

YUMUUV

USER MANUAL



www.yumuuv.com

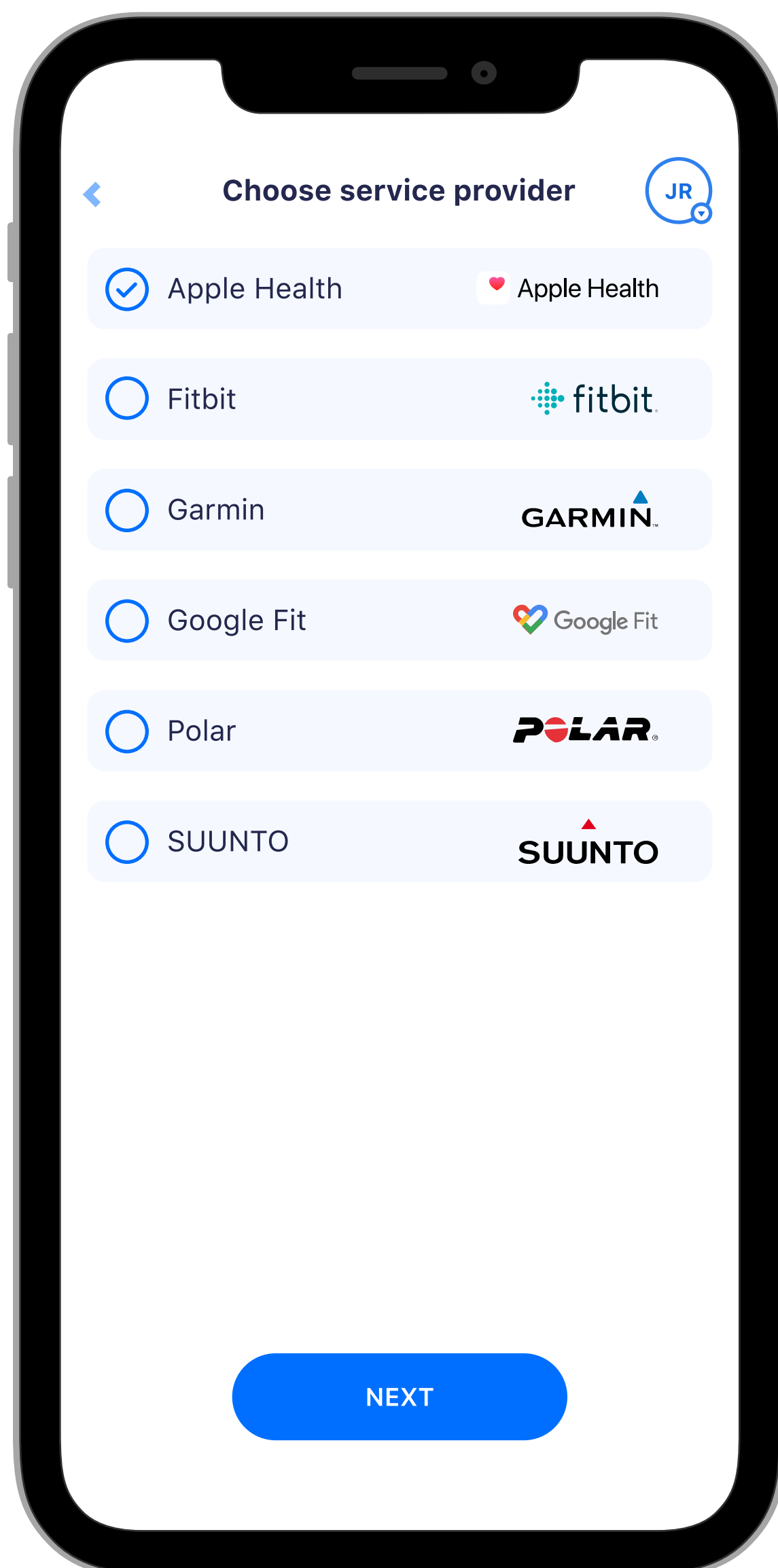
1. Register user



Once an employee receives a specific code from their employer, they can self-register in the YuMuuv App.

The user must enter company code, e-mail and password, and then press the **Sign up** (2) button.

2a. Connecting the device



Here the worker has to select the interface according to their own device. If you are using an activity monitor that is not listed, you will need to make the interface according to your phone software (if you have any problems connecting the device or you should contact directly to info@yumuv.com customer support).

2b. Connecting the device

	Synchronization speed ²	Measuring steps	Measuring calories	Measuring heart rate
	Within 1 hour	Automatic	Automatic	Automatic
	Within 1 hour	Automatic	Automatic	Automatic
	Within 1 hour	Automatic	Automatic	Automatic
	Within 1 hour	Automatic	Automatic	Automatic
 Apple Health	Up to 10 seconds ³	Automatic	Automatic (with watch) Doesn't measure with phone	Automatic (watch with HR sensor) Doesn't measure with phone
 Google Fit ¹	Within 8 hour	Automatic ⁴	Automatic ⁴	Automatic (watch with HR sensor) Doesn't measure with phone

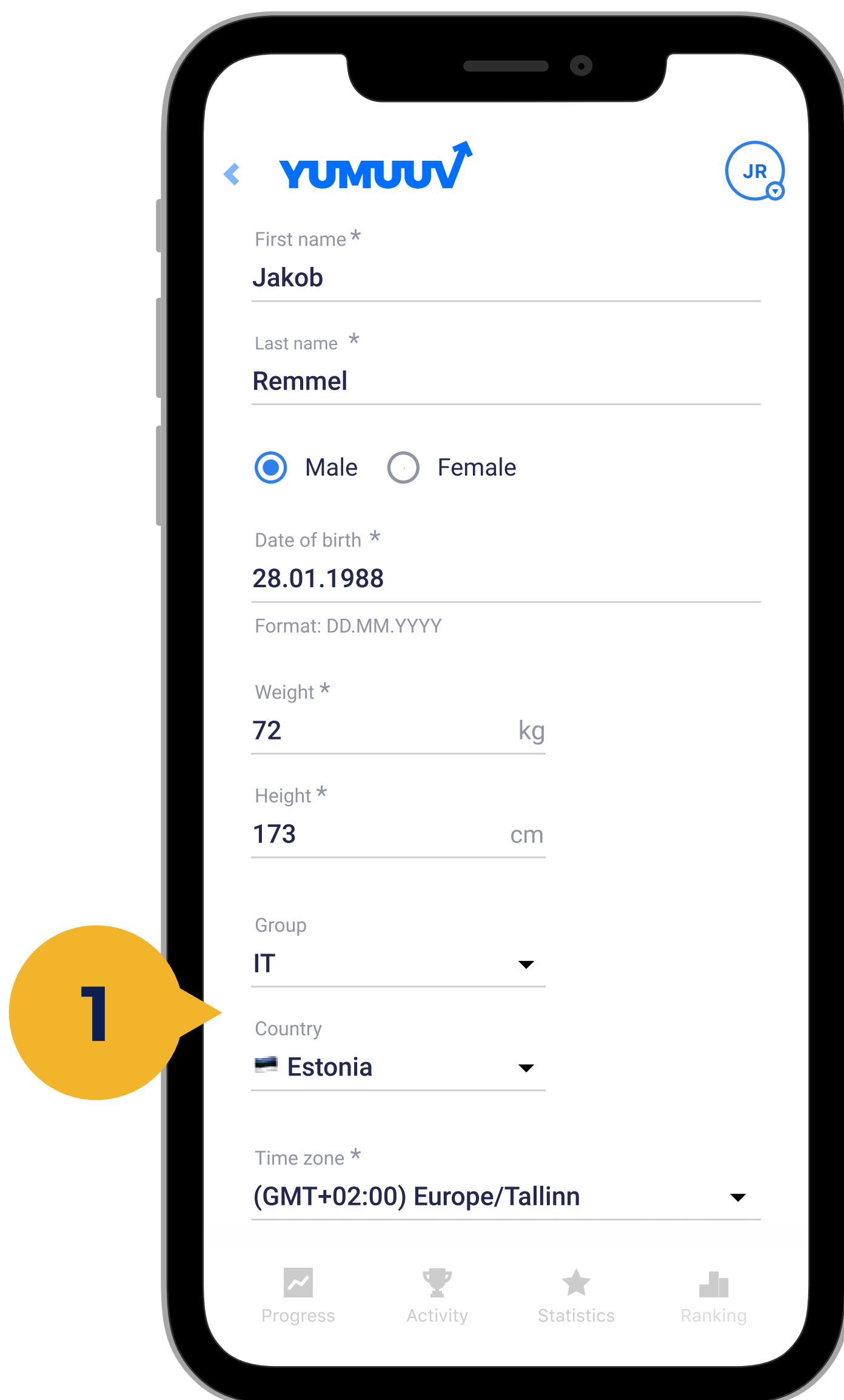
1. For Huawei and Xiaomi, it's important to route data to the Google Fit app (under the settings). You can also do this with Samsung devices on your Android phone, but you need to use the HealthSync intermediate. Read more [HERE](#).

2. It is important to synchronize in advance between your device and its platform.

3. From the moment you open the application.

4. If previously turned on.

3. User interface



The image shows a smartphone screen displaying the Yumuuv registration form. The form includes fields for First name, Last name, Date of birth, Weight, Height, Group, Country, and Time zone. A yellow callout bubble with the number '1' points to the 'Group' dropdown menu, which is currently set to 'IT'. The bottom of the screen features a navigation bar with icons for Progress, Activity, Statistics, and Ranking.

YUMUUV

First name *
Jakob

Last name *
Rommel

☒ Male ☐ Female

Date of birth *
28.01.1988
Format: DD.MM.YYYY

Weight *
72 kg

Height *
173 cm

Group
IT

Country
Estonia

Time zone *
(GMT+02:00) Europe/Tallinn

Progress Activity Statistics Ranking

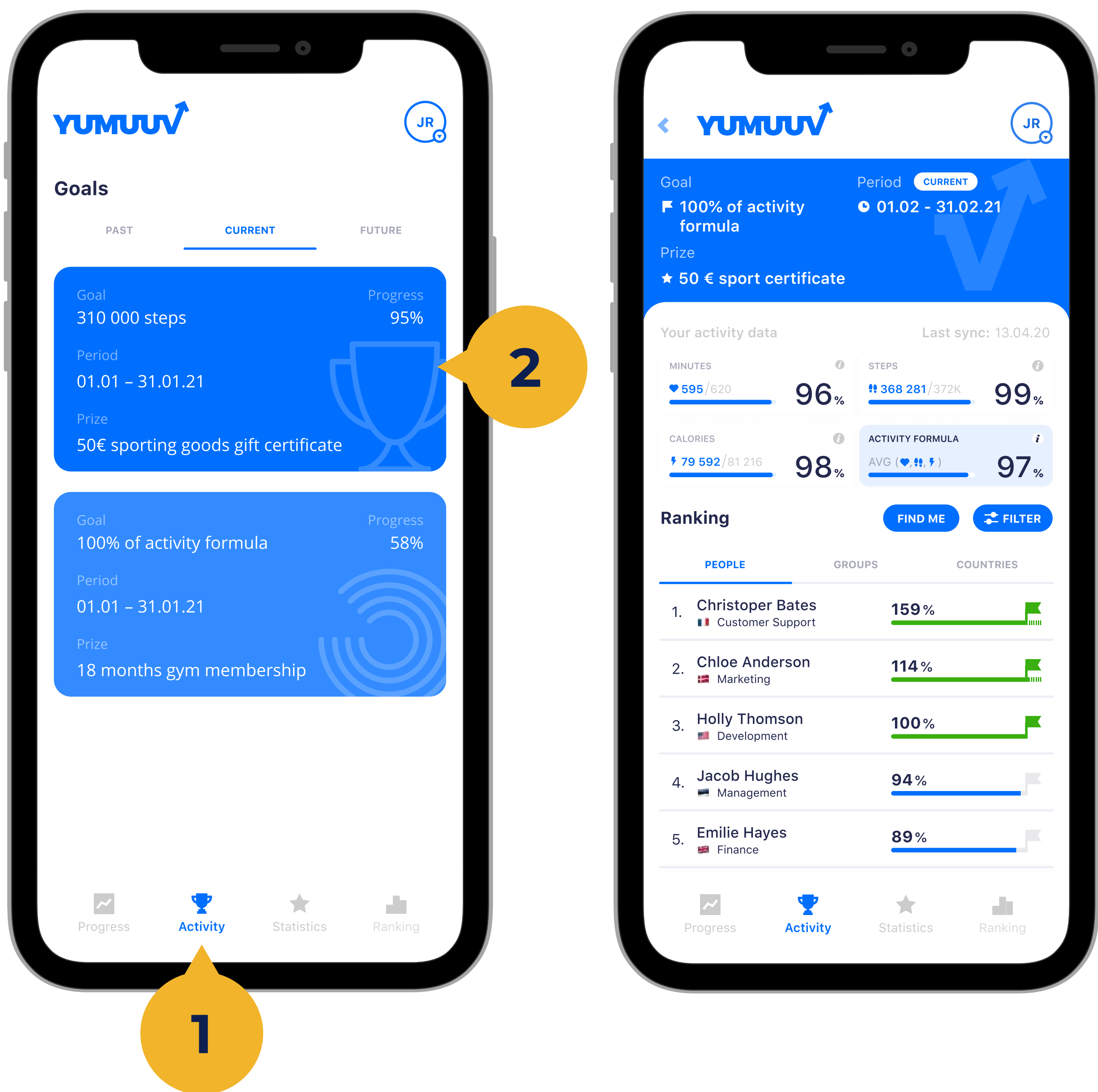
The employee is now registered in the Yumuuv application. Next, the data that can be directly obtained from the application is automatically displayed.

Any blank cell must be completed manually.

If your company has an added **groups and countries** (1) to it, you can choose them during the onboarding.

Only your name (+ group and country if chosen) is visible to others, all personal data is just available for yourself and to YuMuuv for activity formula calculations.

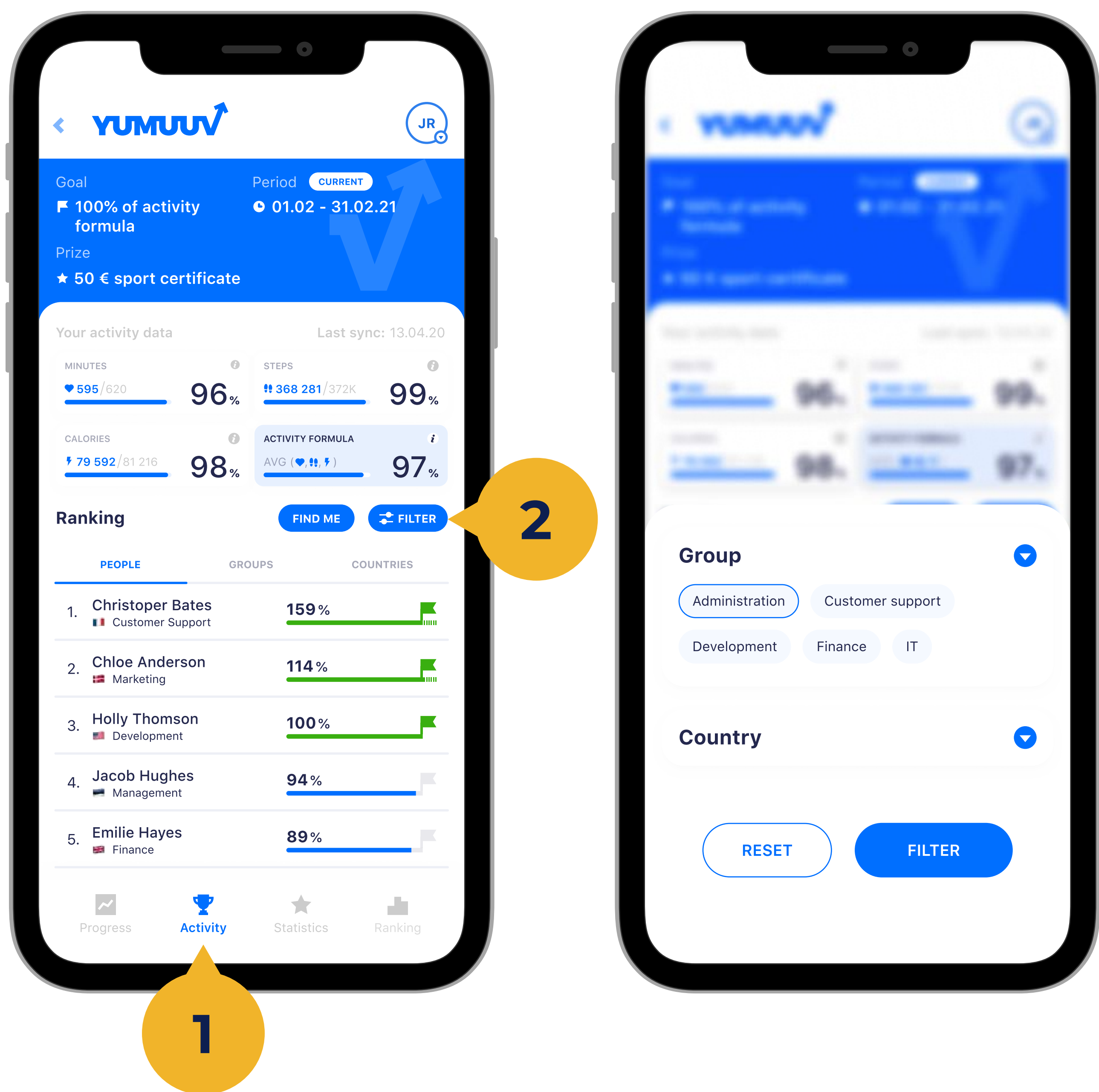
4. Activity overview



On the **Activity** (1) page employee sees the goal, period and prize of the challenge. The goal can be in either the steps (only steps taken into account) or the activity formula (minutes, steps, steps and calories taken into account), depending on the choice made by the employer.

When the user reaches the goal, he/she achieves the benefit offered by the employer. In addition to his or her own progress, the employee sees how he or she interacts with colleagues and how well he or she is on course to achieve the goal by the end of the period. By clicking on the success rates of the people on the list, you can see their parameters and results in more detail.

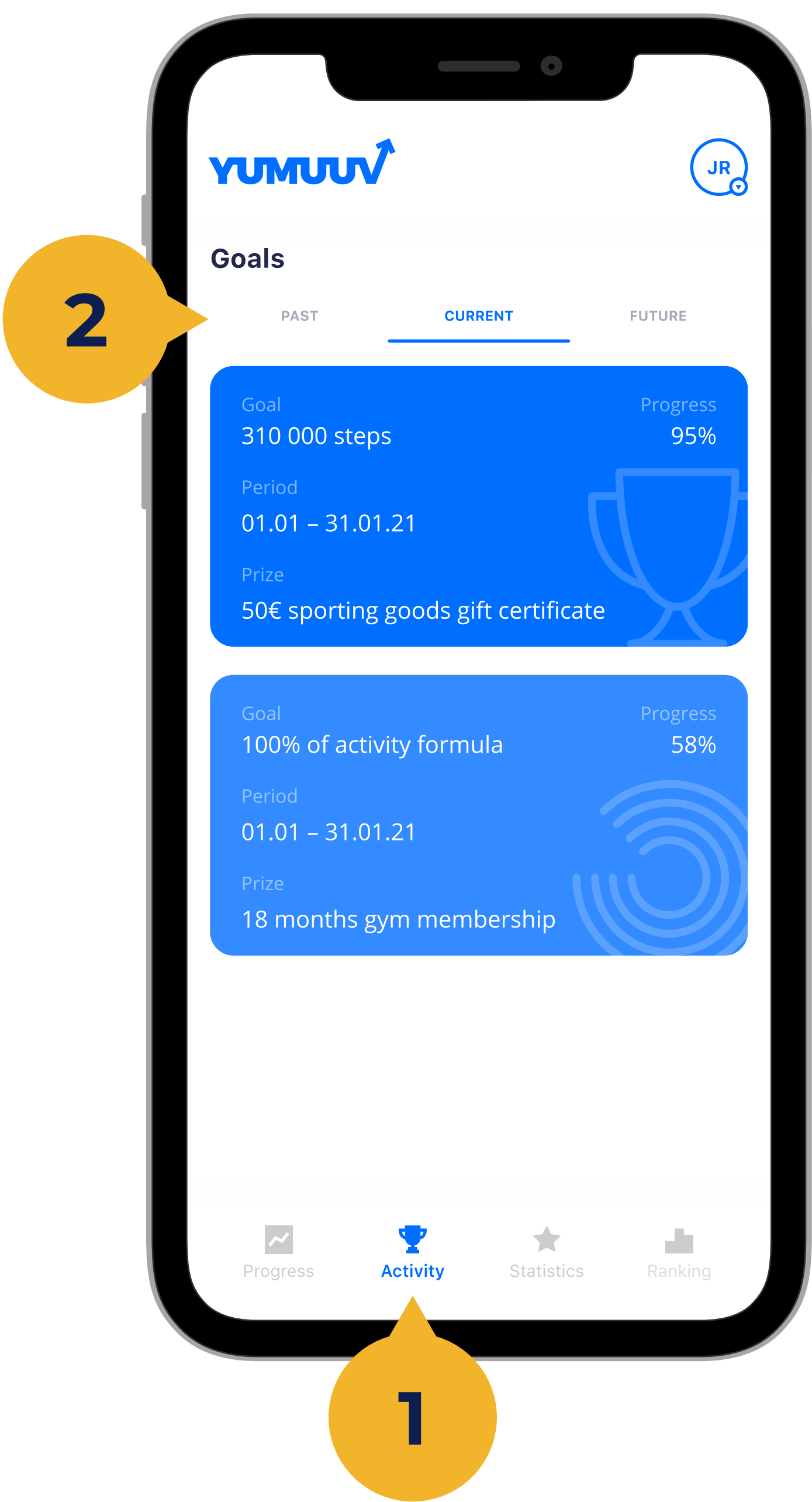
5. Filtering



Also on the **Activity** (1) page employee can filter ranking table using a special **filter button** (2).

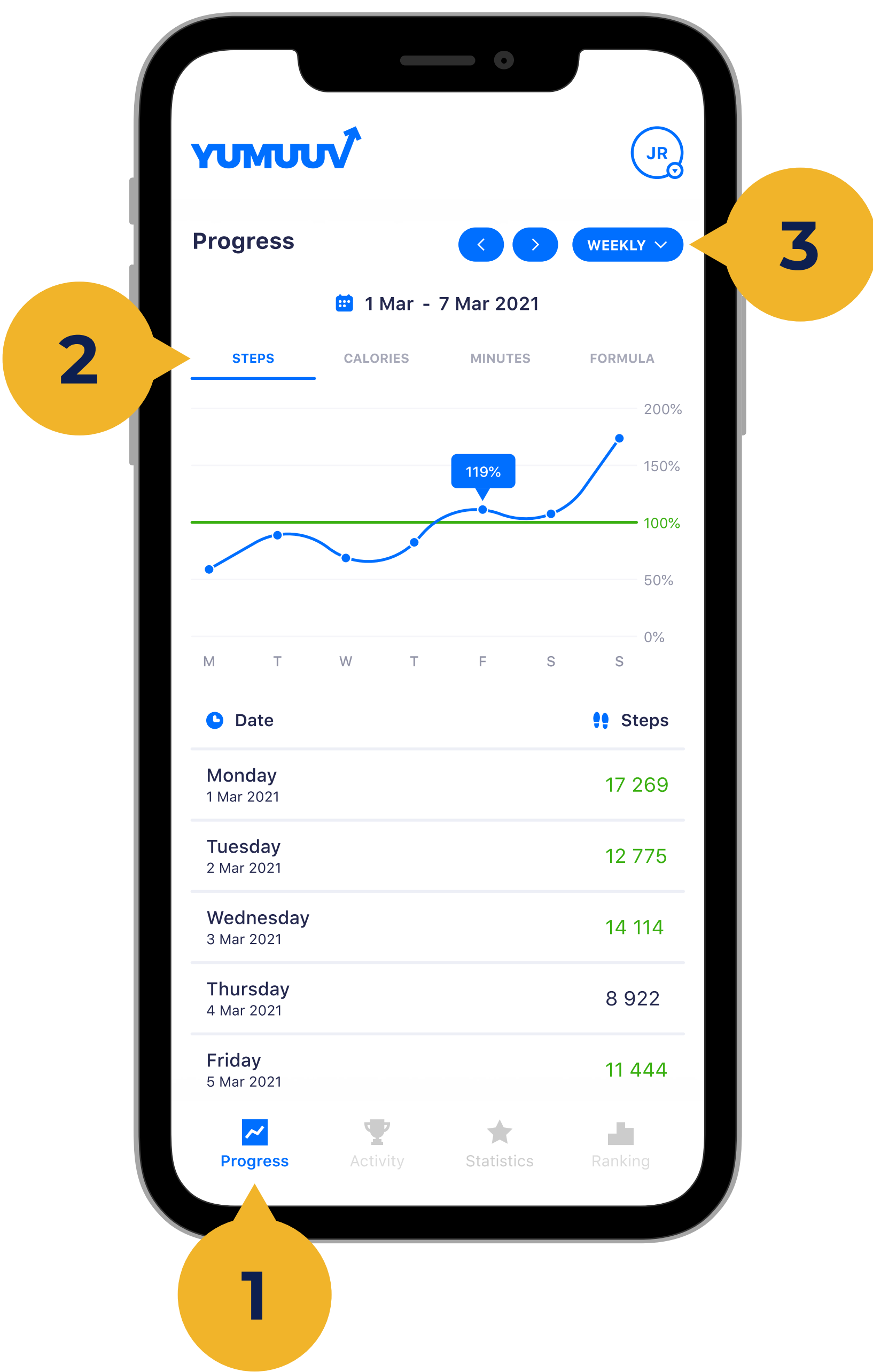
It is possible to filter users by their Department and Country.

6. Goals



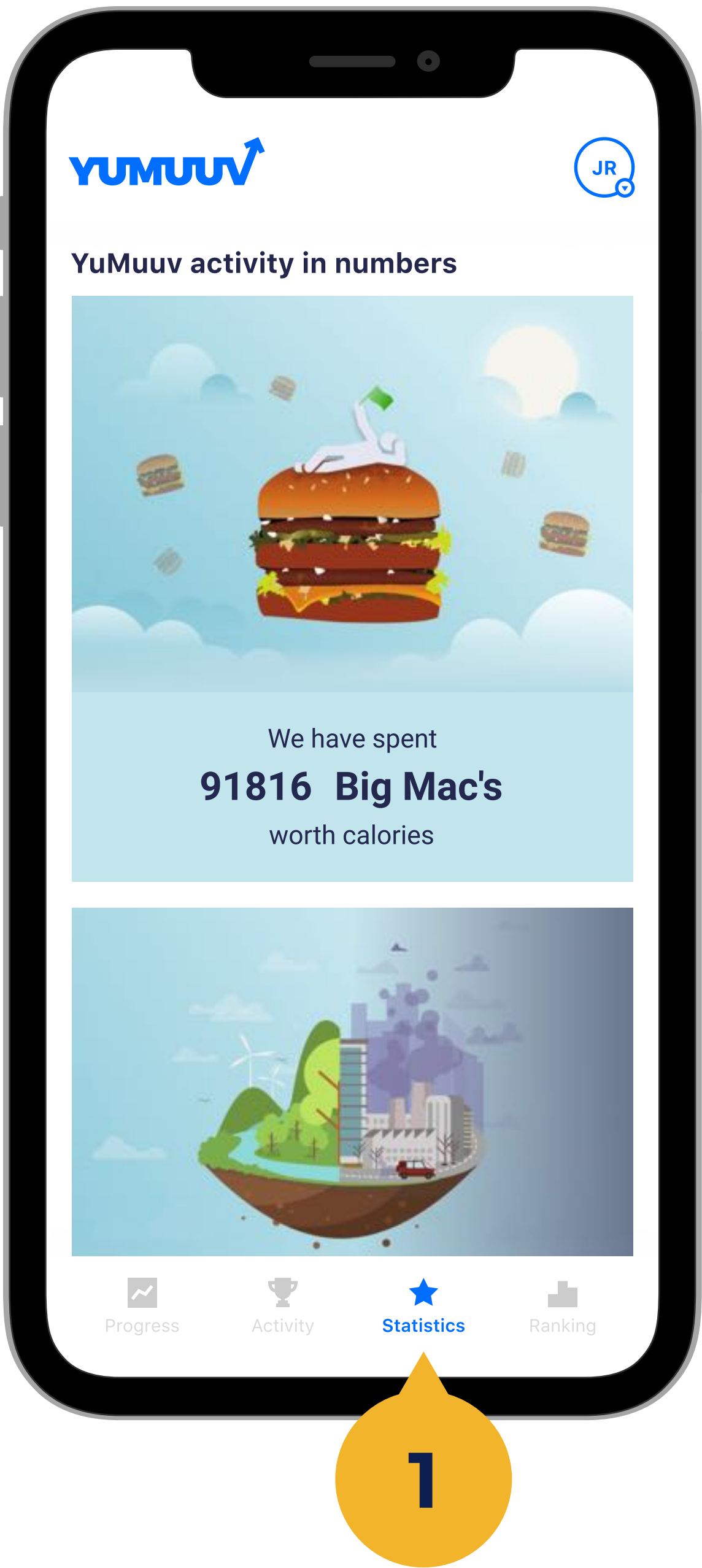
On the **Activity** (1) page, the employee will see the progress of his or her current goal as well as the goals that he or she previously completed (2) and participated in.

7. Personal progress



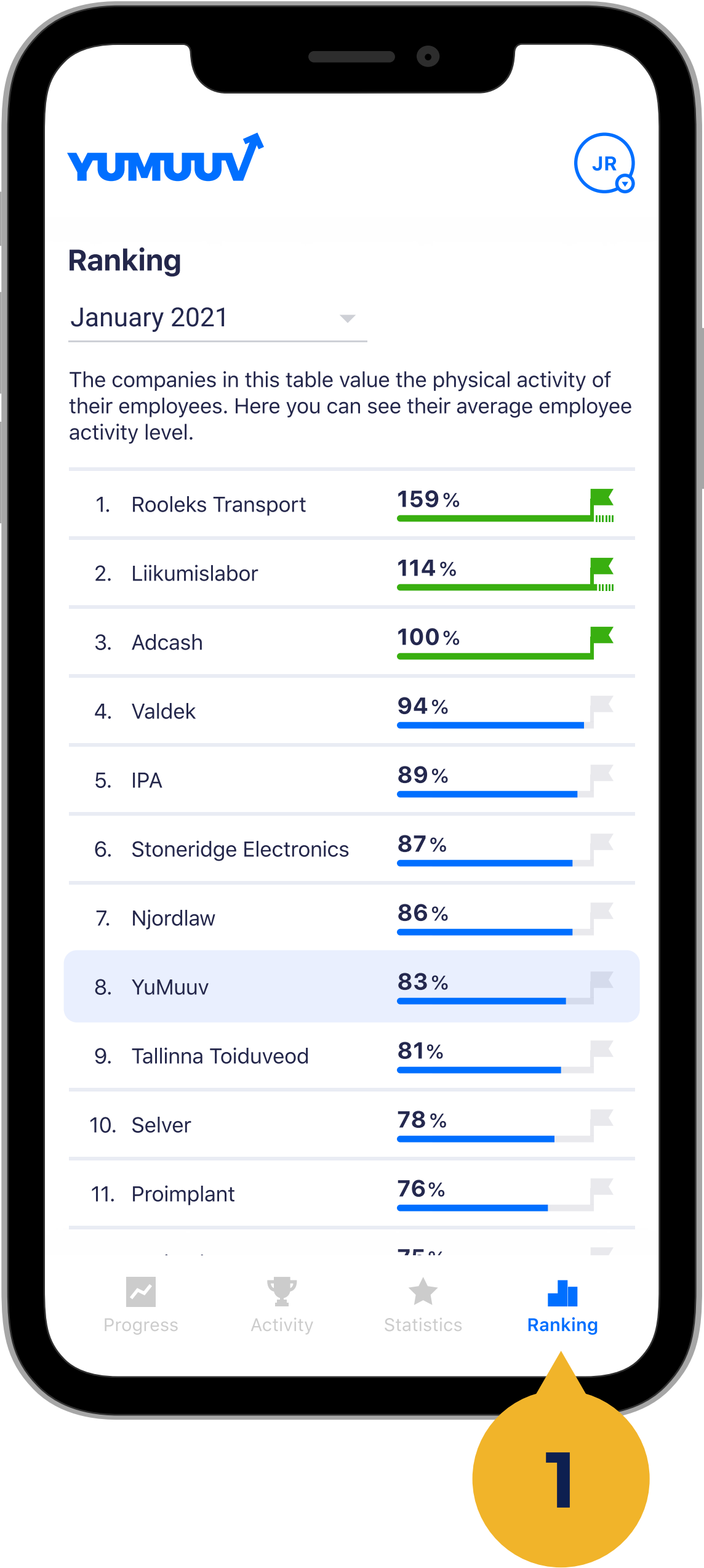
On the **Personal progress** (1) page, the employee will see the progress of his or her current goal as well as the goals that he or she previously completed (2) and participated in. Also on this page the employee can change the period (3) of visible results.

8. Statistics



In addition, we have created a **Statistics** (1) page where you can see some fun facts about physical activity in your company.

9. Company ranking



The **Companies** (1) in this table value the physical activity of their employees. Here you can see their average employee activity level.

10. Your data



Under the **Your Details** (2) page, user can integrate with a new service provider, change the language of the application or change their own profile data if it should change. The **Update your details** (3) option gives user the opportunity to manually update your activity data if it is not automatically recieved. Under **Service Provider** (4) you can identify and display which integration is connected and switch between them. Users can also choose their **groups and countries** (5). These are displayed next to their names in the Ranking.



Feel free to contact us if you have any difficulties using the YuMuuv app.

info@yumuuu.com