



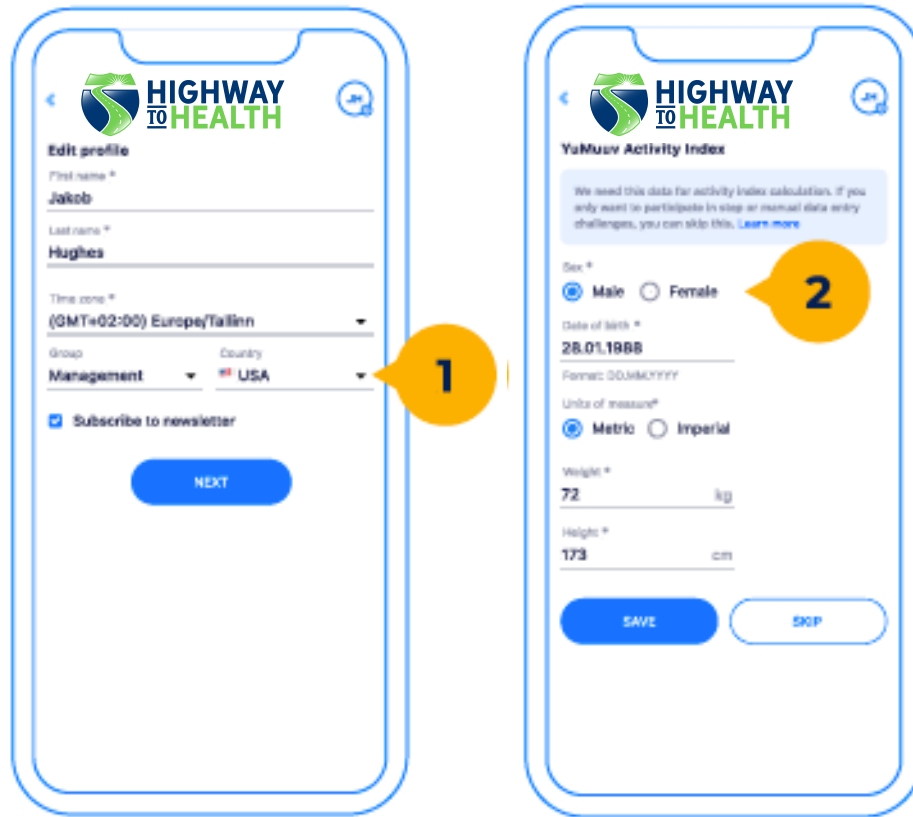
Highway to Health Fitness Challenge Registration

The Highway to Health Fitness Challenge is partnered with YuMuuv to provide you with two different challenges, in 32 different languages.

1. Getting Started

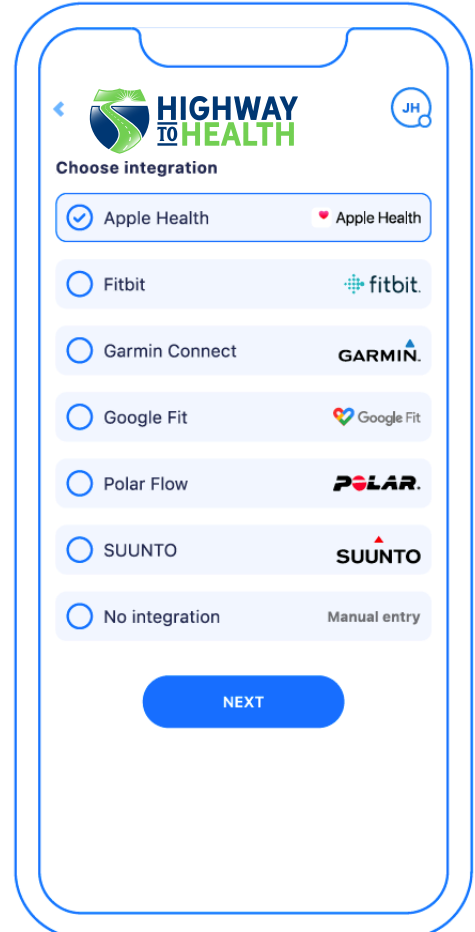
- 1.1. Search for the YuMuuv app on Apple App Store, or Android Google Play Store. Download the YuMuuv Health & Fitness app.
- 1.2. For registration and to get started using the Highway to Health Fitness Challenge, please enter the challenge code (**H2Hchallenge**) to begin. Enter your email, and create a password. Then press the Sign-Up button.
- 1.3. Choose the challenge that is most comfortable for you – either the STEP CHALLENGE, or the EXERCISE CHALLENGE.
- 1.4. Creating Your Profile - Next, you are directed to the profile creation view. Type in your first name and last name, and also choose your time zone. If you would like to create a group, you can choose your group during the on boarding process. Additionally, you can subscribe to our monthly newsletter to be up-to-date with any useful updates. Once this is completed, click “Next.”














1.5. In case you would like to see additional detailed analytics, fill out the information in the “Activity Index.” This is not mandatory but it is available to you.

1.6. Connecting Your Device - In this section, you will select the integration according to your device. In case you have a device that is not listed here and cannot be connected through third-party connection (in the next section), we recommend that you continue without integration. If you have additional questions regarding integrations, please contact our customer support team at team@highwaytohealthusa.com. If you choose to continue through manual entry, please note that not all challenges might be manually enabled.



1.7. Description of Integrations

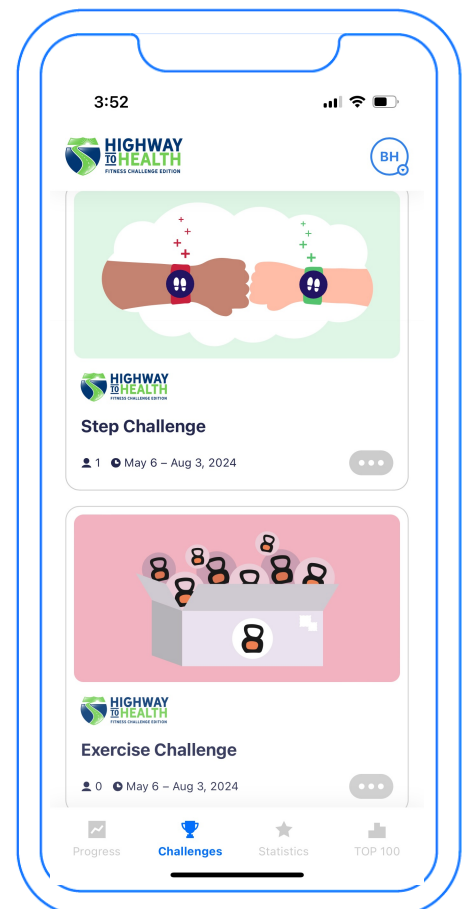
	Sync speed ²	Measuring steps	Measuring calories	Measuring heart rate	Measuring distance
	Automatic Once an hour	Automatic	Automatic	Automatic	Generic total distance or all activities distance sum
	Automatic	Automatic	Automatic	Automatic	Generic total distance
	Automatic Once an hour	Automatic	Automatic	Automatic	All activities distance sum
	Automatic Once an hour	Automatic	Automatic	Automatic	All activities distance sum
Apple Health	Automatic When you open the app	Automatic	Automatic Doesn't measure with phone	Automatic (watch with HR sensor) Doesn't measure with phone	Walking, Running, Distance, Cycling, Swimming
	Automatic	Automatic	Automatic	Automatic (watch with HR sensor) Doesn't measure with phone	Generic total distance

	Non-direct integration + Apple Health	Non-direct integration + Google Fit	Non-direct integration + Fitbit
 From the 4th generation		✓ Android	
 Before 4th generation		Only through HealthSync	
 Huawei Health (Android)	✓	✓	
 Huawei Health (App Gallery)			✓ Only through HealthSync
 Oura	✓	✓	
 Xiaomi (MiFit)	✓	✓	
 Coros	✓		
 Withings (Health Mate)	✓	✓	
 Amazfit (Zepp)	✓	✓	

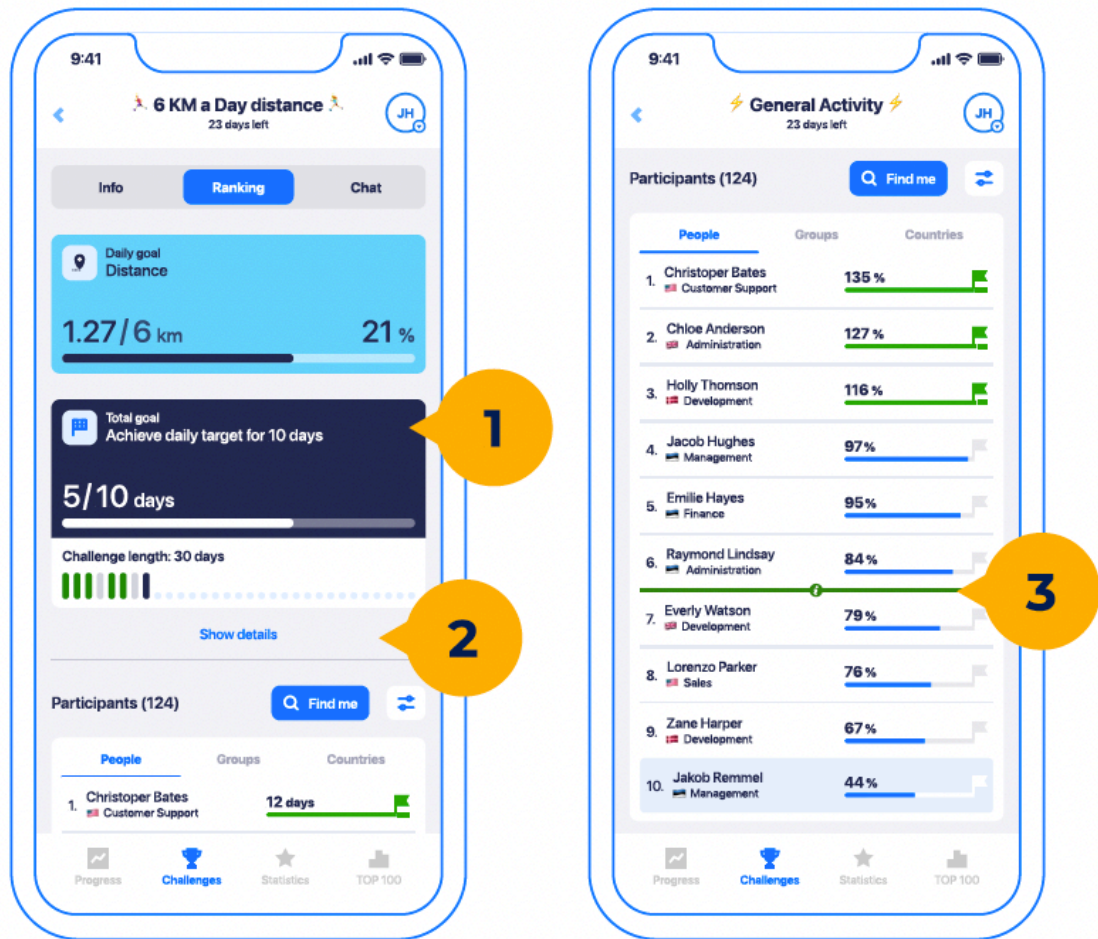
2. Participating in Challenges

2.1. Different types of challenges - To join the challenge go to “**Challenges.**” You will be able to choose from the step challenge, or the exercise challenge.

2.2. Joining Challenges - To join the challenge that you are interested in, tap “**Join**”. Under the info tab you can see all the details regarding the challenge (Name, period, organizer, goal + prize, and the description of the challenge. You will also see a link to the Highway to Health Fitness Challenge website if you are interested in learning more about our corporate sponsors (<https://highwaytohealthusa.com/sponsors>).



2.3. Ranking - Under the ranking view, you will see the **challenge goal** (also the daily goal since our challenges are considered to be a consistency challenge), and your progress regarding the goal. Additionally you can see your progress day by clicking on **show details**.

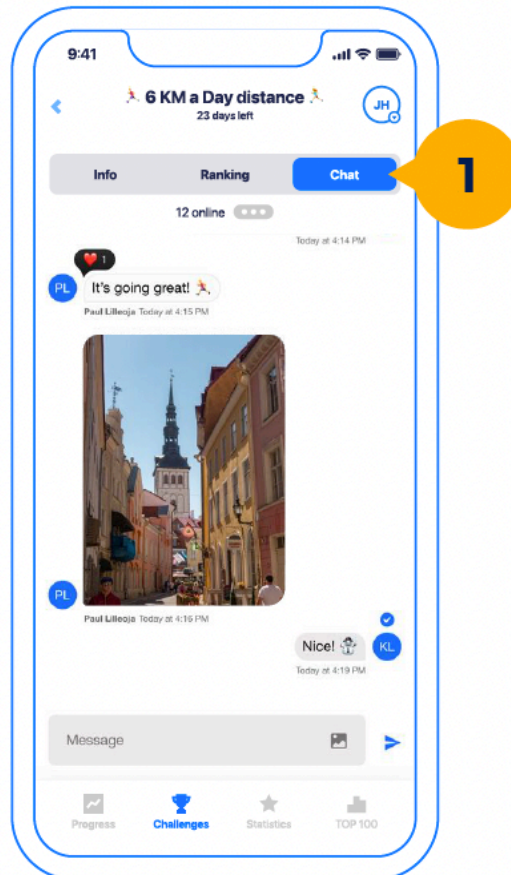


2.4. Below that there is a leaderboard that shows the participants number and ranking. The ranking can be individual/group/country based on the choice of the admin. Once you have met your goal, your progress will turn to **Green**.

2.5. Additionally, there is an option to see the Green info line, which moves the base to meet the goal by the end of the period. Staying above the line means that you are moving at a faster pace to meet the goal. The same applies if you are moving slower than the goal, you will be below the line.

2.6. Filtering and Exporting - Also on the challenges page, you can filter the ranking table using a special filter button. It is possible to filter users by their group. For your admin there is also an export button to get the results as a dot XLS file.

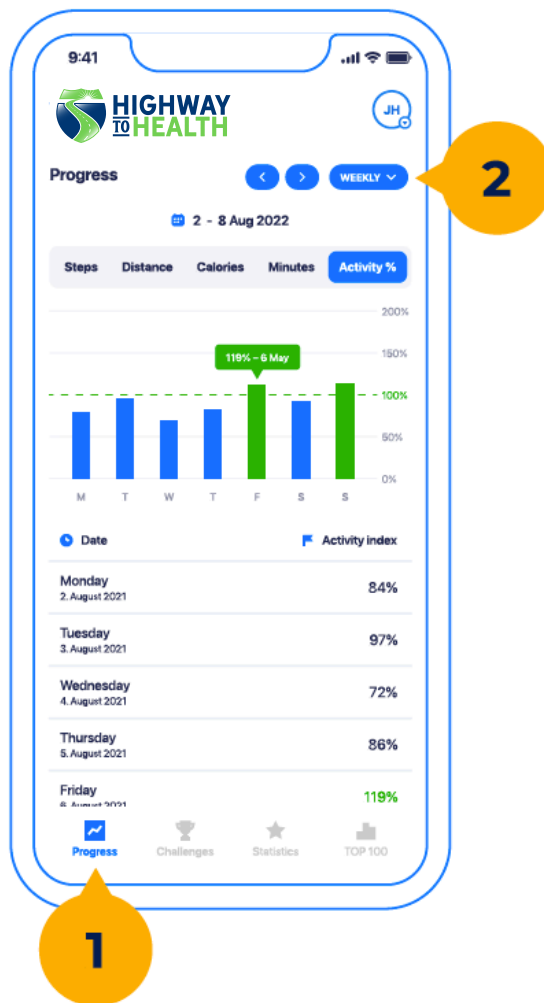
2.7. Chat - Under each challenge there is also a **Chat** area, where you can share moments and emotions with other participants who have joined the challenge. When you first set up your registration in the app, you will be asked for permission to send you notifications, in order for you to be notified when someone writes in the chat. Make sure you press “Allow” – In this case, you won’t miss out when someone post information or reaches out to you directly.



3. Statistics

- 3.1. Personal progress - On the **Personal Progress** screen, you will see the progress of different activity types through your current or week, as well as the previous periods.
- 3.2. Company Statistics - In addition, we have created a statistics page where you can see some fun facts about general physical activity in your company.
- 3.3. Top 100 Ranking - In the top 100 list, we have a monthly leaderboard based on the organizations average employee Activity that is calculated using the “Activity Index” If you want to change the community view, click on the right

top corner, and you will find a list of companies that are participating in the



challenge.

4. Contact Us

4.1. Feel free to contact us at any time if you have any difficulties using the app team@highwaytohealthusa.com .

4.2. If you want to leave the challenge, tap on the same button or a drop-down button on the info tab and tap **“leave challenge”** .

4.3. Above all else, we want to make sure that you have a fun time while you are participating in our challenges, and of course, best of luck in qualifying for, and hopefully winning one of our amazing prizes. Our goal is to help you achieve the best possible health that you can experience!

4.4. Don't forget to visit our website www.highwaytohealthusa.com . There are more things to see and definitely more offers from our **sponsors** that you will want to check out.