

# USERNOTES

USER GUIDE

USING THE APP



WELL 1-2-1

Wellbeing4business Ltd

# Getting started



## Log in and app synchronisation

Follow the link in the registration email.

Download the app

Select "I'm New"

Enter your details into the boxes available – write down your password.

If you are asked to join an organisation (not applicable if you did step 1) enter This will add you to the coaches group and you will receive a message from your coach.

Select "yes" when it asks you if you wish to receive notifications. This will notify you when you have coach message.

## App synchronisation

You can sync the app with a number of apps and devices such as Strava, Fitbit and Garmin

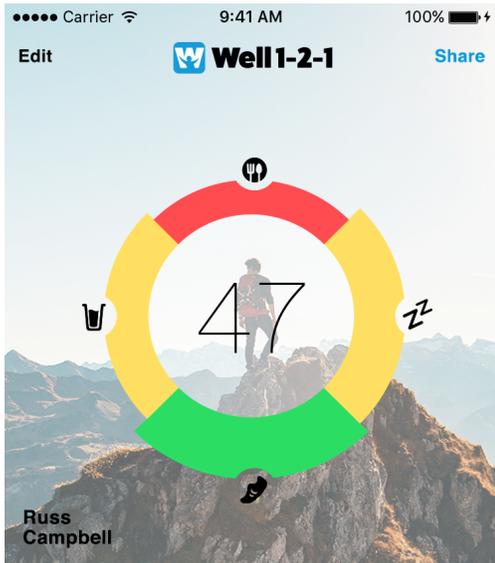
On set up simply choose the app that you use from our list.

If you have an Apple device you can sync with the Apple health app – select the things that you wish to sync with and they will be automatically be uploaded to Well 1-2-1.

Please note that you must enable your app to sync with Well 1-2-1 or your data will not be automatically synced. You can do this in your phone settings under Privacy.

If you don't use any apps consider using one or simply set up trackers so that you can enter data manually.

If you want to sync with an app after set up- click on profile and click on "connected apps". Then choose from the list



## Setting up your profile

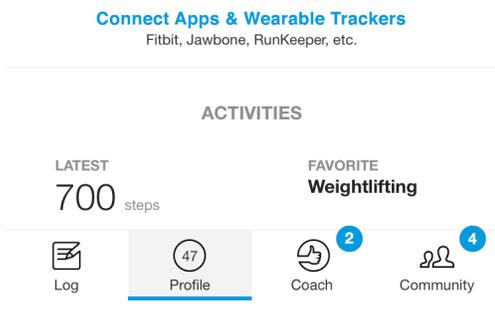
Click on Profile and then the Edit function (top left)  
 Edit your profile – enter, age, height, add a picture if you want to  
 Share your profile to friends via email, Facebook.

## The Well 1-2-1 Score

The score is calculated using a 30 day window of data. It will change daily but will only be accurate after 30 days of logging/inputting data.

The score is 30-day snapshot of how healthy you are based on the amount of healthy exercise, sleep, nutrition and hydration data tracked or synced into the mobile health tracking app.. The score falls between 0-100 and uses a colour scheme of red, yellow and green to illustrate where you are doing well (green) and where you may need more help (red).

If you open the app, go to the PROFILE tab and from there, you'll see the scoring image. If you tap on each section of that score it will break out the details of this red/yellow/green colour scheme.

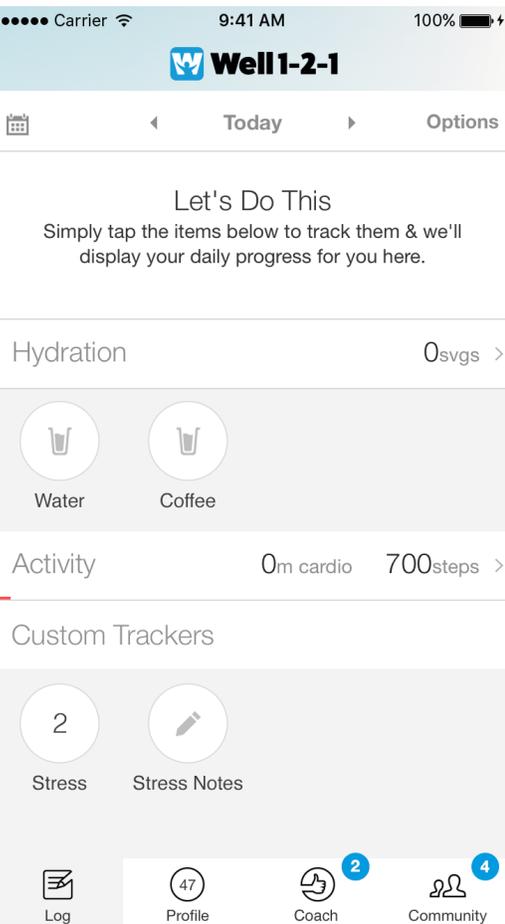


## Setting up your trackers

Your daily trackers should reflect your goals. To set your trackers click on the Log function (bottom left). Then choose Options (top right).

Select from the list what you wish to track. Think about any goals you may have and select the relevant trackers. We have listed a few examples below

Tracking your daily activity By tracking your daily rituals you can take small steps each day and achieve your goal. In improving your wellbeing these small steps are essential.



## Contacting your coach

Click on the coach button – simply type your message and press send. You can also send a picture to your coach.

## Using the Log function

From here you can:  
 View a calendar and select a date to review your data from a specific day. Use the navigation arrows at the top to toggle from day to day to

## view your data.

View all your data for today and add new data in. Simply click on the circular button and enter your data. From here you can also view a basic servings guide that will help you to enter the most accurate data possible.

## Community

This allows you to join clubs and groups of people from all over the world. For example you can join the cycling club- simply click on the club you want to join and press join at the top right of your screen. You can post questions and have discussions about the relevant topic here. There is also leader boards for you to view

Designed by Elegia



Your Well 1-2-1 score is a 30-day snapshot that reflects your overall health.

The number is determined by the four sections surrounding the number: Nutrition, Sleep, Activity and Hydration.

The score is out of 100 and each section replicates a percentage of that score. For example you will not receive the highest score possible by just excelling at activity.

All four areas would need to be as good as they can get.

For the first 30 days your number will only get better. Use this as a motivation tool, it will encourage you as you see the reward for your hard work.

After the first 30 days are over the number will fluctuate daily depending on how well you're doing in each of the 4 areas. Aim to maintain your score or build on it to make progress.

## Understanding the Well 121 score

### The colour scheme

Each area has different guidelines as to what constitutes a certain colour being displayed. To find out what those guidelines click on the individual colour section.

**Green** – Great work ! You are meeting the recommended guidelines for this area.

**Amber** – Almost there ! You're almost meeting the recommended guidelines for this area.

**Red** – Keep going ! You have some work to do in order to meet the recommended guidelines.

You should be aiming for as much green sections as possible.