

Dashboard | The Wellness Admin Guidebook



Overview

Last updated: August 10, 2023

This guide will take you through the steps on how to use the Population 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

- Wearable Device & Browser Compatibility
- | Login
- Setting Your Password



Last update: August 17, 2023

Wearable Device & Browser Compatibility

A) Wearable Device:

- Fitbit
- Apple Watch

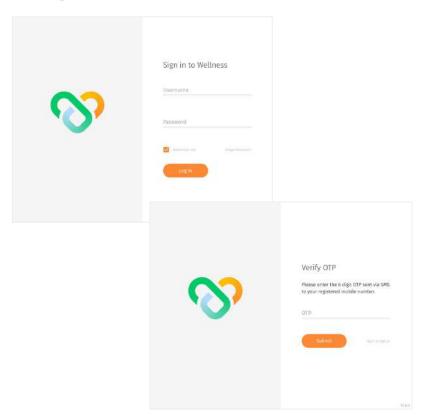
B) Browser:

- Chrome
- · Microsoft Edge

- This is a list of browsers & wearable devices that are best suited for Wellness.
- We encourage users to check this list to ensure their mobile devices, browsers & wearable devices are compatible with the app before using it.
- Customers using Fireball may experience some compatibility issues while using the app.



Login

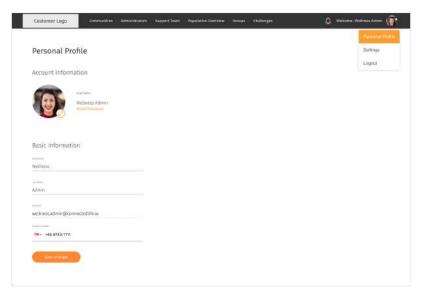


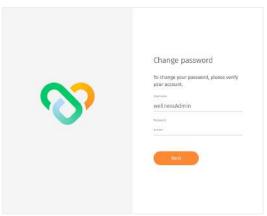
Navigate to the dashboard at wellness.connectedlife.io

- [⋆] Use your username and temporary password 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





NOTE

*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.

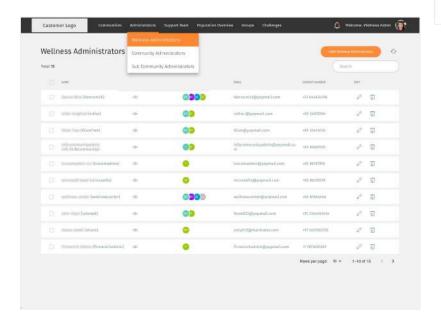


Wellness Administrators

- About Wellness Administrators
- Adding Wellness Administrator
- Editing Wellness Administrator



About Wellness Administrators



Wellness Administrators

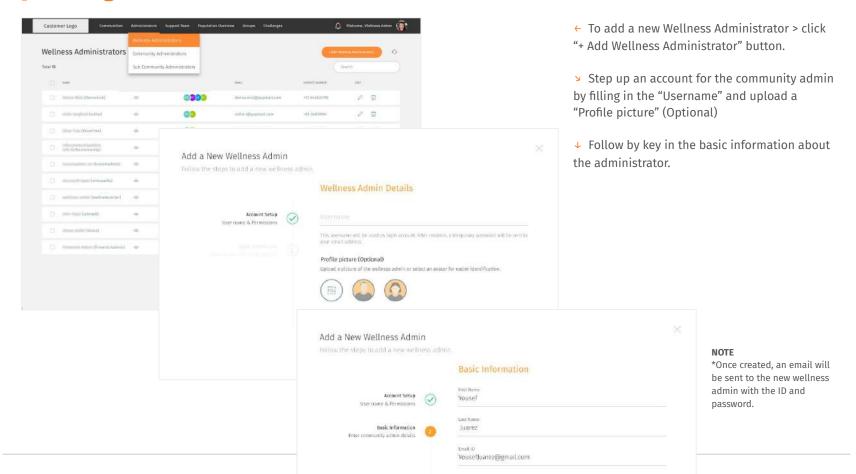
Community Administrators

Sub Community Administrators

- ← You may access the Wellness Administrators page through the "Administrators" tab at the top navigation bar.
- ↑ The Wellness Administrators screen shows a list of Wellness administrators under your organization which you can view each Wellness administrator information.
- \leftarrow You can manage each list by clicking the edit button icon \mathcal{Q} .

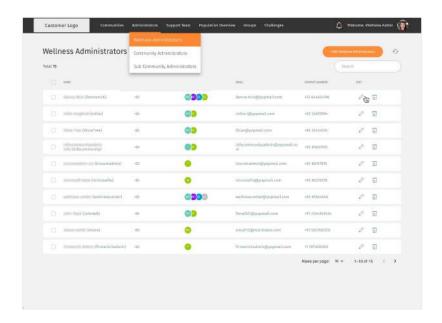


Adding Wellness Administrator



Country

Editing Wellness Administrator



← You may choose to edit the Wellness administrator basic information by clicking on the edit icon button ∅.



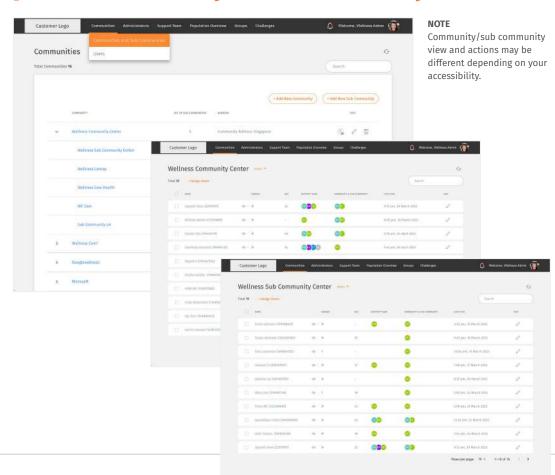
Community & Sub Community

- About Community & Sub Community
- Adding Community & Sub Community
- Editing Community & Sub Community
- Assigning Community & Sub Community

 Administrators
- Assign Users and Community Administrators
- Assign Users and Sub Community Administrators



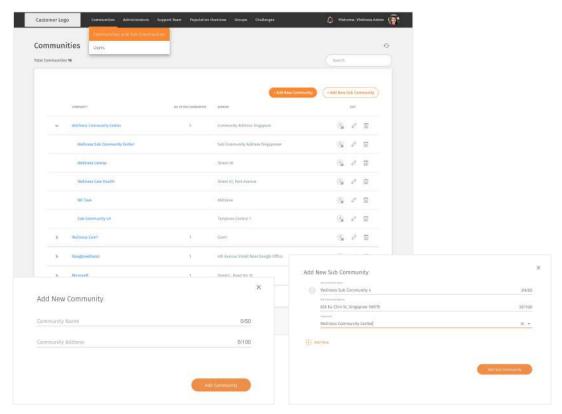
About Community & Sub Community



- ← Upon logging in, you will see the "Communities overview page".
- From here, you will be able to view communities e.g. "Wellness Community Center", and sub communities e.g. "Sub Wellness Community Center"under your organization by clicking on the individual community.
- On this page, you will be able to edit/delete/assign Administrators to the each community/sub community



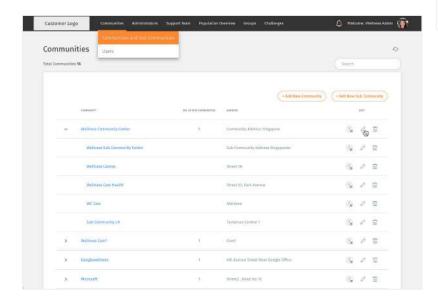
Adding Community & Sub Community



- ← You may add a new Community and Sub Community (Multiple) on this page > click on the "+ Add New Community" or "+ Add New Sub Community" depending on your requirement.
- Add New Community. Enter your community relevant name and address > click on "+ Add Community" to complete the process.
- 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 Community & Sub Community

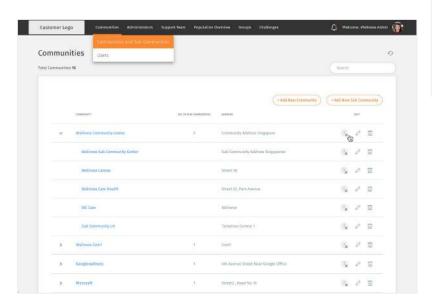


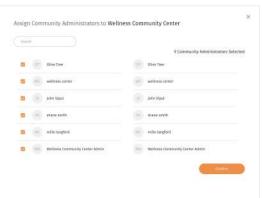


- ← To modify the basic information of the Wellness administrator, you can click on the edit icon button Ø.
- ↑ Click "Save Changes" button after edit.



Assigning Community & Sub Community Administrators

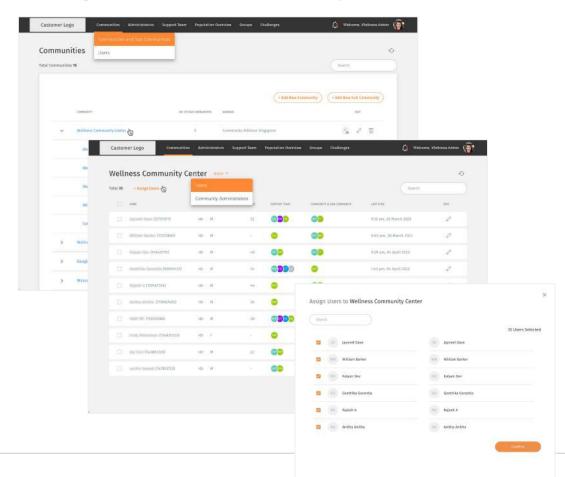




- ← To assign community or sub community admins, click on the ♠ icon.
- ↑ Assign the relevant admin by selecting through the list of admins or search the admin through the search box.



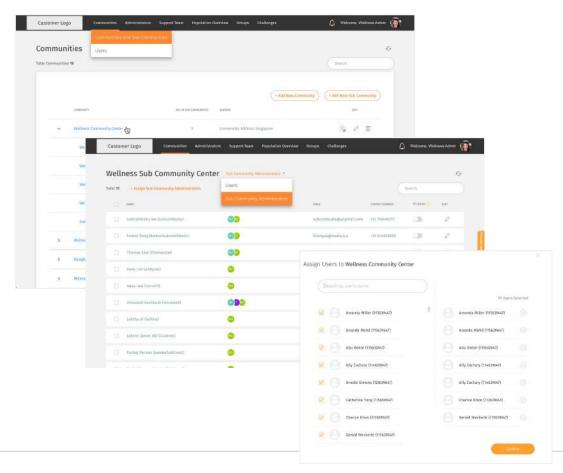
Assign Users and Community Administrators



- ← You may assign users/community admin for your Community and Sub Community by clicking on the individual list e.g. "Wellness Community Center".
- 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 Administrators" by clicking on the dropdown menu located beside your community name e.g "Wellness Community Center". Click on the "+ Assign Users"
- To assign users to a community, tick the box next to their name and click the 'Confirm' button to complete the assignment.



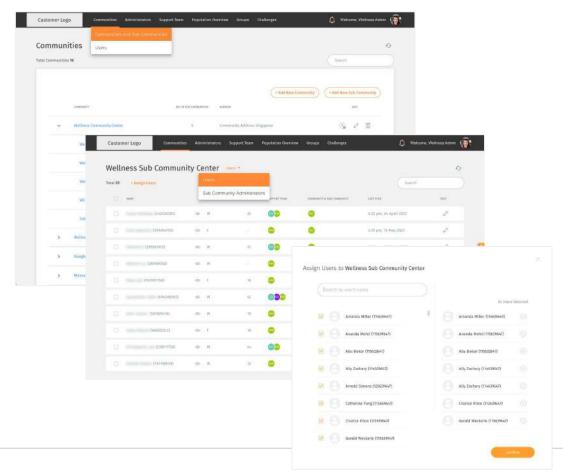
Assign Users and Community Administrators (cont.)



- ← You may assign users/community admin for your Community and Sub Community by clicking on the individual list e.g. "Wellness Community Center".
- 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 Administrators" by clicking on the dropdown menu located beside your community name e.g "Wellness Community Center". Click on the "+ Assign Users"
- → To assign community administrators to a community, tick the box next to their name and click the 'Confirm' button to complete the assignment.



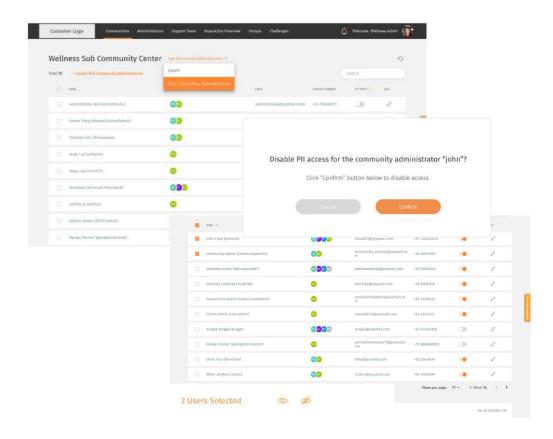
Assign Users and Sub Community Administrators



- ← 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 Administrators follows the same flow as assigning for community.



Configure PII Access



- ← If you do not want your community or sub-community administrators to be able to view your user names and their general readings, you can configure their Personal Identifiable Information (PII) access. Enabling access means they can view the names and associated readings, and vice versa.
- Click on the toggle button to enable/disable access. A pop up will show up accordingly to confirm the change.
- ∨ Configure PII access in bulk by doing a
 multiple select of the admins and clicking on
 the eye icons (enabled icon for enabling
 access, disabled icon for disabling access).
- You can also access these features under the Community / Sub-Community Administrator and Support Team Member pages.

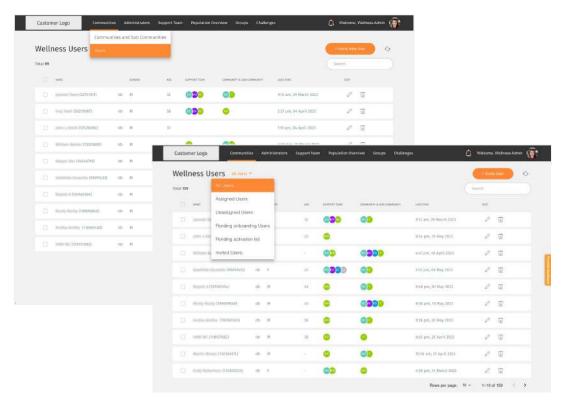


Users

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



About Users



- ← 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.



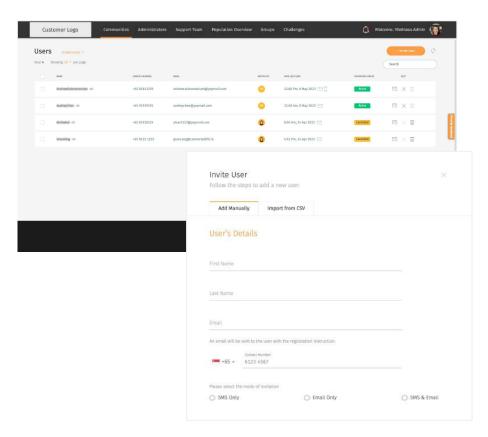
Users List Summary

→ 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



- 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**.

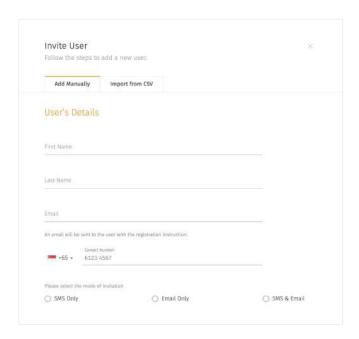
Invitation code turned ON: Invited users can have three states - 'Invited', 'Cancelled' (means invitation is cancelled by administrator), and 'Expired' (means code expired).

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

← As Wellness Administrator, you can choose to add manually or in bulk by importing from CSV



Inviting New Users ○ Add manually

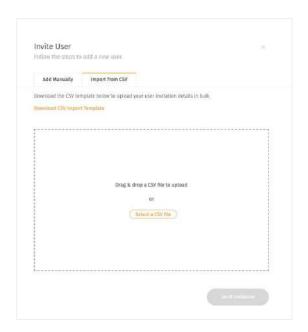




- ▼ To invite users manually, click "+Invite A New User".
- ← Select "Add Manually" tab. Fill up the User Name & Email/mobile number, and mode of invitation.
- ↑ Upon invitation, users will receive invitation with link to microsite, together with an invitation code if the platform owner has switched on invitation code settings. The organisation section will be prefilled to that of the inviting organisation.



Inviting New Users • Bulk invite users



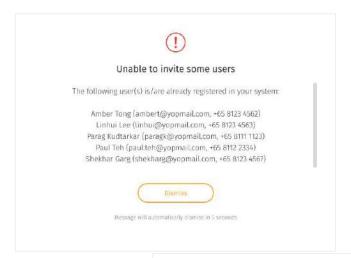


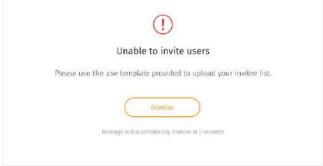
Email/ invite to the User in bulk (Wellness Administrator view only)

- ←↑ Click 'Import from CSV' tab. Download CSV Import template. Enable macros and fill the columns up with the relevant information. Save the sheet with users' contact info as a .CSV file.
- ← Click 'Select a CSV file' and upload the CSV sheet that has been filled in with the information. Once successful, new entries will be added to the invited users list and respective invitation will be sent.
- ← Users will receive invitation with link to microsite, prefilled to that organisation



Inviting New Users O Bulk invite users





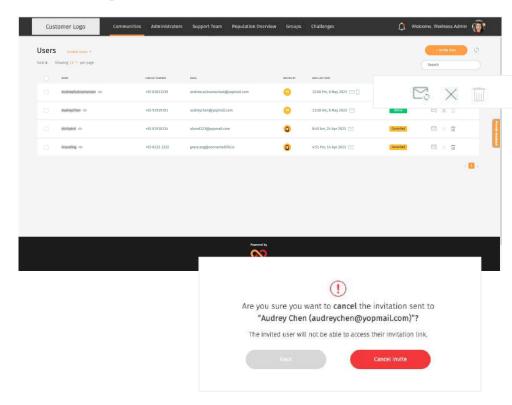
Please note:

- ← Users can only be invited if they are not registered yet in any of the Wellness Plus/Wellness platforms.

 Otherwise, an error message will appear accordingly.
- ← If an existing entry with the same email and mobile number combination is on the list, it will update the entry accordingly with the latest updated information provided. (i.e. if a same email but different number is used, it will update the record to the new mobile number, and vice versa).
- If an incorrect template is used, an error message will appear accordingly.



Inviting New Users • Cancel invite



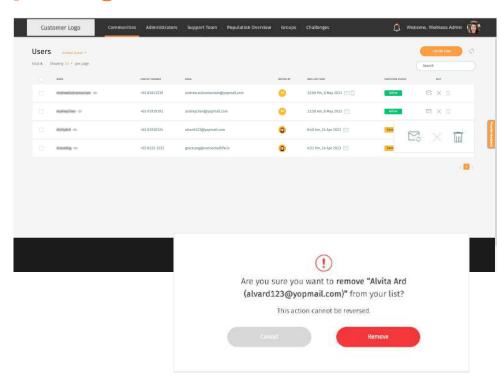
- ← You can cancel an active invitation by clicking on the
- button. A pop up will show accordingly to confirm your cancellation.

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.



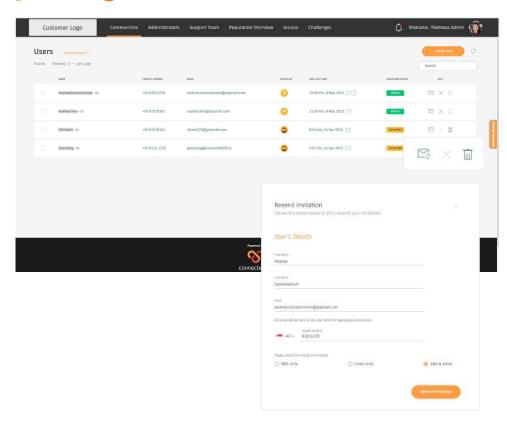
Inviting New Users o Delete invite



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



Inviting New Users o Resend invite



← 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.

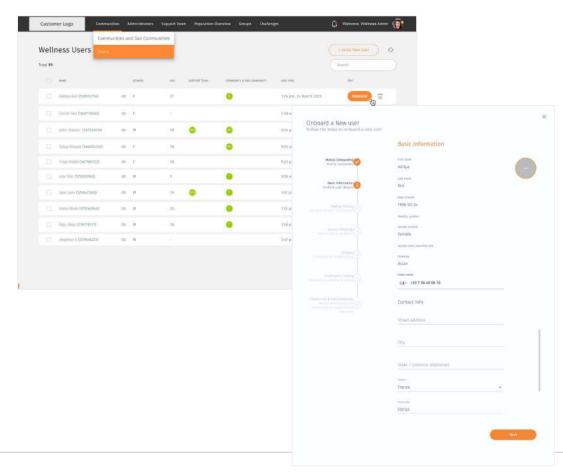
A pop up will appear to review/update the invitation details before resending.

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.



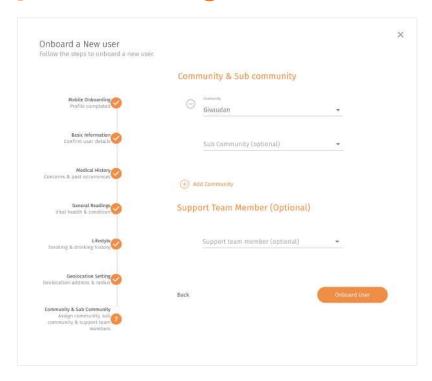
Onboard & Assign User



- ← Click the "Onboard" button to start onboarding User.
- Fill or edit the relevant information up till. You may assign the user to community and sub community (can be multiple).



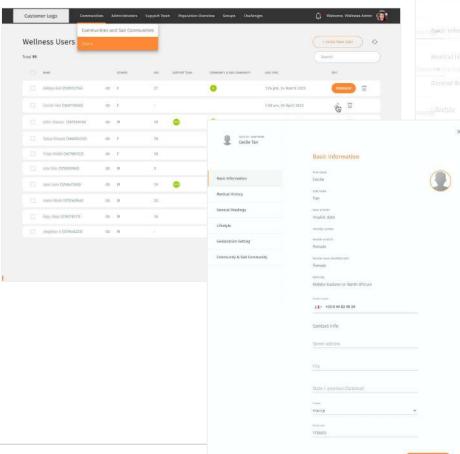
Onboard & Assign User (cont.)



← 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 "Create Account" button to complete the onboarding process.



Editing User

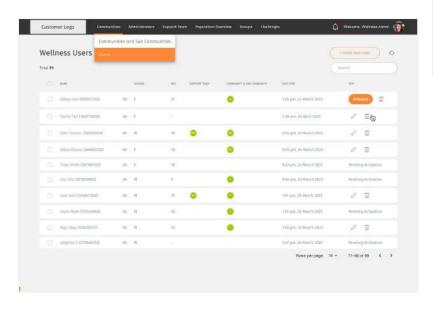


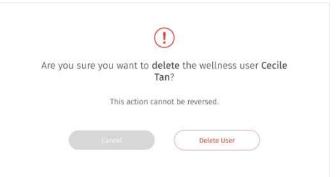


- Click the Edit button icon
 on the user you would like to edit.
- ← Edit the user's information accordingly.
- ↑ You may choose to reassign the user to another Community, Sub Community or Support Team. Otherwise, click next to finish editing the user's information.



Deleting User

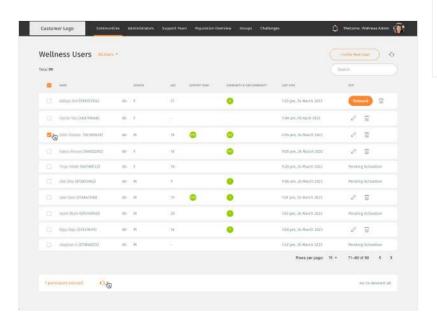


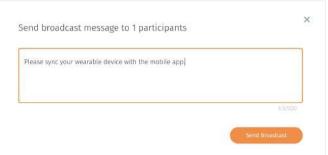


- ↑ Click "Delete User" button to confirm delete.



Sending Broadcast Message to User(s)





- ← 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.



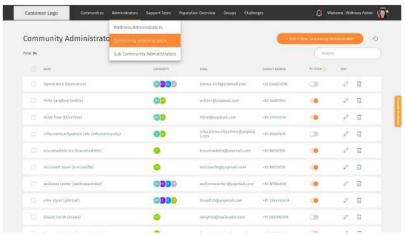
Community Administrators

- About Community Administrators
- Adding Community Administrator
- **| Editing Community Administrator**
- Deleting Community Administrator
- | Configure PII Access



About Community Administrators

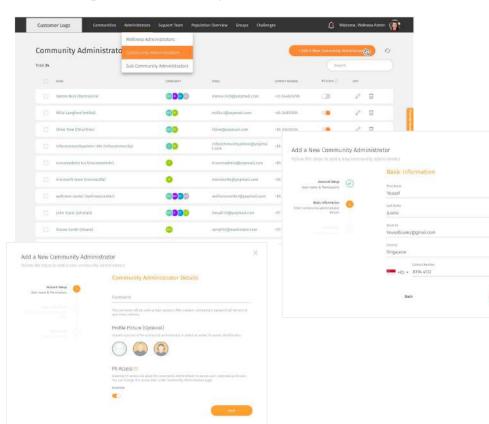


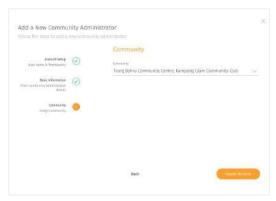


- ← You may access the Community Administrators page through the "Administrators" tab at the top navigation bar.
- ← The Community Administrators screen shows a list of community administrators under your organization which you can view each community administrator information.
- ← You can manage each list by editing or deleting.



Adding Community Administrator

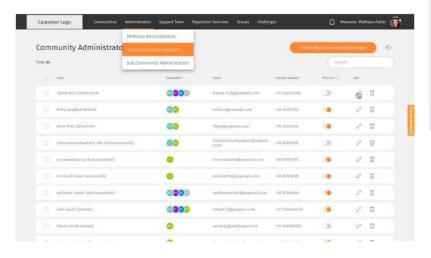


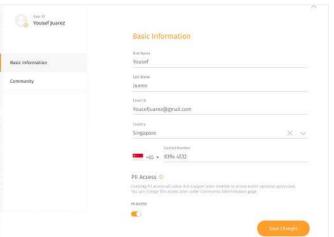


- To add a new Department Administrator, click the "Add A New Community Administrator" button.
- ← Step up an account for the community admin by filling in the username and uploading a profile picture (optional)
- Key in the basic information about the administrator.
- ↑ Assign new administrator to a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



Editing Community Administrator

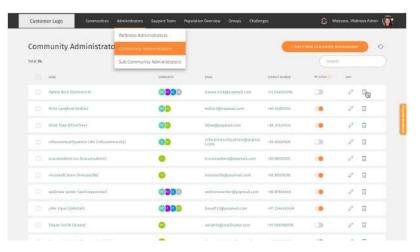


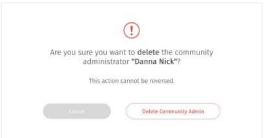


- ← You may choose to add or edit the department administrator information by clicking on the edit icon button Ø.
- ↑ What can be added/edited: Profile picture (clicking on the profile.Profile picture (clicking on the profile icon) Basic Information Community



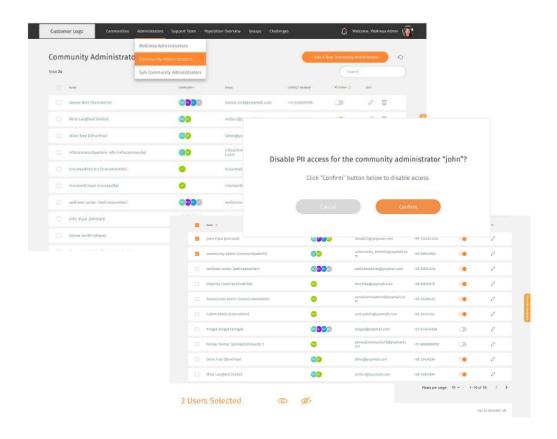
Deleting Community Administrator







Configure PII Access



- ← If you do not want your community or sub-community administrators to be able to view your user names and their general readings, you can configure their Personal Identifiable Information (PII) access. Enabling access means they can view the names and associated readings, and vice versa.
- Click on the toggle button to enable/disable access. A pop up will show up accordingly to confirm the change.
- ✓ Configure PII access in bulk by doing a
 multiple select of the admins and clicking on
 the eye icons (enabled ⊚ icon for enabling
 access, disabled 参 icon for disabling access).
- You can also access these features under the Community / Sub-Community Administrator and Support Team Member pages.

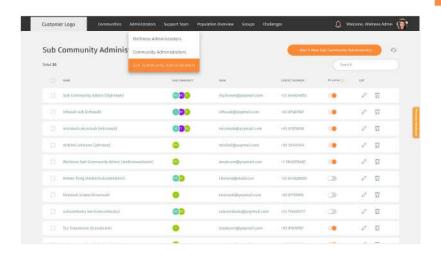


Sub Community Administrators

- About Sub Community Administrators
- | Configure PII Access



About Sub Community Administrators



Wellness Administrators

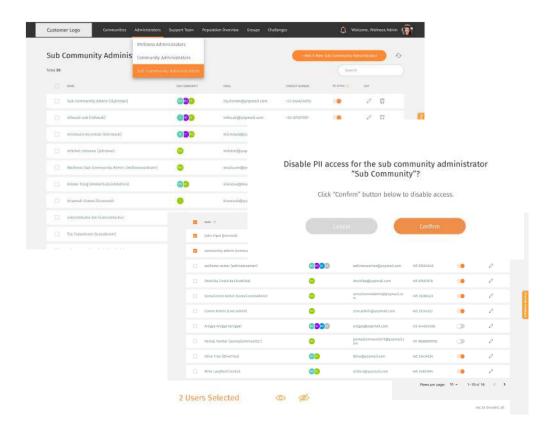
Community Administrators

Sub Community Administrators

- 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 editing or deleting.
- Similarly to Community Administrators, the process of adding, editing and deleting are the same.



Configure PII Access



- ← If you do not want your community or sub-community administrators to be able to view your user names and their general readings, you can configure their Personal Identifiable Information (PII) access.
- Click on the toggle button to enable/disable access. A pop up will show up accordingly to confirm the change.
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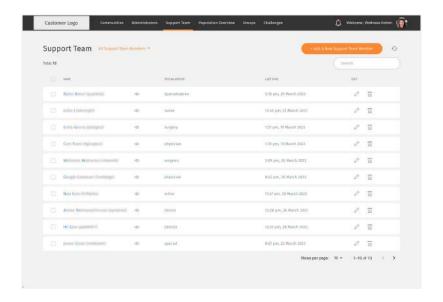


Support Team

- About Support Team
- Adding Support Team Member
- Editing Support Team Member
- Deleting Support Team Member
- Viewing User Assigned to Support Team Member
- Assigning User to Support Team Member



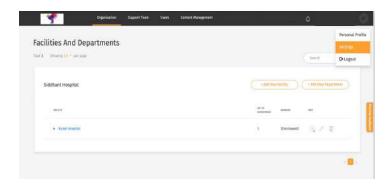
About Support Team

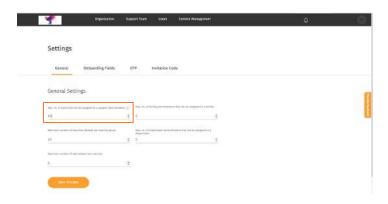


- ← You may access the Support Team page through the "Support Team" tab at the top navigation bar.
- ← The Support Team screen shows a list of your Support Team members under your organization which you can view each member's information.
- ← You can manage each list by editing or deleting.



Setting Maximum Number of Users to the Support Team

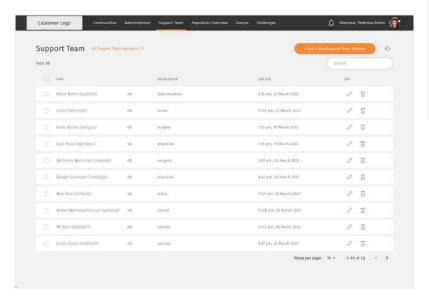


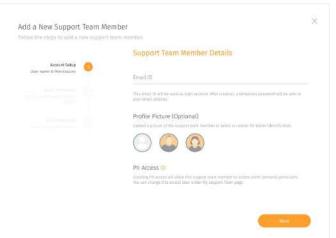


- ← Click on your profile icon & select settings from the drop down menu.
- ← Then, click on the general settings tab.
- ← Under the option 'Max. no. of users that can be assigned to a support team member' set your preferred number.



Adding Support Team Member

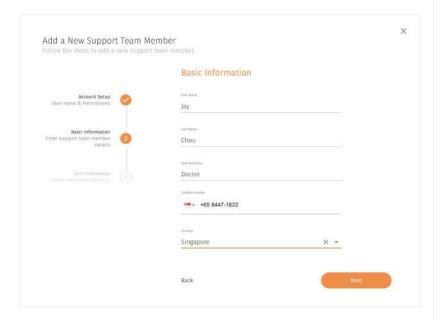




- ← To add a new Support Team Member, click on the "Add a New Support Team Member".
- ↑ Set up an account for the Support Team Member by filling in the E-Mail and uploading a profile picture (optional).



Adding Support Team Member (cont.)

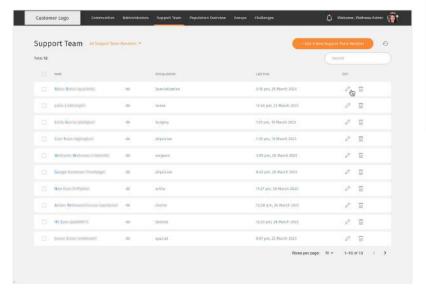


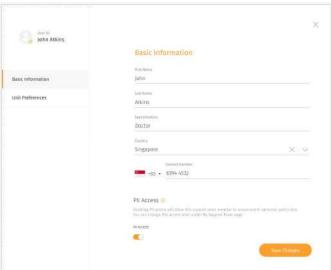
- ↑ Key in the basic information about the Support Team Member.
- Assign the preferred "Unit Preference" the Support Team Member would like to view with.





Editing Support Team Member

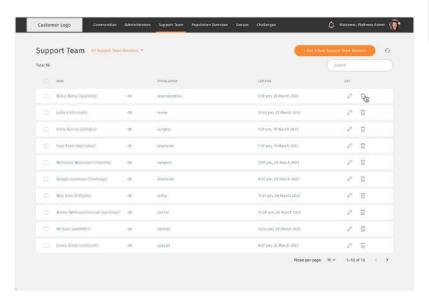


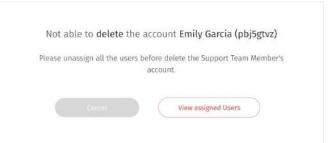


- ← You may choose to add or edit the Support Team Members information by clicking on the edit button icon ⊘.
- ↑ What can be added/edited:
- Profile picture (clicking on the profile icon)
 Basic Information
- 2. Unit Preference



Deleting Support Team Member

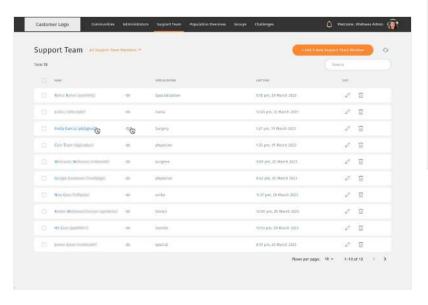


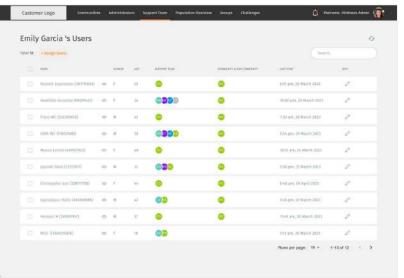


- ↑ Click "View assigned Users" button to view .



Viewing User Assigned to Support Team Member

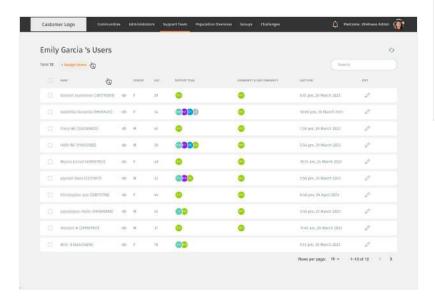


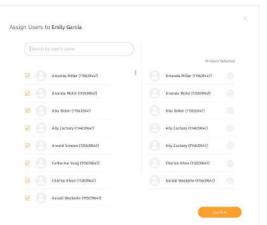


← You may view the users assigned to a Support Team Member by clicking on each Support Team Member name.



Assigning User to Support Team Member

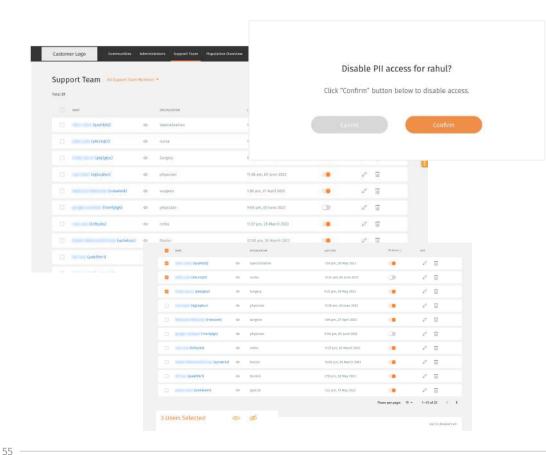




- ← You may only assign User that is under the same facilities with the Support Team Member. On the Member's users page, you may assign user to the member by clicking on the "+Assign Users" button
- ↑ Assign user for the member by selecting through the list of users or search the user through the search box.



Configure PII Access



- ← If you do not want your support team member to be able to view your user names and their general readings, you can configure their Personal Identifiable Information (PII) access.
- Click on the toggle button to enable/disable access. A pop up will show up accordingly to confirm the change.
- Configure PII access in bulk by doing a multiple select of the admins and clicking on the eye icons (enabled on icon for enabling access, disablec of con for disabling access).
- You can also access these features under the Community / Sub-Community Administrator and Support Team Member pages.

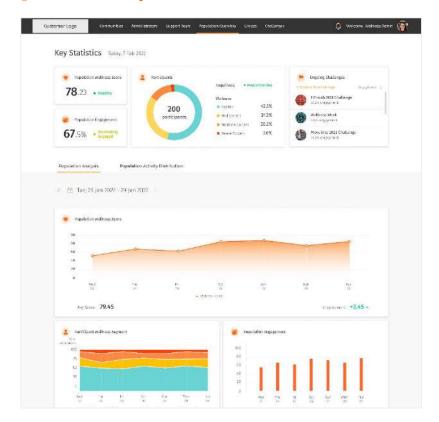


Population Overview

- 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
- Steps and Sleep
- Fruits & Vegetables and Processed Food
- Water Intake and Mood & Stress
- 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.



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

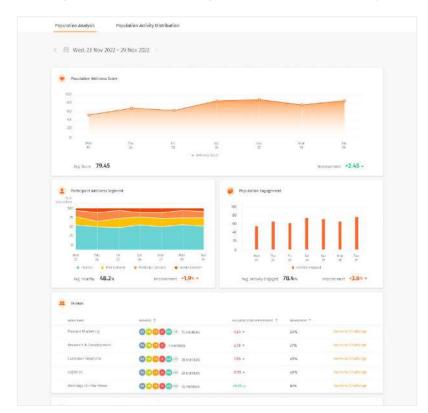
Shows a distribution of your population in the different wellness ranges from Healthy to Severe Concern, as well as an overall happiness level status.

Ongoing Challenges

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



Population Analysis • 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.



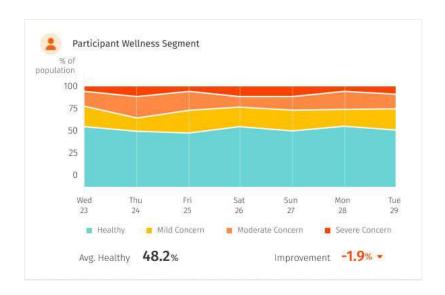
Population Analysis o Population Wellness Score



↑ 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 o Population Engagement

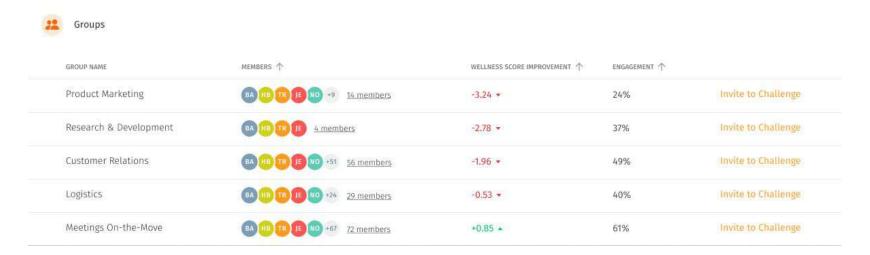


← The Population Engagement widget shows how engaged your population is overall over a period of time - whether they are using the app or completing challenge goals.

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.



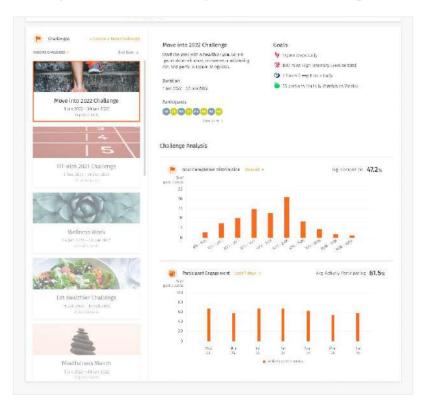
Population Analysis O Groups





[↑] 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 o 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.

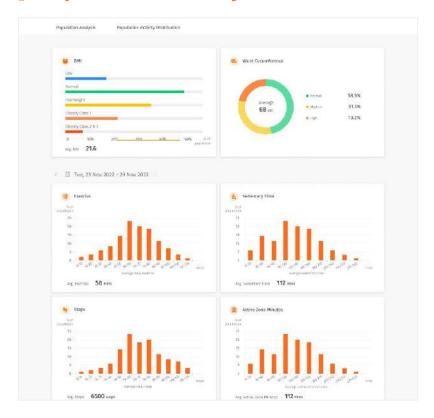
Challenge Analysis

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 o About Population Activity Distribution

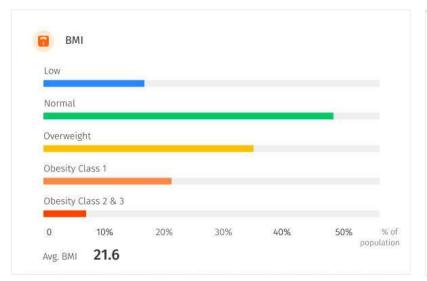


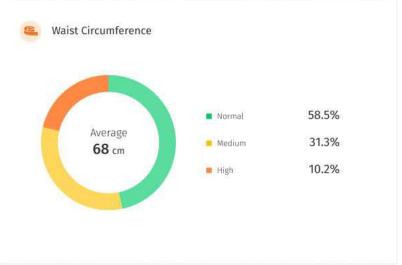
← The Population Activity Distribution tab shows visualisations for specific parameters and activities. This section allows you to understand how each parameter is distributed across your population.

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 OBMI and Waist Circumference





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.

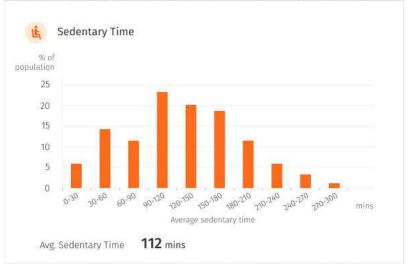


Population Activity Distribution • Exercise and Sedentary Time



↑ 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.



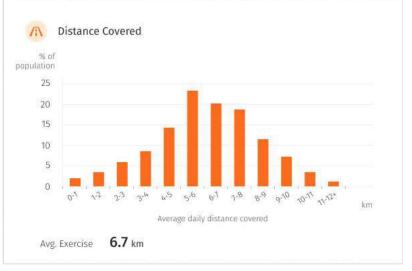


Population Activity Distribution o Active Zone Minutes and Distance Covered



↑ 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.

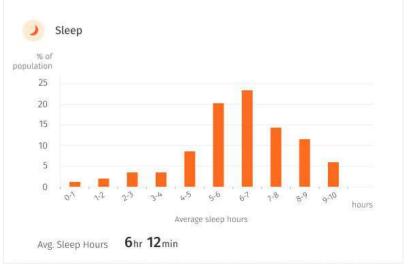




Population Activity Distribution O Steps and Sleep

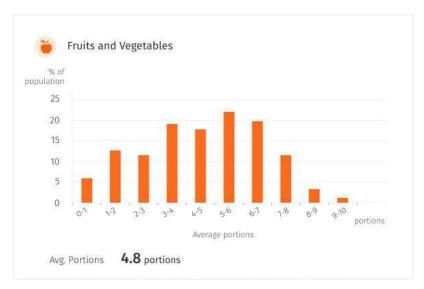


↑ The Steps widget shows the common range of number of steps in your population. Ideally, your chart should skew to the right to indicate a higher average step count. Create 'Steps' challenges to achieve this. ✓ The Sleep widget shows the common range of hours of sleep in your population. Ideally, your 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 o Fruits & Vegetables and Processed Food

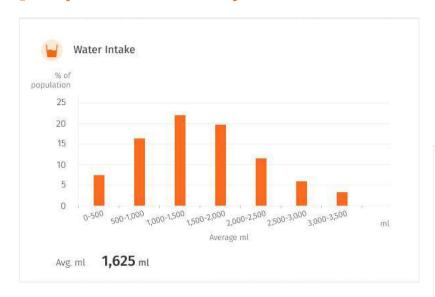


↑ The Steps widget shows the common range of number of steps in your population. Ideally, your chart should skew to the right to indicate a higher average step count. Create 'Steps' challenges to achieve this. The Processed Food widget shows the common range of number of days your population did not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



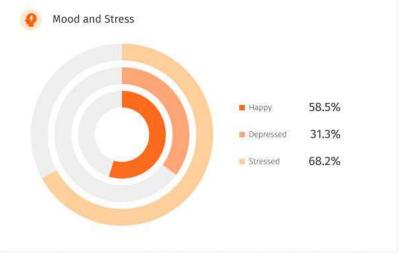


Population Activity Distribution • Water Intake and Mood & Stress



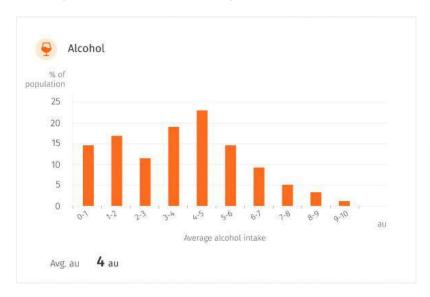
↑ The Water Intake widget shows the common range of litres of water intake in your population. Ideally, your chart should skew to the right to indicate a higher hydration levels. Create 'Water Intake' challenges to achieve this.

→ 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.

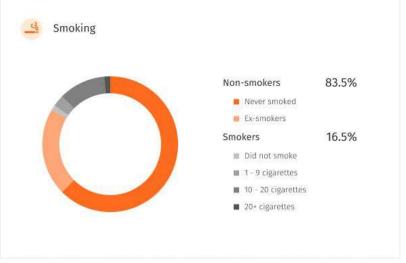




Population Activity Distribution O Alcohol and Smoking



↑ 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.



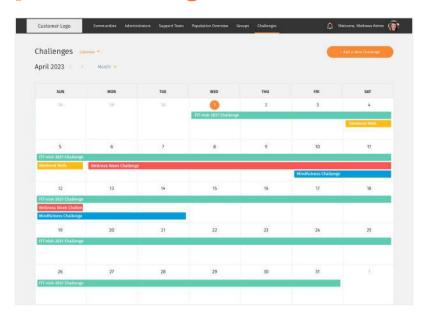


Challenges

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

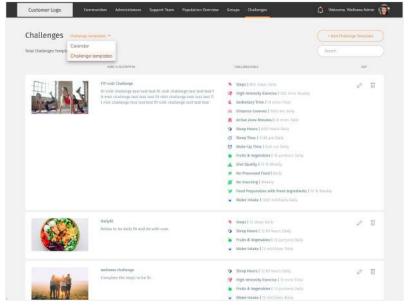
- Manage Participants
- I Resend Invitation
- Remove Participants From Challenge

About Challenges



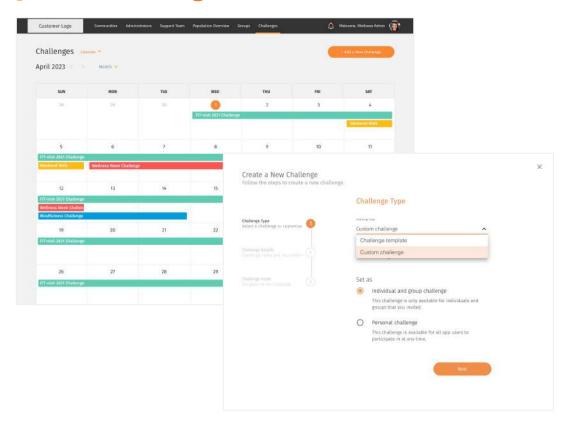
↑ The Challenges page shows a calendar view of all the challenges that you have created. This allows you to easily identify empty or busy periods on the calendar, and manage your challenge planning accordingly.

↓ At the Calendar dropdown, you will be able to toggle between the calendar view or look at past challenges or look at challenge templates available in the system.





Create Challenge



← 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

Available for every app user to join

Individual challenge

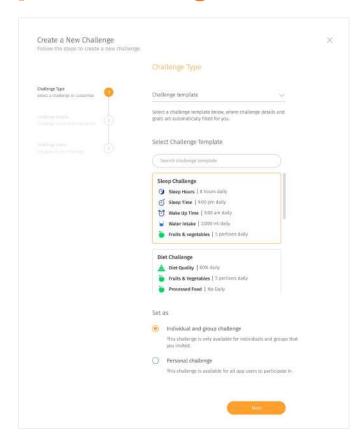
Only invited participants can join

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.

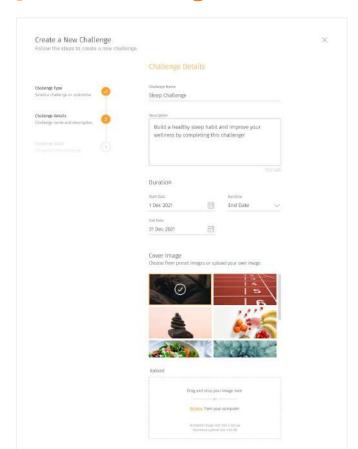
If a new challenge is created from a challenge template, a selection of templates will be available for you to choose from below.

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

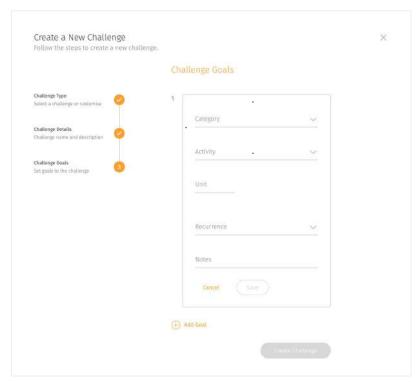
Challenge name and description - Fill out the challenge name and details of what the challenge is about.

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

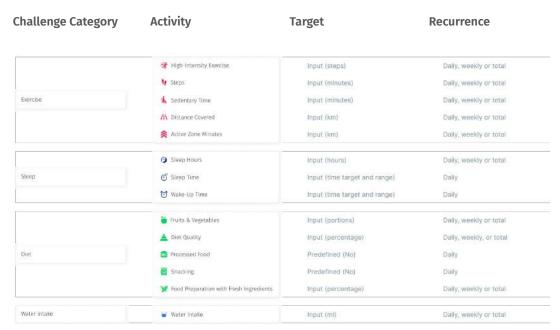
This need to be reached every week of the challenge duration, starting Monday to Sunday.

Total challenge goals

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



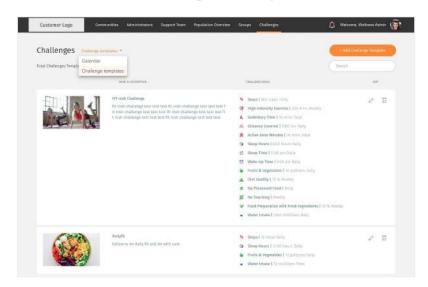
Challenge Goals (cont.)



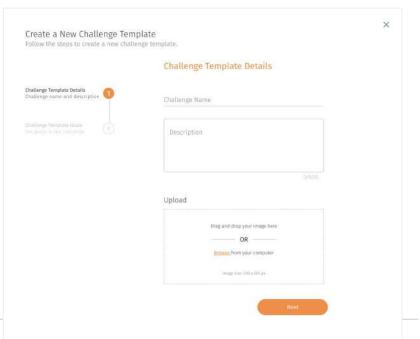
← Currently, there are 4 types of challenge categories to choose from with a variety of activities for each. More categories and activities will be added in time to come to promote a more holistic wellbeing.



Create Challenge Template

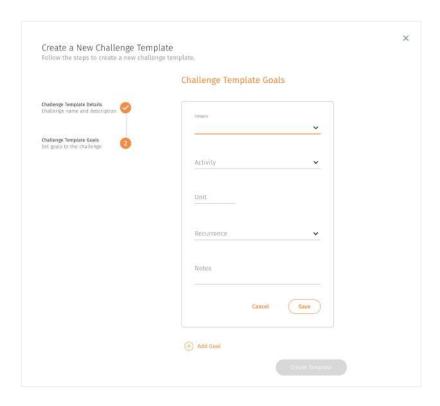


↑ On top of creating new custom challenges or challenges based on templates, you can also create a new challenge template to include when you are creating new challenges. To do so, make sure you are toggled on the "Challenge template" tab, and click "Add challenge template". → Challenge template details Challenge name and description Fill out the challenge name and details of what the challenge is about. Cover image The cover image is displayed on both your dashboard and the users' apps. You can upload your own.





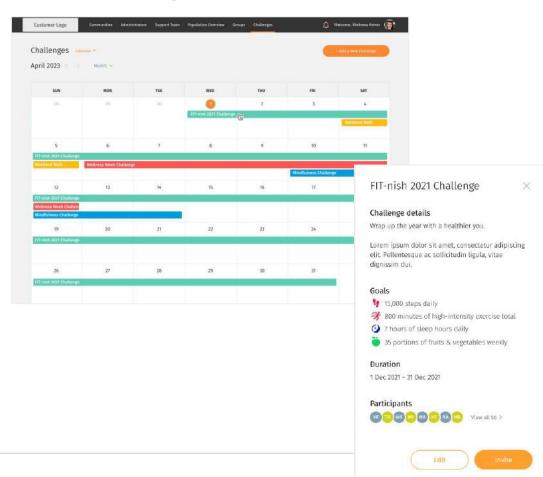
Create Challenge Template (cont.)



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.



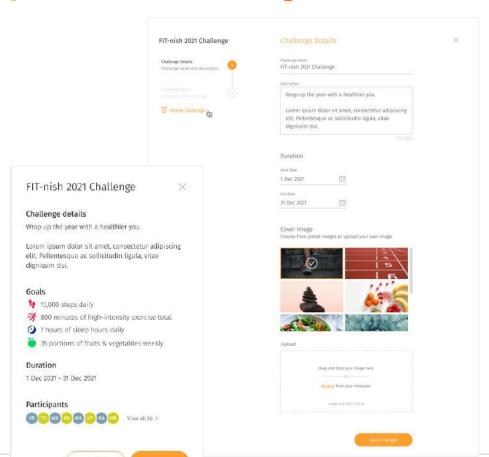
View Challenge Details



- 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.



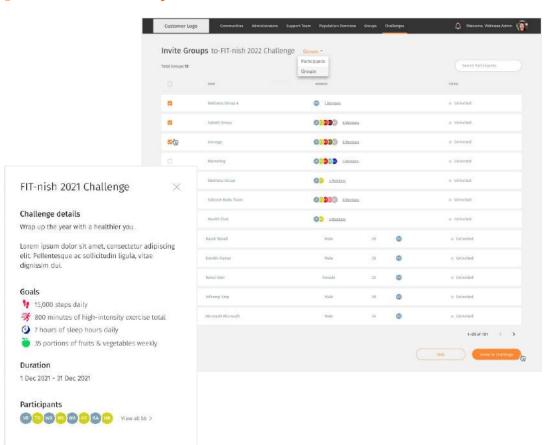
Edit and Delete Challenge

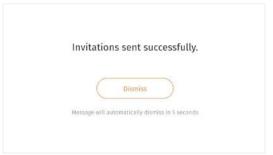


- ← To edit the challenge, select the 'Edit' button at the bottom of the challenge popup.
- You can edit the challenge details, duration, cover image, as well as challenge goals.
- You can also delete the challenge from this section by clicking on 'Delete challenge'. But please note that once a challenge is deleted, all progress made by the participants will be lost and this action cannot be undone.



Invite Participants

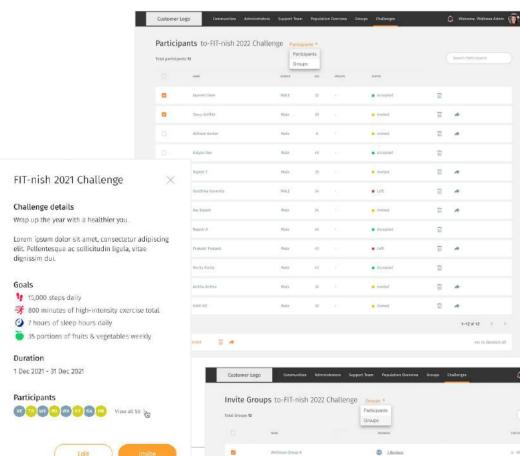




- To invite participants to a challenge, click the 'Invite' button at the bottom of the challenge popup "FIT-nish 2021 Challenge".
- You can send an invitation as an individual challenge to individual participants, or you can send an invitation as a group challenge by selecting 'Groups' in the dropdown to view the list of groups in your organization. Once selected, click 'Invite to Challenge' to complete the invite.



Manage Participants

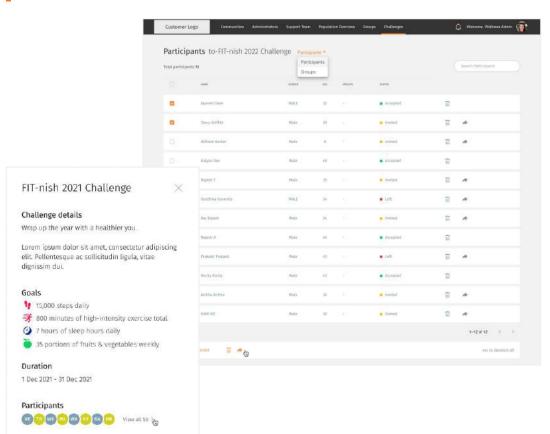


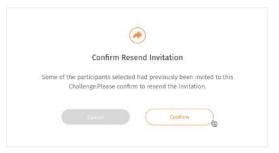
- To view and manage all your invited participants, select the "View all >" button next to the list of participant icons in the challenge popup.
- ← ✓ You can view the list of participants invited as an individual challenge, or navigate to 'Groups' in the dropdown to view the list of groups invited as 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

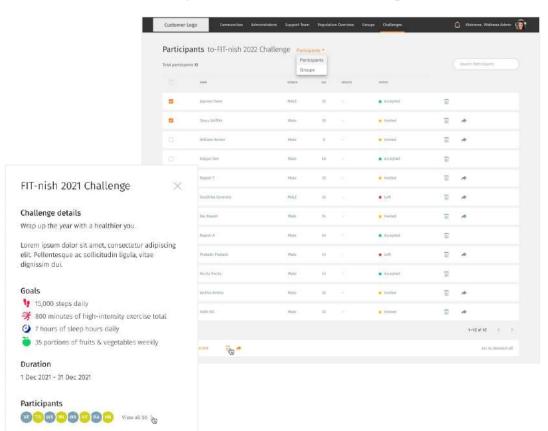


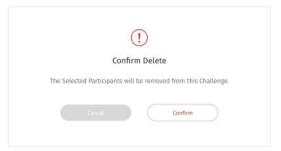


- If your invited participants have not joined the challenge (shown as a yellow 'Invited' on its status), you can resend the invitations to nudge them. They will receive a new notification on their app.
- ← Select the participant(s) or group(s) you want to nudge and click Resend button icon → to resend the invitation.
- ↑ Click "Confirm" button to confirm resend invitation or Cancel button to discard.



Remove Participants from Challenge





- ← You can remove participants from a challenge.
- ← Select the participant(s) or group(s) you want to remove and click the delete button icon icon 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.

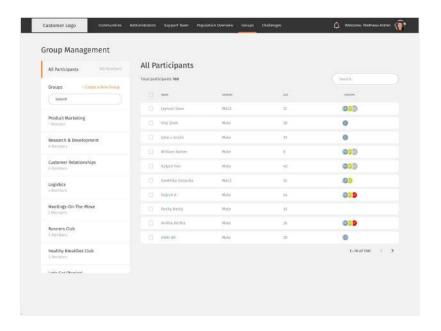


Group Management

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



About Group Management

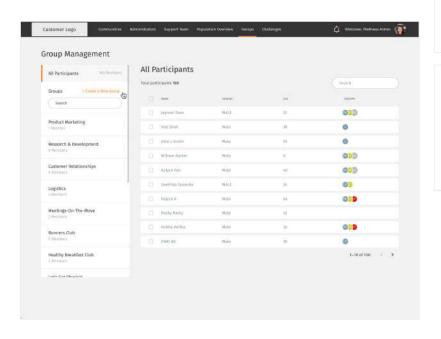


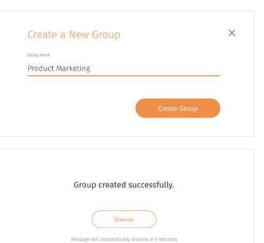
- ← The Group Management page allows you to manage the groups in your organisation and their members. The page consists of two sections:
- 1. The list of created groups in the organisation on the left sidebar
- 2. The details of the selected group on the main page on the right side

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

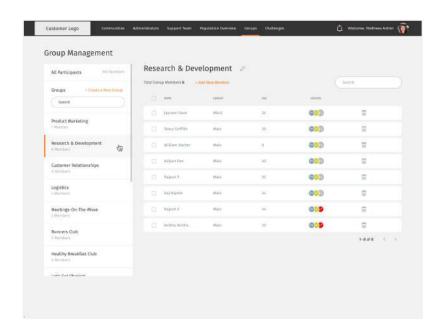




- ← To create a new group, click the '+ Create a New Group' button in the left sidebar.
- ↑ Enter the group name e.g. "Product Marketing" and click Create Group button. Once the group has been created, its name will be added to the list on the left sidebar.



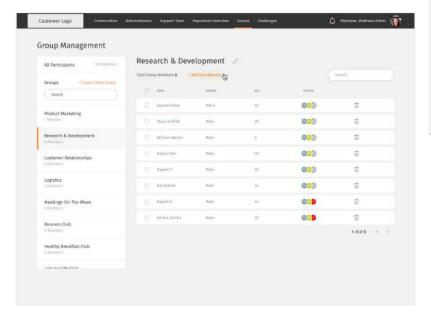
View Group Details

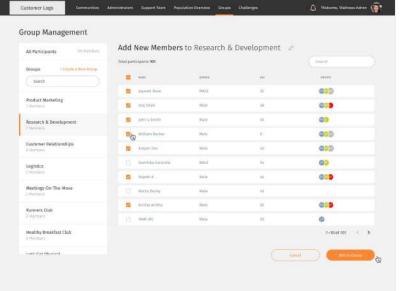


← To view a group in more detail, select a group from the list of groups in your organisation from the left sidebar. The list of group members will appear on the main page on the right side of the sidebar.



Add Members to a Group

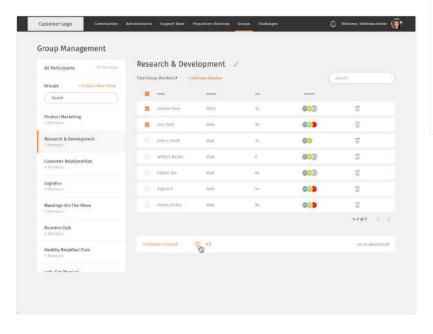


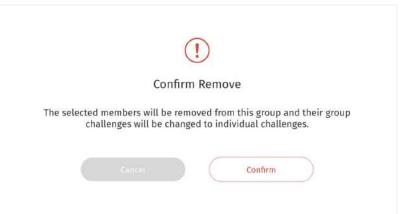


- ← To add members to a group, click the '+ Add New Member' button below the group name.
- ↑ Select the participant(s) you would like to add to the group and click 'Add to Group' to proceed.



Remove Members from a Group

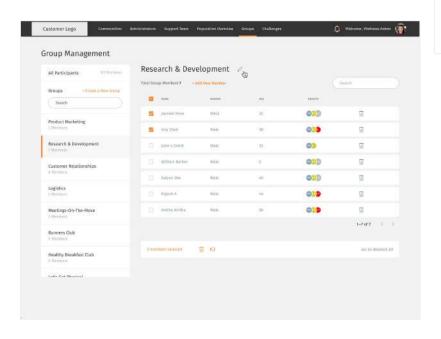




- ↑ Click "Confirm" button to remove or cancel to discard.



Edit and Delete Group

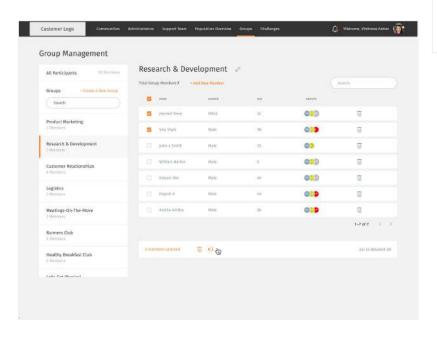




- ← To edit a group, click the Edit button icon ⊘ next to the group name.
- ↑ Click "Save Changes" button to save changes or "Delete Group" button to delete group.



Send Broadcast Message





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.

