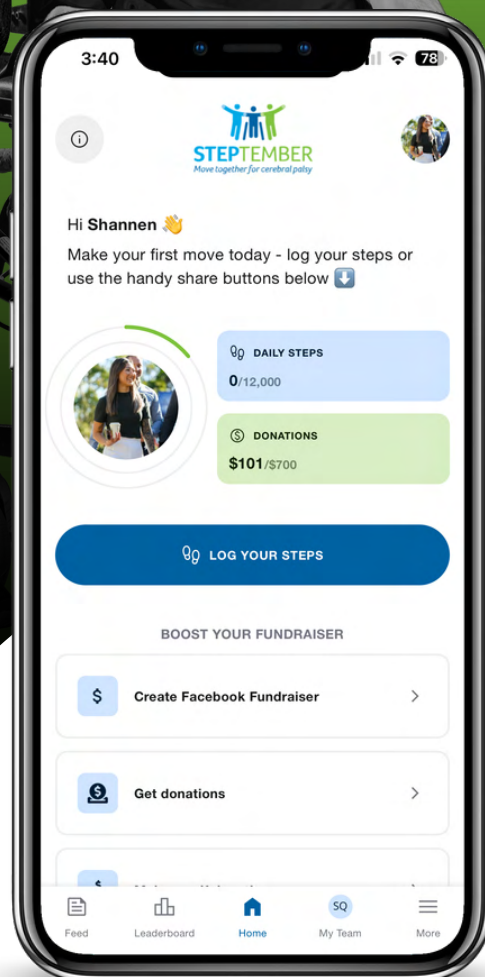


STEPTEMBER 2023

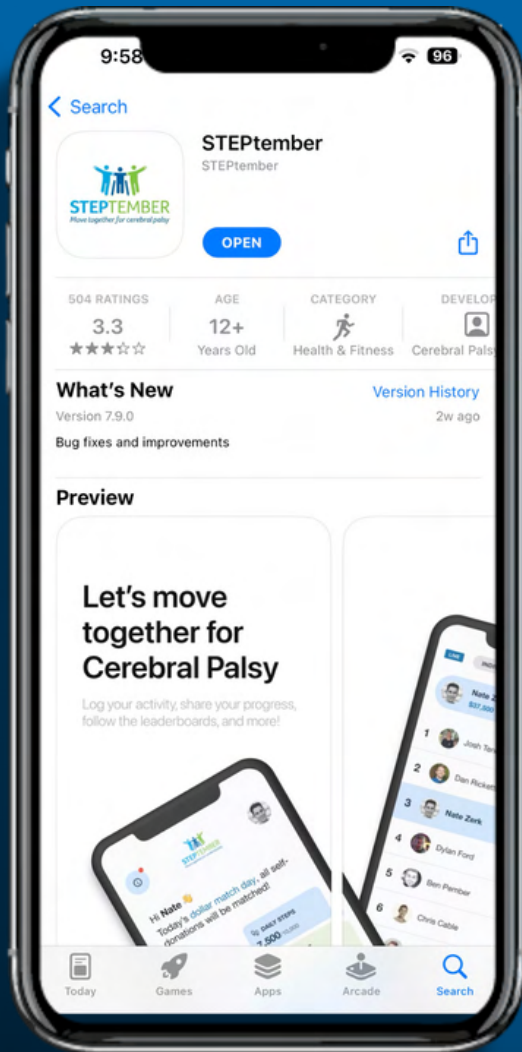
APP GUIDE



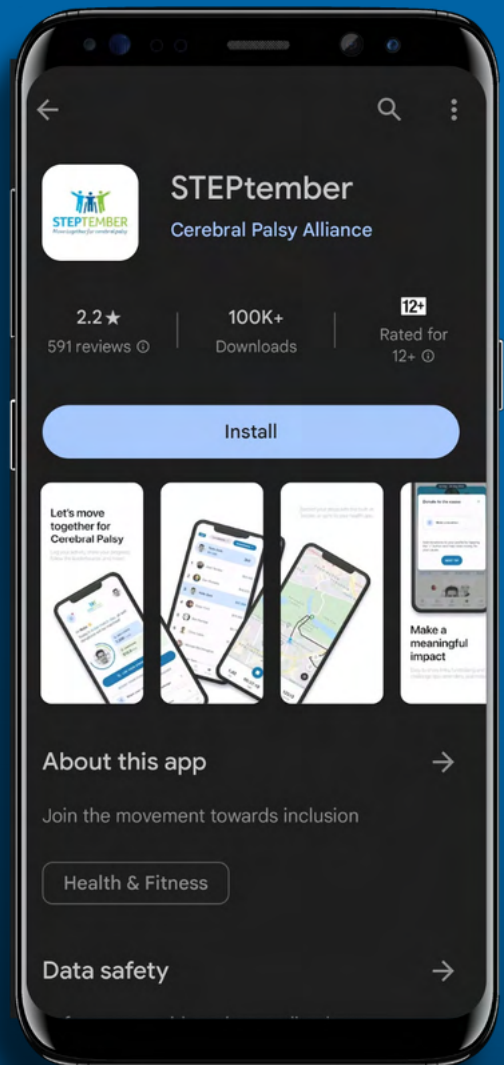
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DOWNLOAD



Download on the
App Store



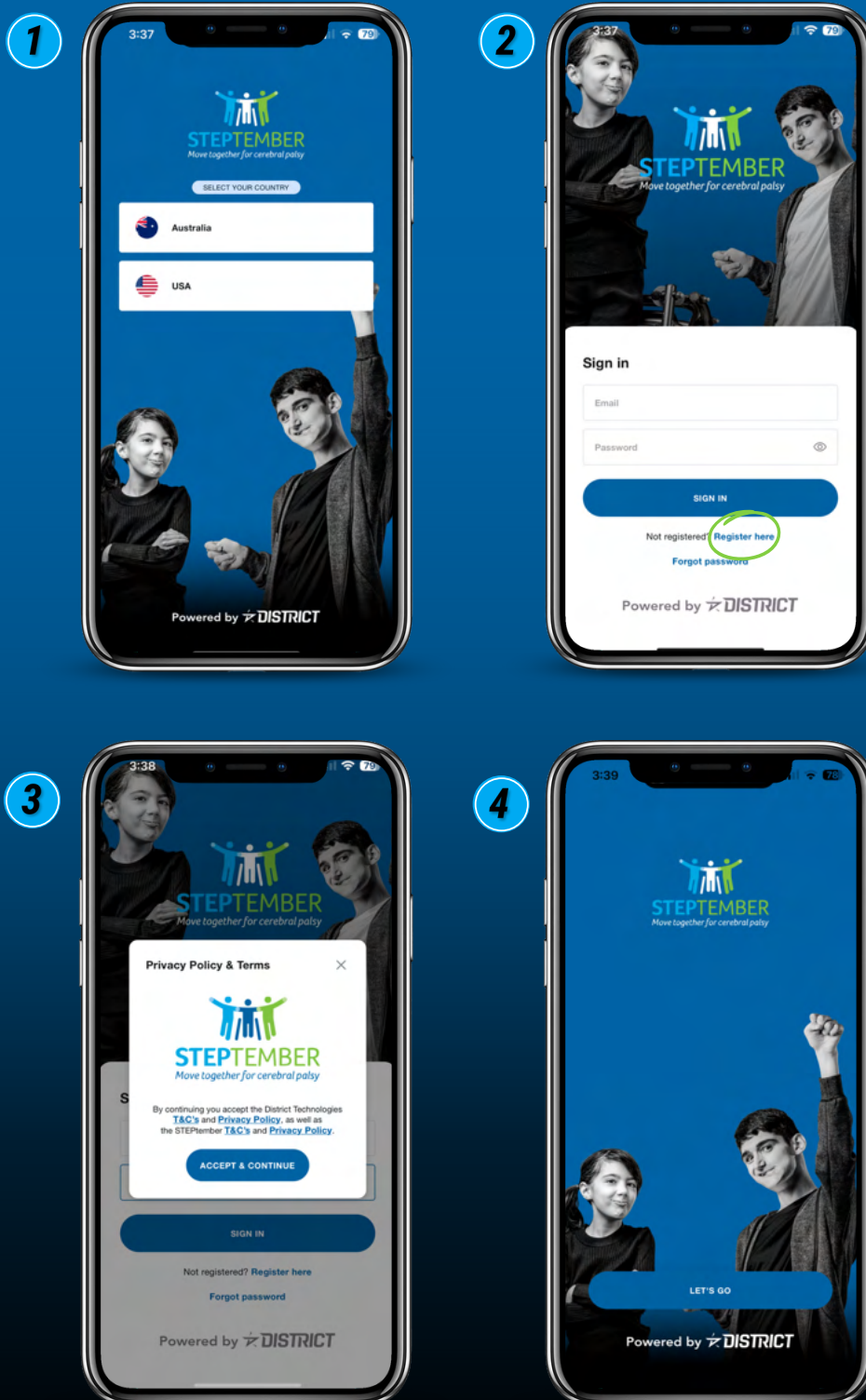
Get it on
Google Play

LOGGING INTO THE APP

★ You must be registered for STEptember to connect to the app.

If you've downloaded the app first, before registering, you can click the 'Register now' link on the second screen.

After downloading, select 'Australia' and log in using the same email address and password you registered with. You'll be asked to agree to our Terms and Conditions, and Privacy Policy before continuing.

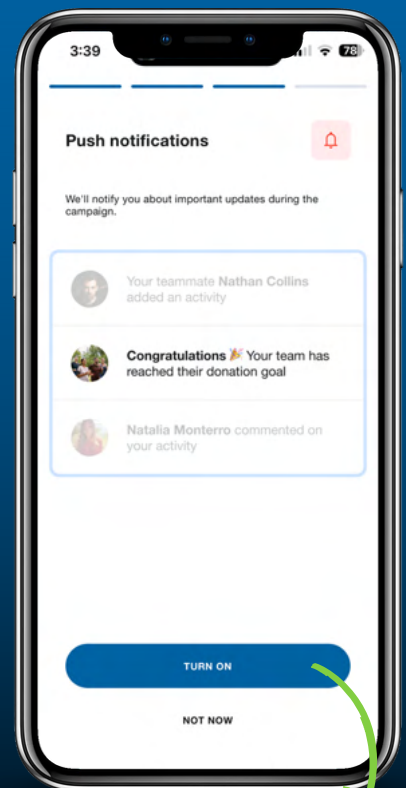
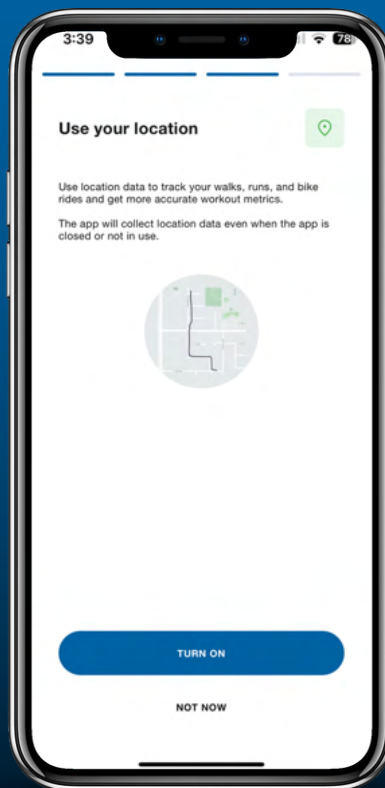
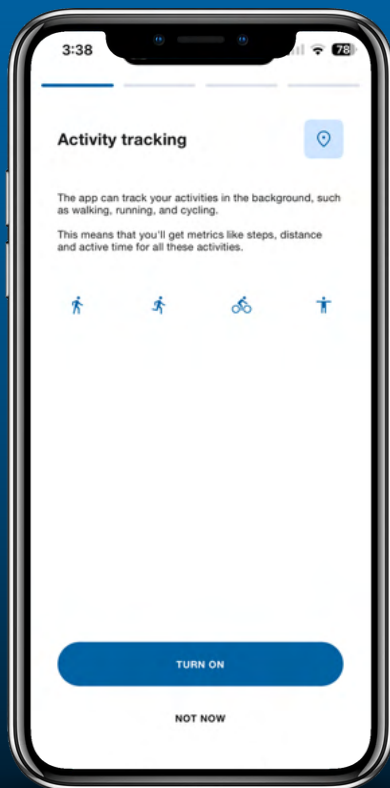


SETTING UP THE APP

After logging in and connecting to your STEPtember profile, the app will seek your permission to send notifications, access your location from your smartphone and, access your motion and activity data.

All of these are required so that the STEPtember app will function as it's been designed, and to ensure you have the best STEPtember experience.

- *Allowing notifications will ensure you're kept up to date with STEPtember news and challenges, and that you receive messages from your team members and achievement of key milestones.*
 - *Most importantly, enabling notifications means you'll be notified whenever a team member logs their steps – encouraging some friendly competition!*
- *Providing permission for the app to access your location and motion activity will ensure the built-in GPS can track and map your activity.*



"STEPtember" Would Like to Send You Notifications

Notifications may include alerts, sounds and icon badges. These can be configured in Settings.

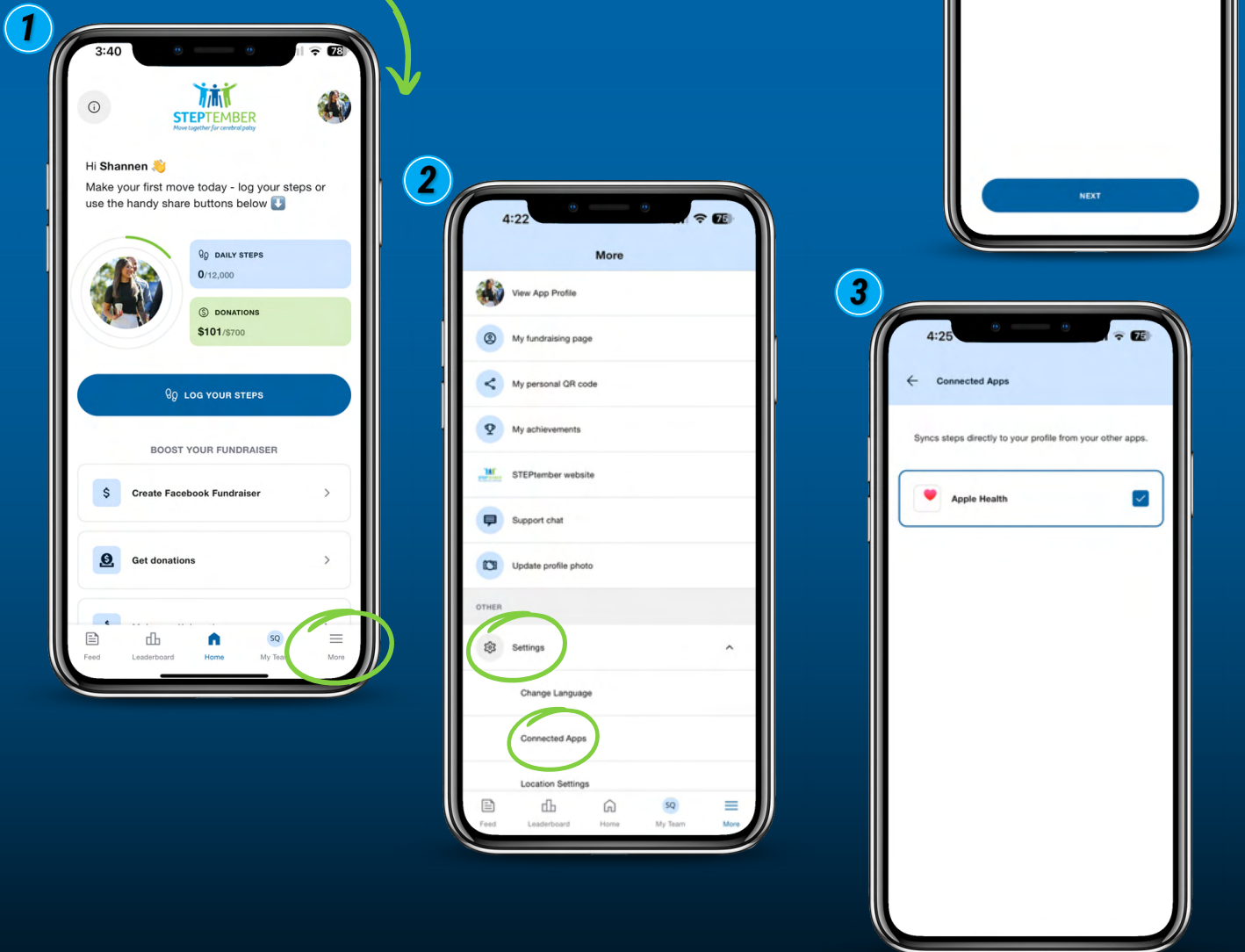
Don't Allow

Allow

CONNECTING YOUR FITNESS TRACKER

The STEPtember app will connect to health kits that are built in Apple (Apple Health) and Android (Google Health). The app will detect what smartphone you have and what fitness/health app options are available for you to connect.

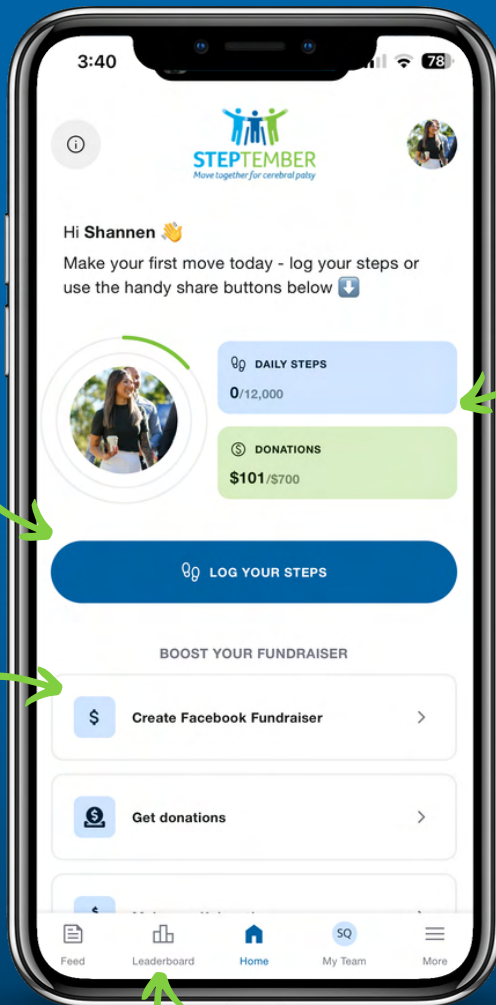
You can connect your tracker from the set-up screen or from the more tab (bottom right corner of your screen).



If you use a fitness wearable like a Fitbit, or an Apple Watch, simply connect this to your phone's health app and your health app will sync your steps across to the STEPtember app.

HOME PAGE

The STEPTember app's home page has everything you need to log your steps, share your challenge, and optimise your fundraising efforts! This is where you can link a Facebook fundraiser to your page, share your challenge with friends and family, make a donation, view your achievements, and access your personal QR code!



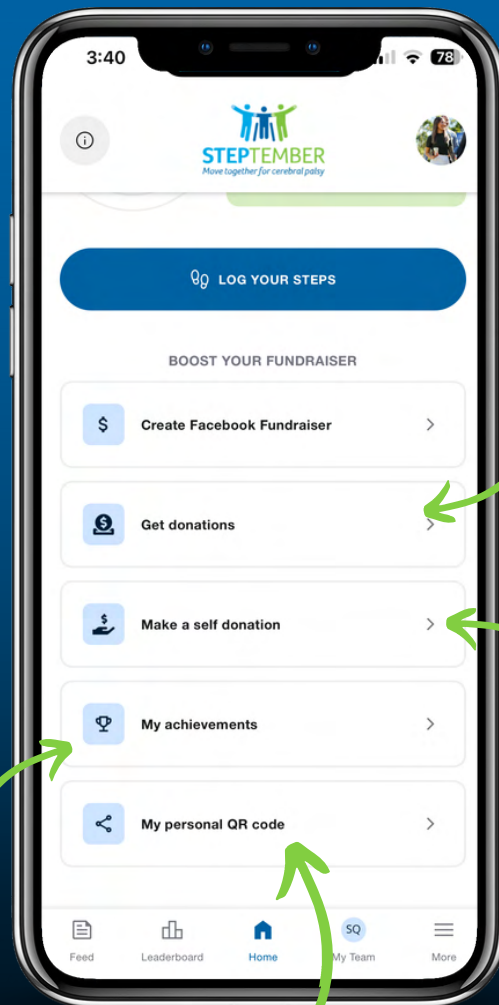
Click here to log your moves each day

Create a Facebook fundraiser to increase your reach and get more donations!

Explore the app to find leaderboards, live updates, and more!

View your badges to see how many you've activated.

Check your daily moves and fundraising progress



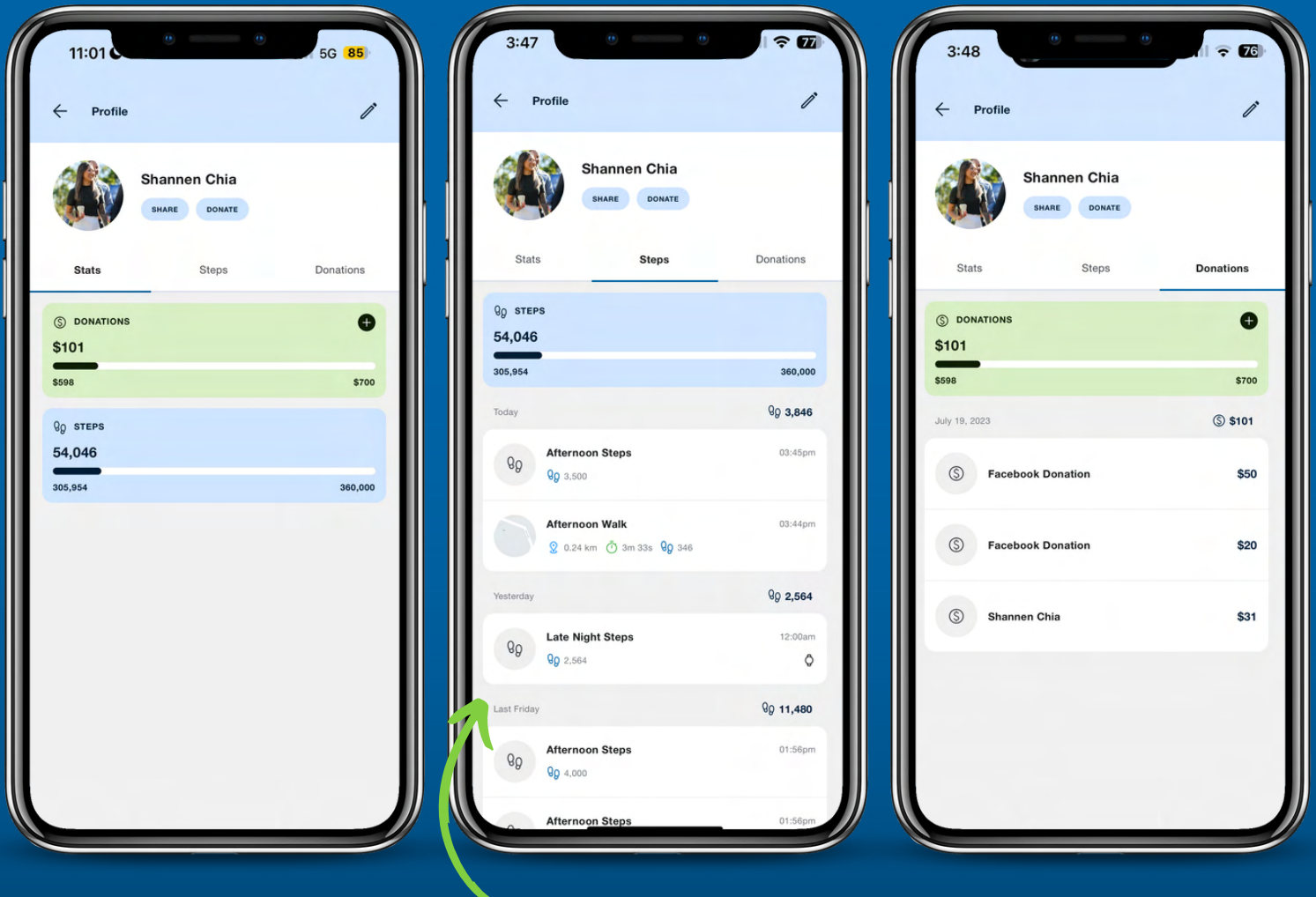
Share your STEPTember fundraising page via social media, email, text message and messenger

Kick-start your fundraising with a self-donation

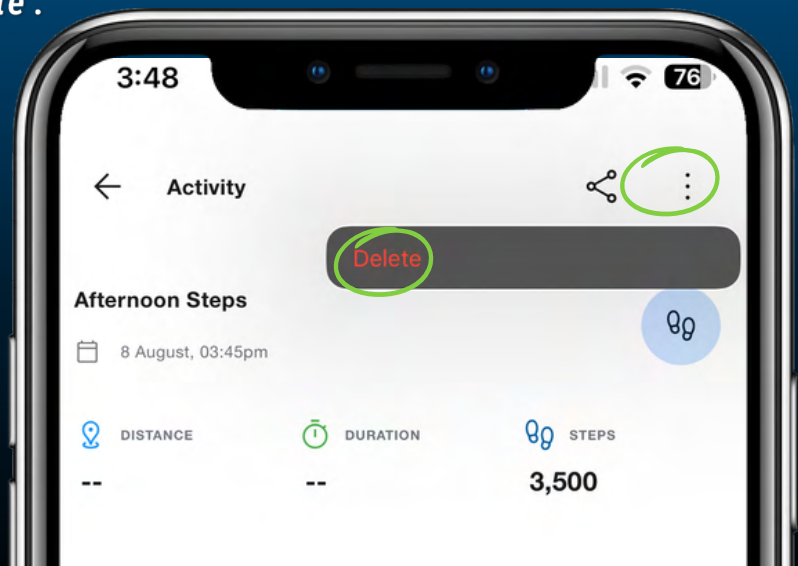
Fundraise on the go! Access your personal QR code for quick and easy fundraising!

VIEW APP PROFILE

At the top of the MORE page, you can access your profile to view a summary of your steps/activities and donations.



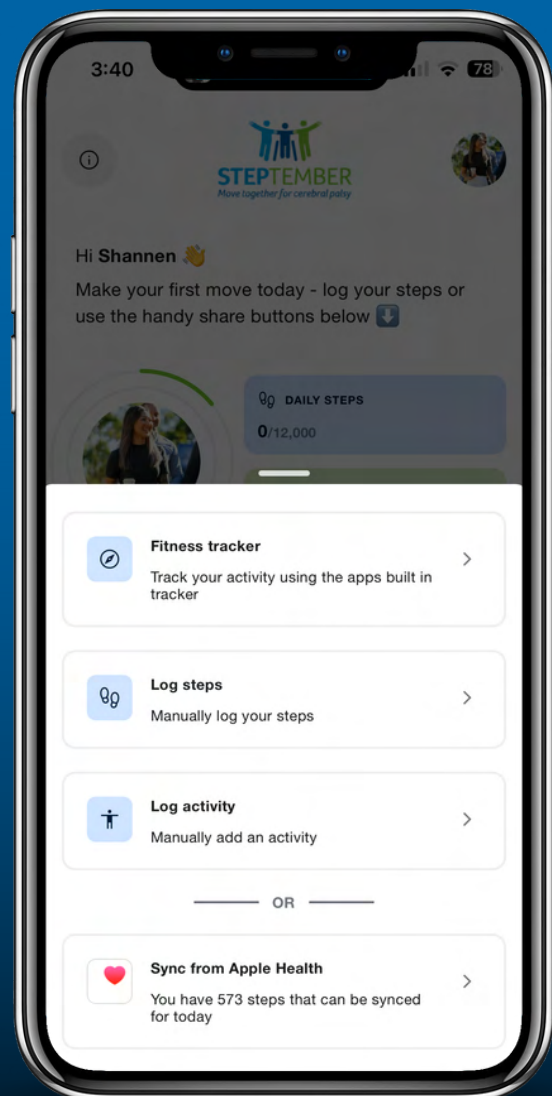
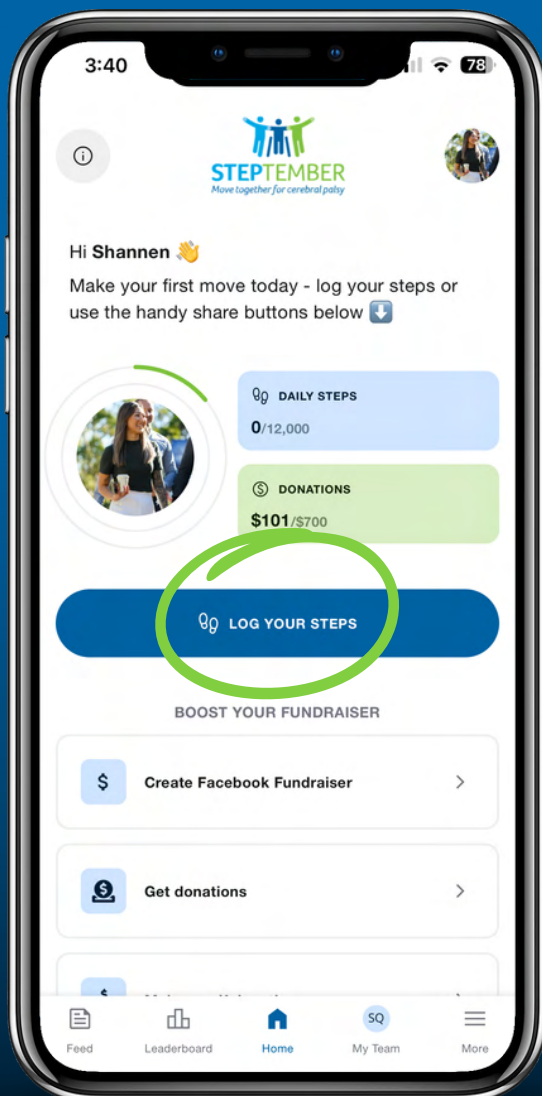
In the 'Steps' tab, you can delete any activities you don't wish to count towards your total by clicking into the chosen activity, clicking the three dots in the top right corner and then 'delete'.



LOGGING YOUR ACTIVITY

Logging your daily activity is easy - all you have to do is click on the blue 'log your steps' button on your homepage and select one of the four options:

- *Fitness tracker*
- *Log steps*
- *Log activity*
- *Sync from Apple/Google Health*



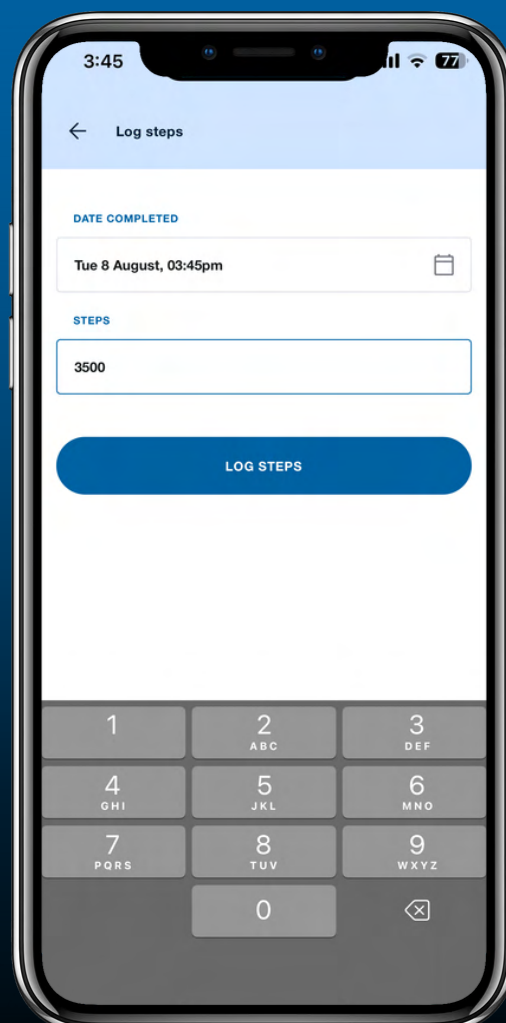


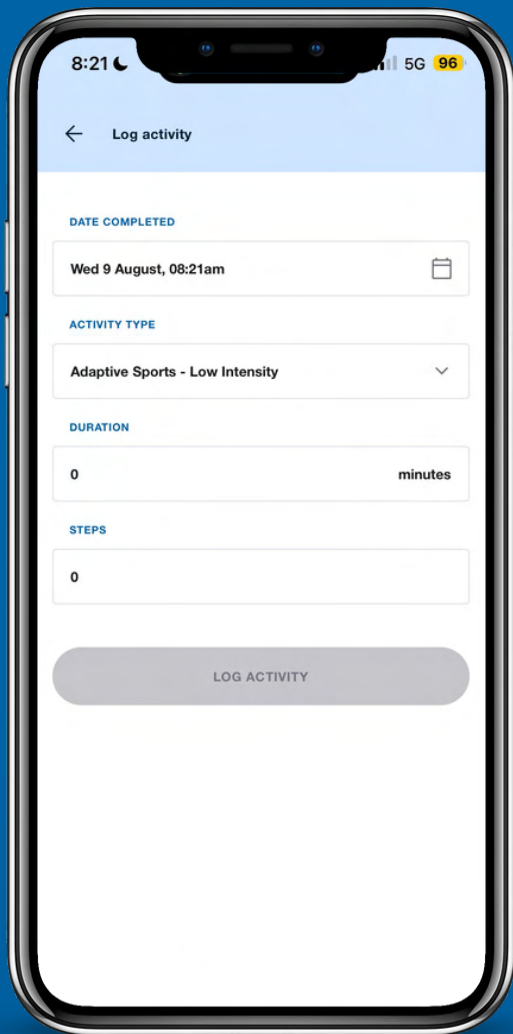
1 FITNESS TRACKER

Use our built-in fitness tracker to track your walk or run using GPS. Simply press the Play Button and start walking. When you're done press stop to log your steps.

2 LOG STEPS

Click "Log steps" to manually enter your steps. Simply put in the number of steps and it will count towards your total. To minimize user error, you can only enter a max of 50,000 steps at a time. Add a photo and post to your feed!





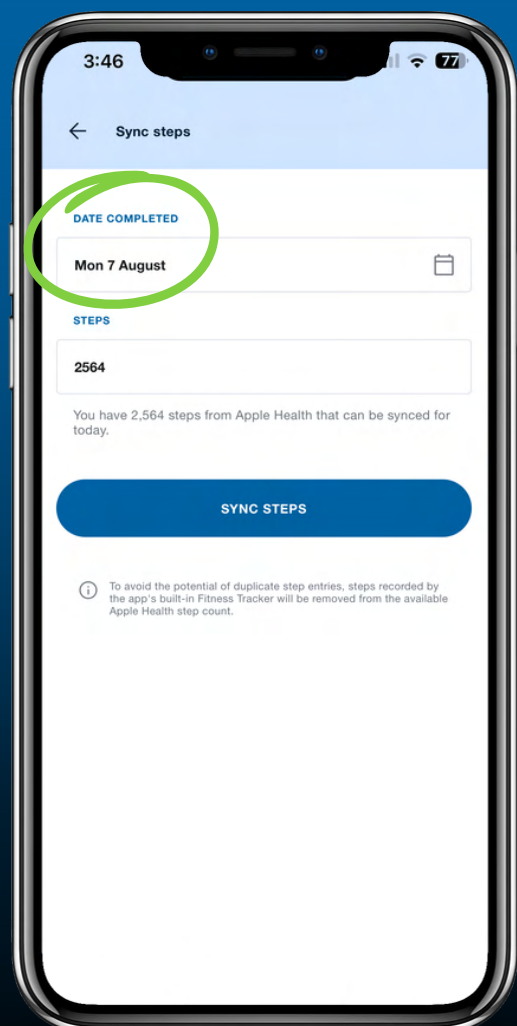
3 LOG ACTIVITY

STEPtember is all about getting active in ways that work for you. That's why we have over 40 different activities that you can convert to "steps" for the challenge. Whether that's gardening, physical therapy, wheelchair sports, dancing, or your favorite sport, you can enter your activity and our STEPtember app will tell you how many "steps" you've taken.

4 SYNC FROM HEALTH APP

If you've connected the STEPtember app to your Apple or Google health app, you can import steps directly by clicking on the sync button. Syncing from your health app will log all the steps you've taken so far that day. You can log once at the end of the day, or throughout the day.

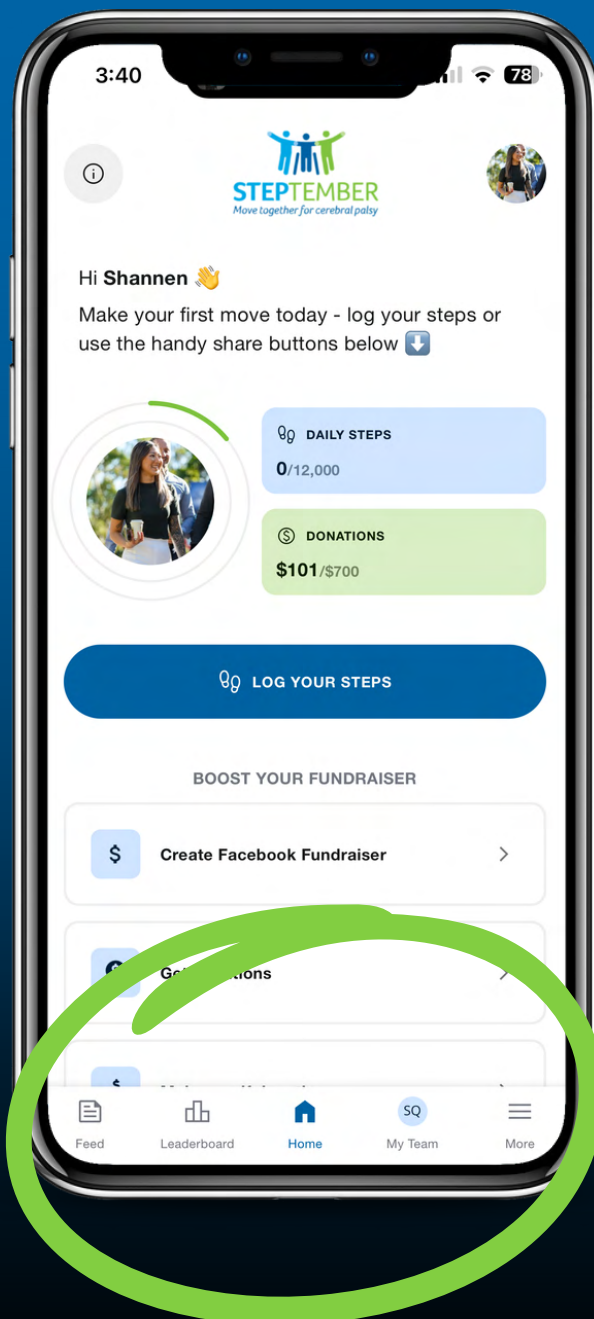
If you've forgotten to log steps from a previous day, selecting the correct date will populate the number steps that can be synced.



HOME PAGE TOOLBAR

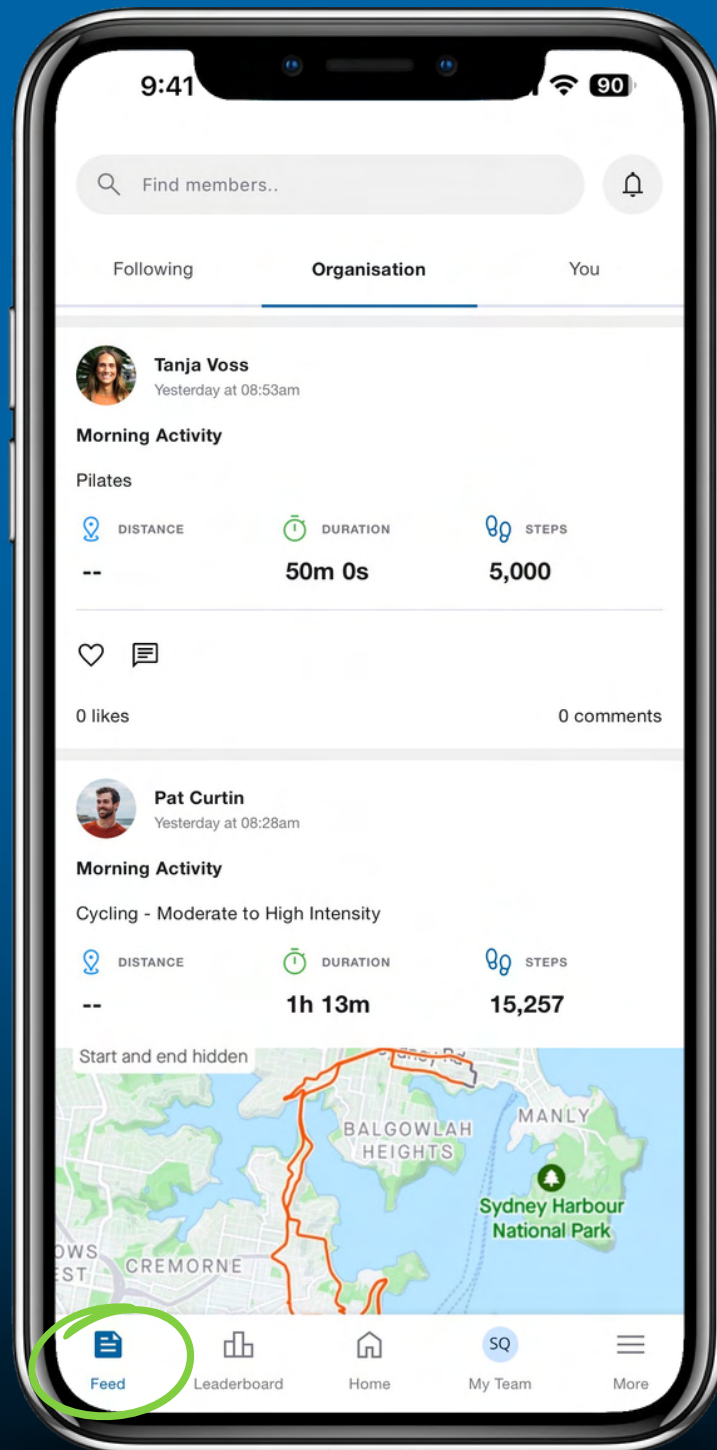
The home page tool bar is always available across the bottom of the app screen – providing quick access to;

- *Activity Feed – for yourself, your organisation or school and everyone taking part in STEPtember Australia.*
- *Leaderboards – for STEPping and fundraising across individuals, teams and organisations.*
- *Home – for easy navigation back to the homepage.*
- *My team – view your team's progress and all the members in your team.*
- *More – useful tab with additional links and app settings.*



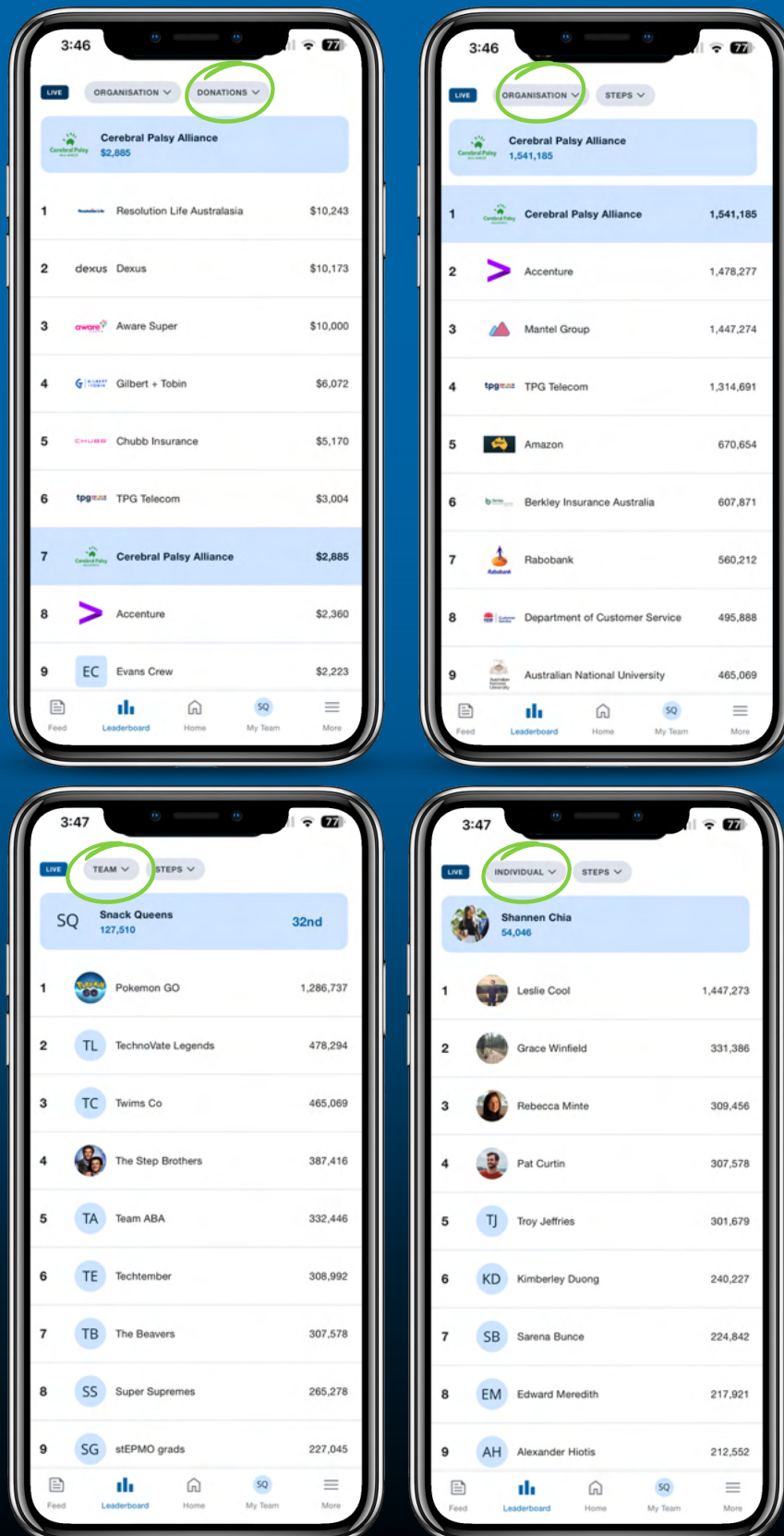
FEED

The 'Feed' is your go-to page to keep up to date with the activities of fellow STEPTember participants



LEADERBOARDS

You can choose between Individuals, Teams, and Organisations – and view each of these for Total Steps and Total Donations. Your profile will appear at the top of the leaderboards so that you can easily view your current ranking within the challenge.

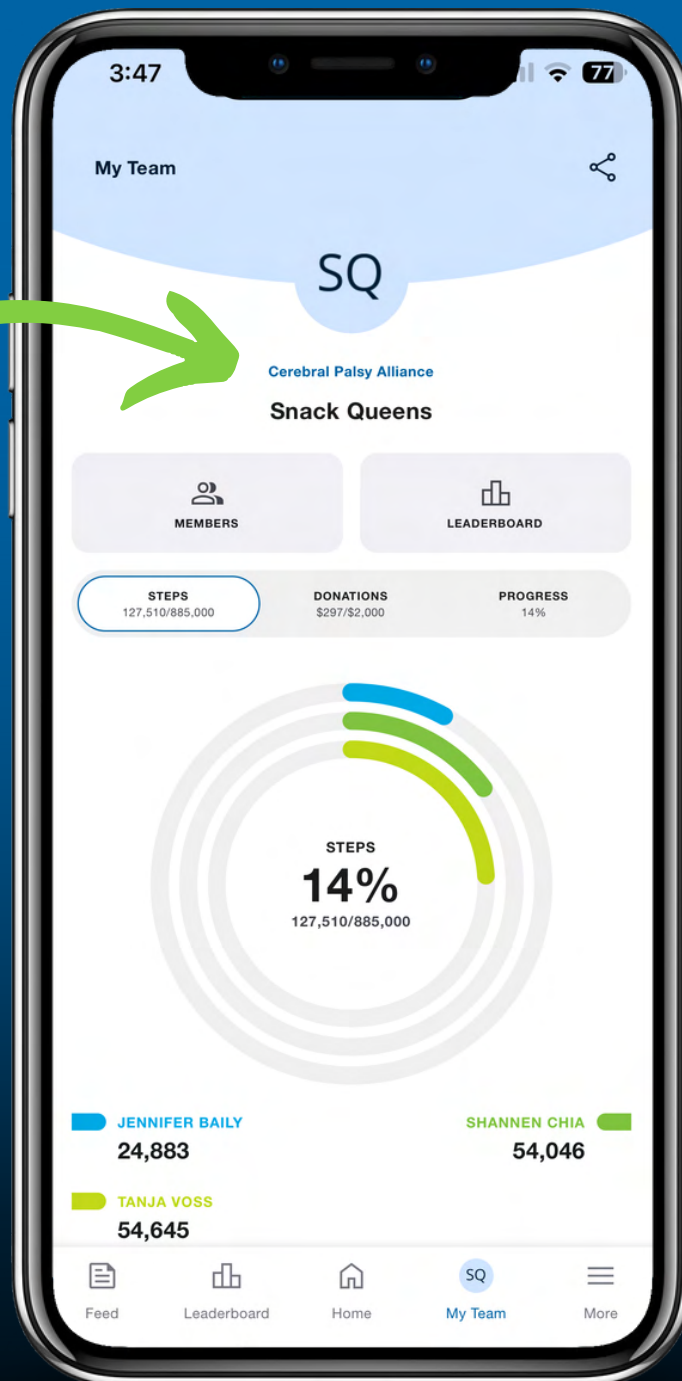


MY TEAM/ORGANISATION

If you are in a team and/or connected to an organisation or school, you can view the progress for both via this tab.

On the team page you can view the combined progress of all team members, as well as quick access to all team stats such as - members, leaderboard, steps, donations and overall progress.

Click the blue text above your team name to see your organisation page - you'll see a similar summary of all organisation/group members.



MORE

The menu page allows you to quickly access a range of links to your STEPtember online page/profile.

View your own progress summary

Quickly access your STEPtember fundraising page

View your personal QR code for quick, easy fundraising!

Check out what badges you've achieved and which ones you still have to unlock!

Updating your profile pic is one of the easiest ways to increase your fundraising.

Reach out to our friendly team for any support

