group members will appear on the main page on the right side of the sidebar.

## Add Members to a Group

Group Management						
All Participants submersion		ict Marketing 🤌			footh goes not	
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( Search Croups )		1000	1040	-	Genere	
Product Marketing		They DODAN	Stafe	12	00	Ξ
Research & Development		Settie Larnon	female	22	00	
20 researchers		Christopher Las	Male	79	000	Ĥ
Customer Relations		Anna Bailter	Farmain		00	ŵ
Logistics 29 meetro		Ton Alt Dev	Female		00	ŵ
Meetings On-the-Move		Journals Estimateday	Male	30	00	ī
Runners Club Simmiliers		Laura Cerninghan	Peinale	29	00	1
Healthy Breakfast Club		Life Paresane	Male	3	00	Ŵ
Let's Get Physical		amining and	(Mide.)	-07	00 -	
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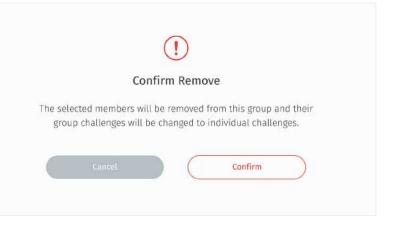
iroup Management					
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al montant		Refle Lorses	Trenzile		00
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Runners Club		Mark Distant	1616	10	00
Healthy Broakfast Club		autoris int	terrole	. 18	00
Let's Get Physical		Next Balan	trinke		00
8 Hour Skep Club		Lawre CaliforningTeam	Tewale	16	00

← To add members to a group, click the '+ Add New Member' button below the group name.

↑ Select the participant(s) you would like to add to the group and click 'Add to Group' to proceed.

#### Remove Members from a Group

Group Management						
All Participants statements		or Marketing 🖉	German		Gentground	on
Groups + Crewe A New Kinup Learth Secure		8.000 (	- 20100	-04	cicont	
Product Marketing		Steve Ericham	(faile	.52	00	- TE
Research & Development		Dartie Liecov	female	-10	00	12
21 minuters		Drintigher Lee	Male	28	000	Ť.
Customer Relations		Rena Balari	Temple	40	00	17
Logistics	6	Tan Ah Ime	Tensio	.46	00	17
Meetings On-the-Move		Januale Editor and St	Male	,P	00	17
Runners Club		Louis Gerifigham	tample	.26	00	T
Healthy Breakfast Club		tric Parazoni	- Marke	28	00	12
Let's Get Physical		Arthury ing	Male	38	00 -	12
8 Hour Sleep Club		Balletila Britt	tamata :	11	00	17



 $\boldsymbol{\uparrow}~$  Click Confirm button to remove or cancel to discard.

## Edit and Delete Group

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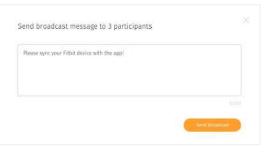
Edit Grou	ID.			
Group Name				
Marketing T	eam			
1	Delete Group	-	Save Chang	

← To edit a group, click the Edit button icon ∥ next to the group name.

↑ Click Save Changes button to save changes or Delete Group button to delete group.

## Send Broadcast Message

All Pa	orticinants			
	All Participants			
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	8.889. )	Gaste	- 944	44141
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You can send broadcast messages to the participants in your organisation and they will receive the messages in their notifications.

← Select the participant(s) you would like to send a broadcast message to by ticking the checkboxes next to their names in the 'All Participants' list or a specific group's member list > select the Broadcast button icon <> in the action bar at the bottom.

↑ Type in your message and click send Broadcast when ready.

# Profile

Editing Personal Profile



## Editing Personal Profile

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	mm= + 1 (510) 827-4238	
	Ener (Hurger)	

← In the top navigation bar, click on the avatar.

Click "Personal Profile". Update your profile and/or personal details and click 'save'.