



## Frequently Asked Questions

### For Participants:

#### Q: How do I download and install the fitness challenge app?

A: Open the App Store on your mobile device. If you have an iPhone, go to the App Store. If you have an Android device, go to the Google Play Store. **Search for YuMuuv app** and download it to your mobile device. Look for the official app with the correct name and logo. Tap on it to open the app page.

On the app page, you will see an "Install" or "Get" button. Tap on it.

If prompted, review the app's permissions and requirements, and then tap "Accept" or "Install."

The app will start downloading and installing. The progress can be seen through a download indicator.

Once the installation is complete, you will see the app's icon on your home screen or in the app drawer.

Tap on the app icon to open it and begin using the fitness challenge app.

#### Q: How do I create an account on the fitness challenge app?

A: Once you have downloaded and installed the YuMuuv app, please follow these steps:

In the search bar, type the name of the Challenge: Highway to Health Fitness Challenge to begin signing up. Follow the instructions listed in the Registration document. You can also download a copy of the Registration Instructions here: <https://highwaytohealthusa.com/app-registration>

#### Q: How do I join a specific fitness challenge within the app?

A: Inside the app you will have two choices of Challenges to choose from: Step Challenge, or the Exercise Challenge. Please choose one of these options and get started participating!

#### Q: How do I track my progress and activities using the app?

A: Inside the app you will see the area called **Ranking**, and will be able to track your progress, and also how you stack up against participants in the Challenge.

**Q: How can I connect my fitness tracker or smartwatch to the app?**

A: Inside the app you will see an area called **Choose Integration**, with a list of several different devices. Choose the device that you have and click Next. If you do not have a wearable device, or you cant find your device in the list provided, then choose the option “**No Integration**” and follow the steps.

**Q: Does the app automatically log my activities, or do I need to log my workouts and activities manually on the app?**

A: The Step Challenge automatically tracks your steps and provides a daily/ weekly totals.

**Q: Can I participate in multiple fitness challenges simultaneously?**

A: We have two challenges built into the Highway to Health Fitness Challenge: Step Challenge, and the Exercise Challenge. You can enter both challenges, but each one will require that you sign up for each one.

**Q: How can I view my current ranking and compare it with other participants?**

A: Inside the app you will see the area called **Ranking**, and will be able to track your progress, and also how you stack up against participants in the Challenge.

**Q: Are there any rewards or incentives for completing fitness challenges?**

A: When a participant reaches 40,000 steps for the week (8,000 steps a day for five (5) days), he or she is eligible to enter their name into the drawing. Each milestone of 40,000 steps per week must be verifiable and/or witnessed by: the wearable device and app logging the data, or by a picture that shows daily/ weekly/monthly totals reached.

If a participant enters the Exercise Challenge section, they must log their information into the Highway to Health Fitness Challenge app. Weekly totals of 70 points must be achieved from the categories listed within the app in order to be eligible for prizes, and to enter the drawing.

**Q: Can I invite friends or create/join teams within the app?**

A: Yes, absolutely! The more people you tell about the Fitness Challenge and they sign up, you could be working towards another milestone and prizes for the most referrals. One more way to win amazing prizes and awards!

We are excited and honored that you have chosen to participate in the Highway to Health Fitness Challenge! Make sure you also check out our website for more exclusive offers at [highwaytohealthusa.com](http://highwaytohealthusa.com)