

YUMUUV

USER MANUAL



www.yumuuv.com

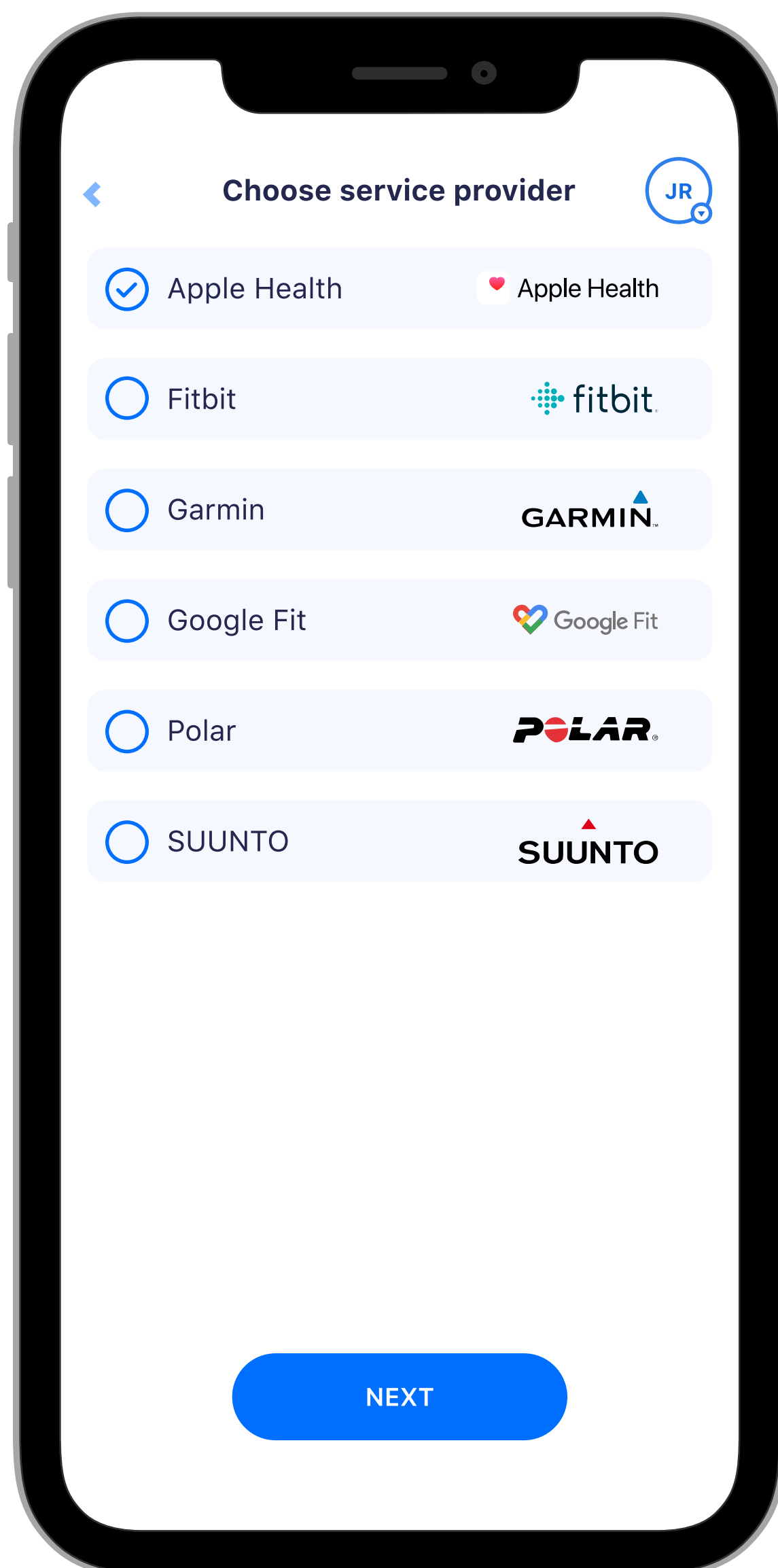
1. Register user



Once you have received a specific code from your employer, you can self-register in the YuMuuv App.

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







2a. Connecting the device



Here you have to select the interface according to your 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
	Automatic	Automatic	Automatic	Automatic
	Automatic	Automatic	Automatic	Automatic
	Automatic	Automatic	Automatic	Automatic
	Automatic	Automatic	Automatic	Automatic
 Apple Health	Automatic ³	Automatic	Automatic (with watch) Doesn't measure with phone	Automatic (watch with HR sensor) Doesn't measure with phone
 Google Fit ¹	Automatic	Automatic ⁴	Automatic ⁴	Automatic (watch with HR sensor) Doesn't measure with phone

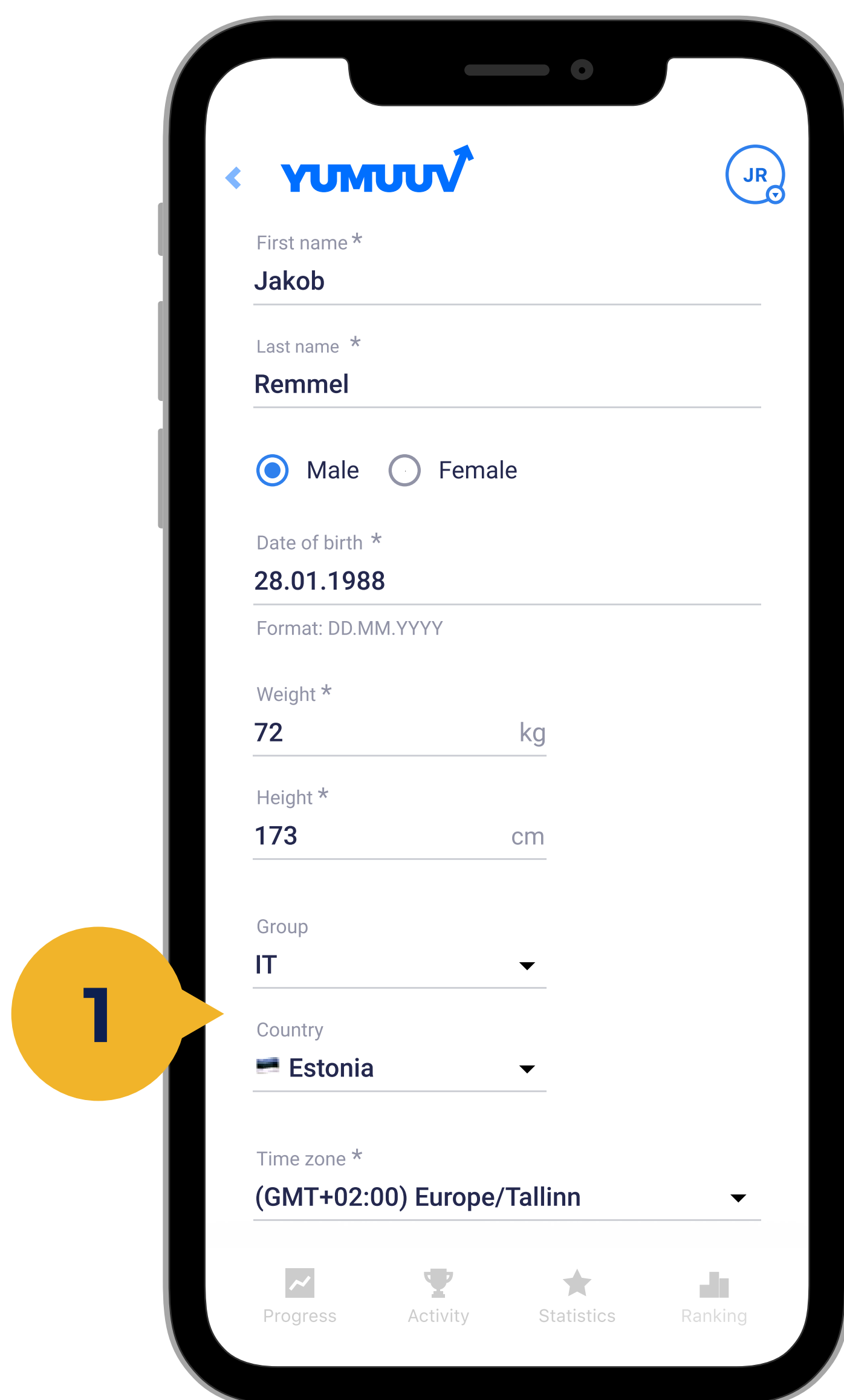
¹. For Xiaomi, it's important to route data to the Google Fit app (under the settings). You can also do this with Samsung devices on your Android phone, but you need to use the HealthSync intermediate. Read more [HERE](#).

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 with the Yumuuv application's registration form. The form includes fields for First name (Jakob), Last name (Remmel), Gender (Male selected), Date of birth (28.01.1988), Weight (72 kg), Height (173 cm), Group (IT), Country (Estonia), and Time zone (GMT+02:00 Europe/Tallinn). A yellow callout bubble with the number '1' points to the 'Group' dropdown menu.

YUMUUV

First name *
Jakob

Last name *
Remmel

☒ 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

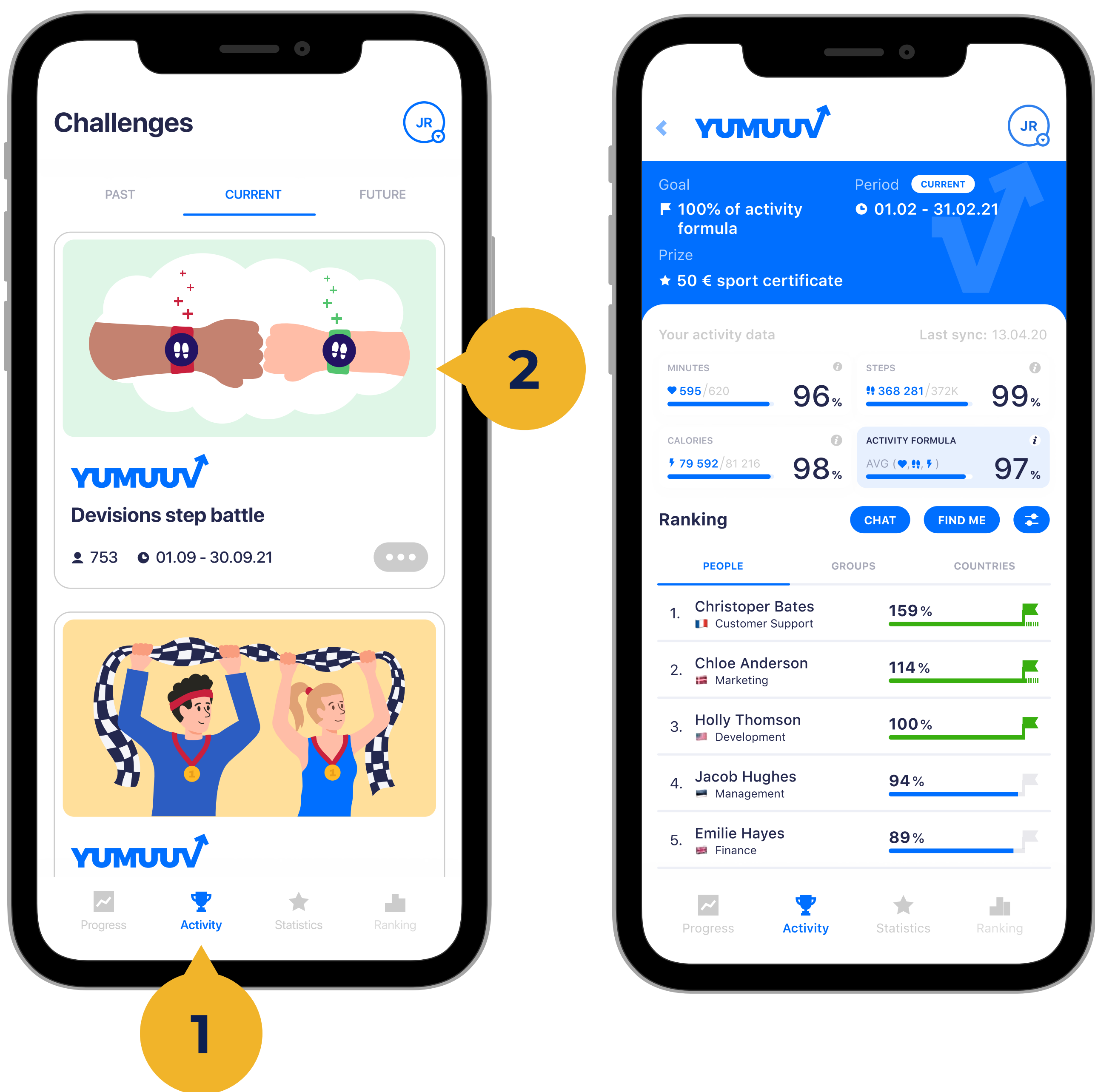
You are now registered in the Yumuuv application. Next, the data that can be directly obtained from the application is automatically displayed.

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.

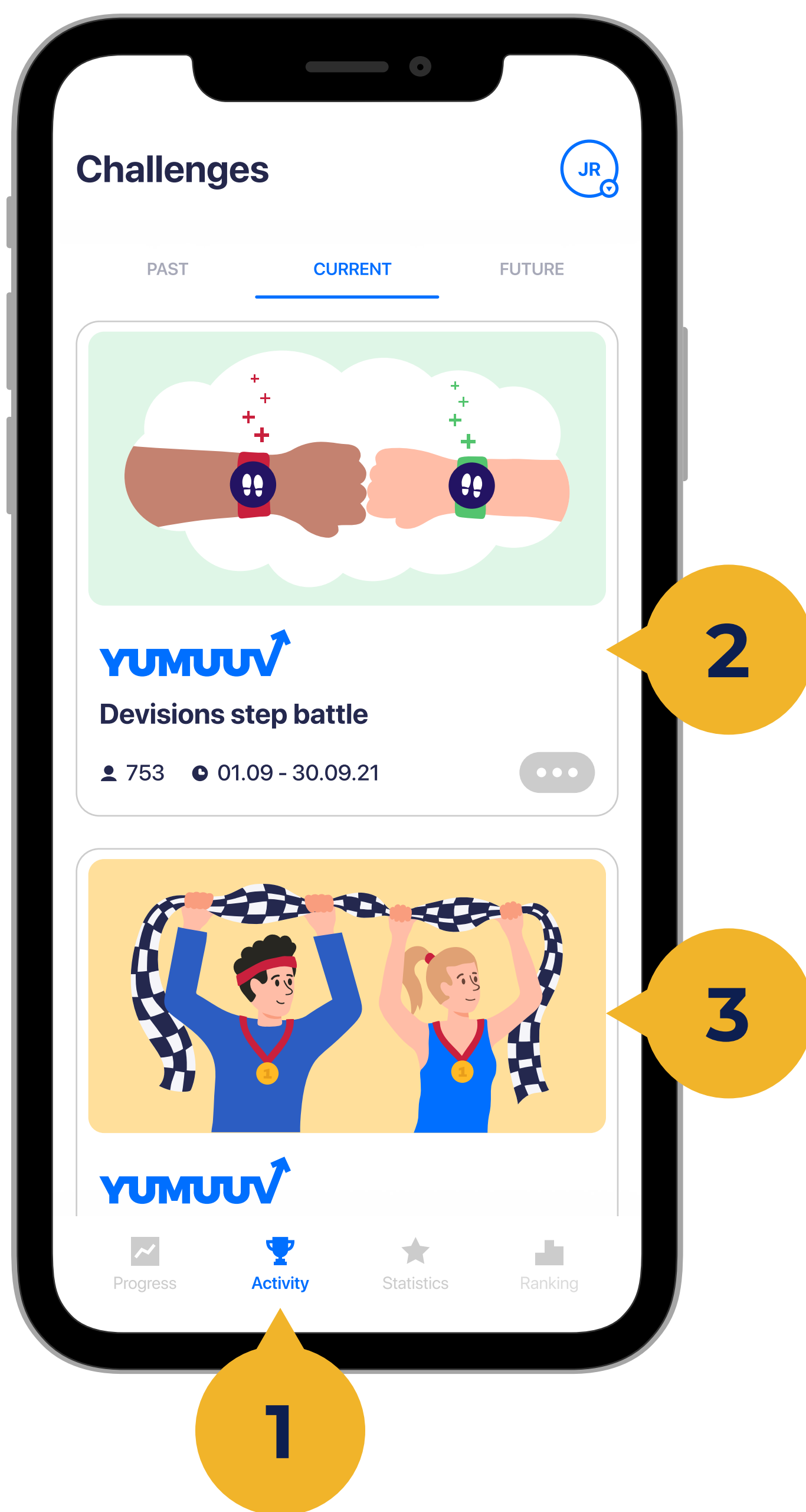
4. Activity overview



On the **Activity** (1) page you see 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, and calories taken into account), depending on the choice made by the employer.

When you reach the goal, you achieve the benefit offered by the employer. In addition to your own progress, you see how you interact with colleagues and how well you are 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.

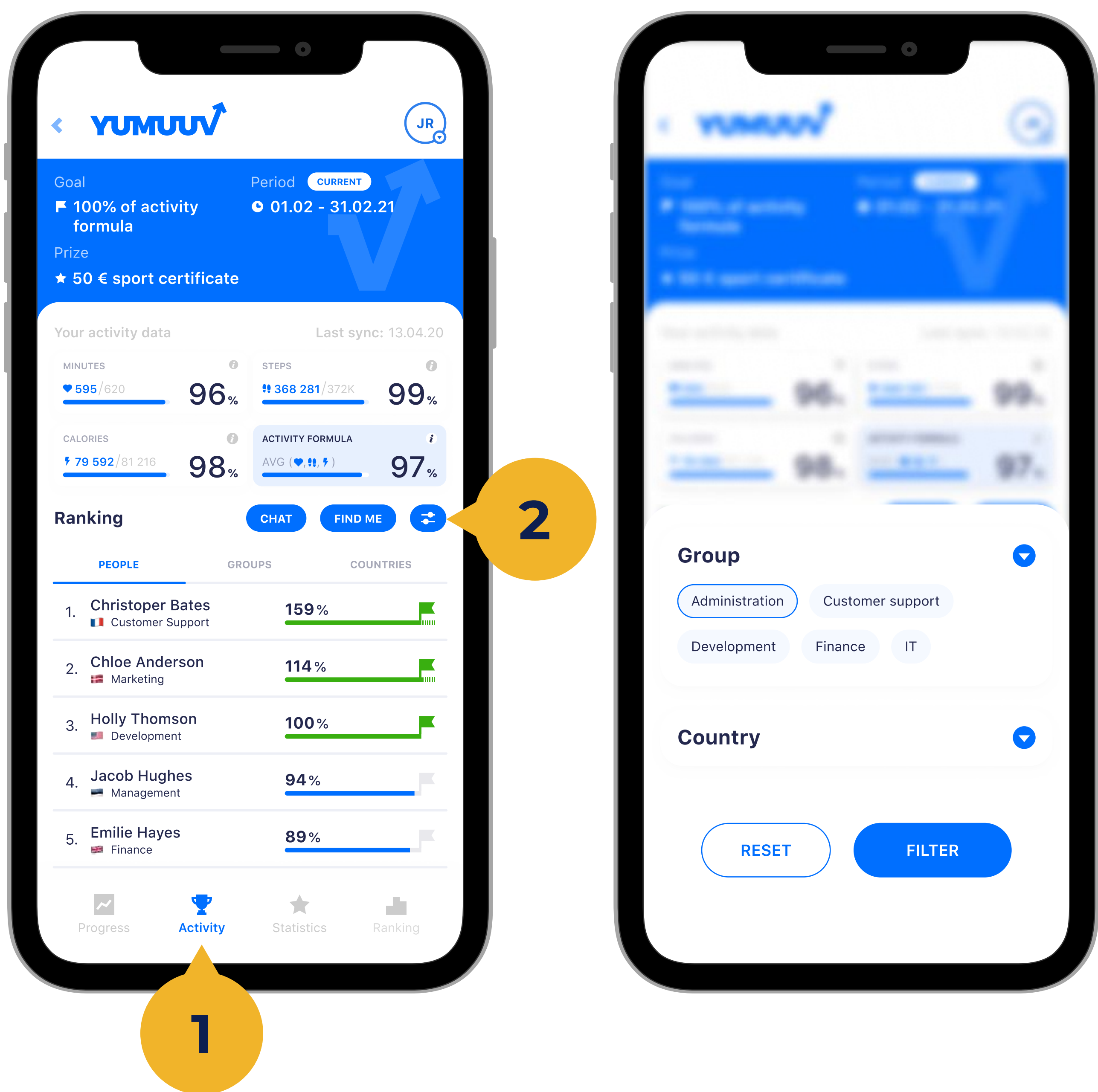
5. Joining challenges



To join with the challenge, go to **Activity (1)** and tap **Join (2)**.

If you want to leave the challenge, click on the ... **(3)** button and choose **Leave goal**.

6. Filtering

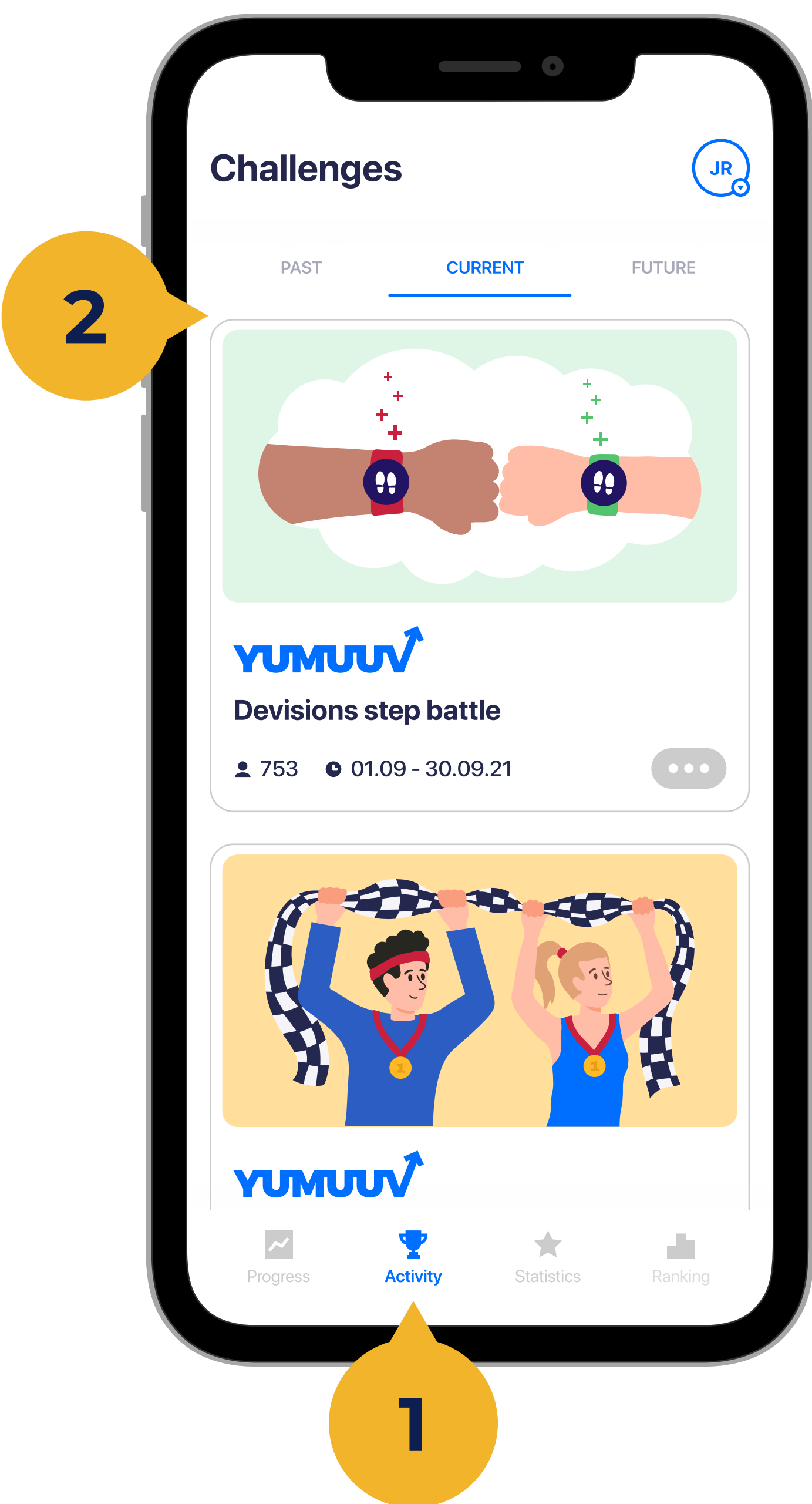


Also on the **Activity** (1) page you can filter ranking table using a special **filter button** (2).

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

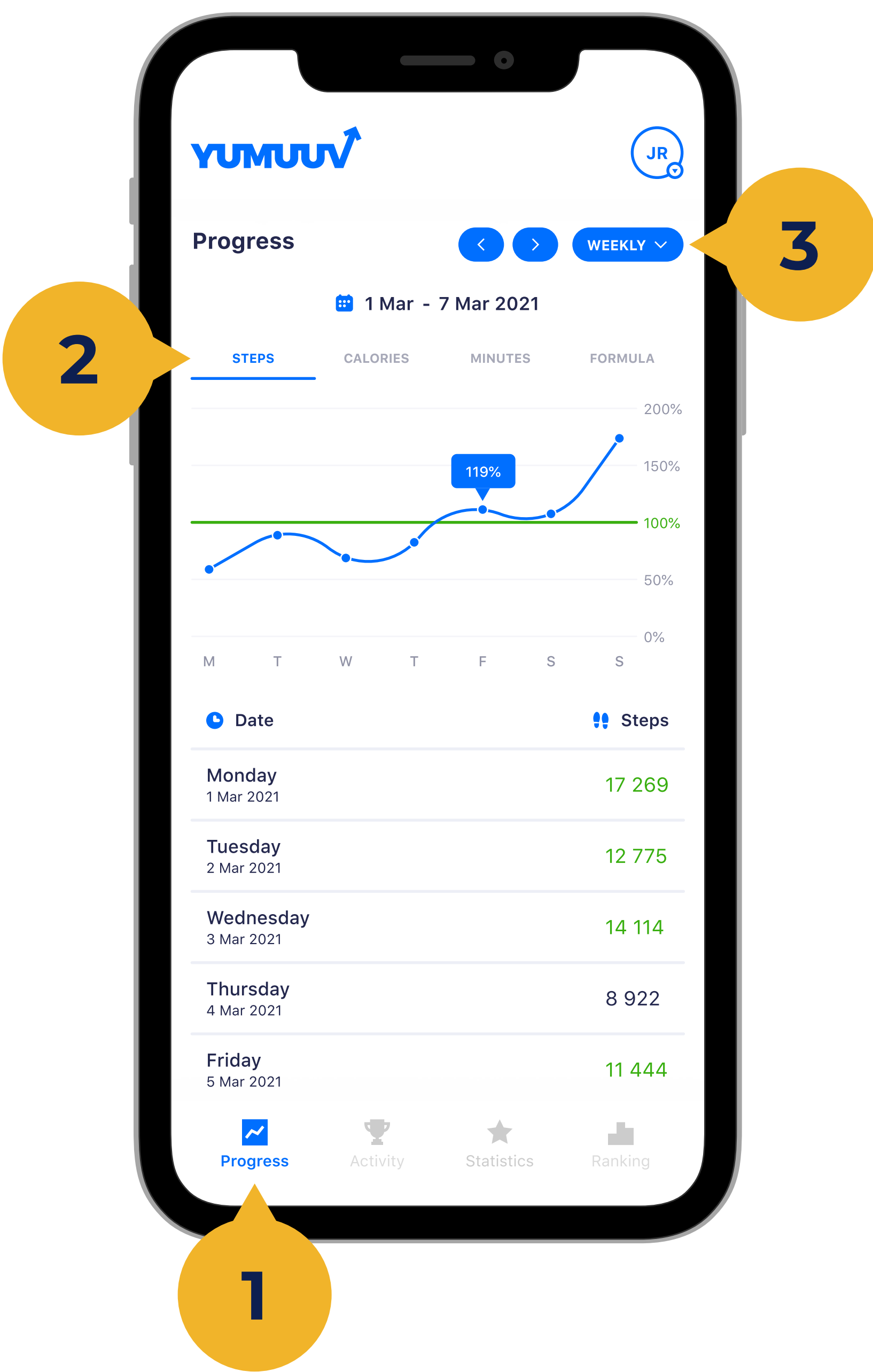
Under every challenge, there is also a **chat**, where you can share moments and emotions with participants, who have joined with that challenge.

7. Goals



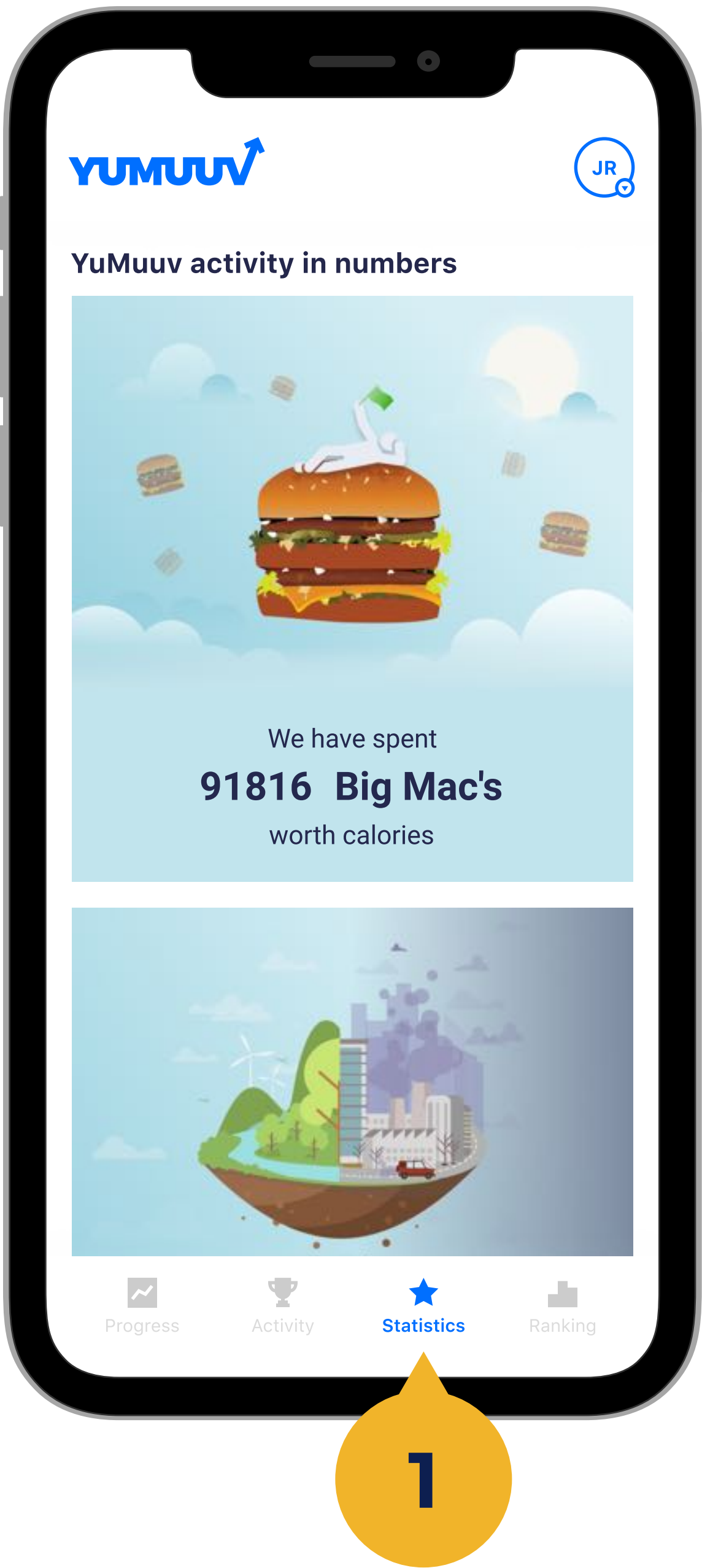
On the **Activity** (1) page, you will see the progress of your current goal as well as the goals that you previously completed (2) and participated in.

8. Personal progress



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

9. Statistics



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

10. Your data



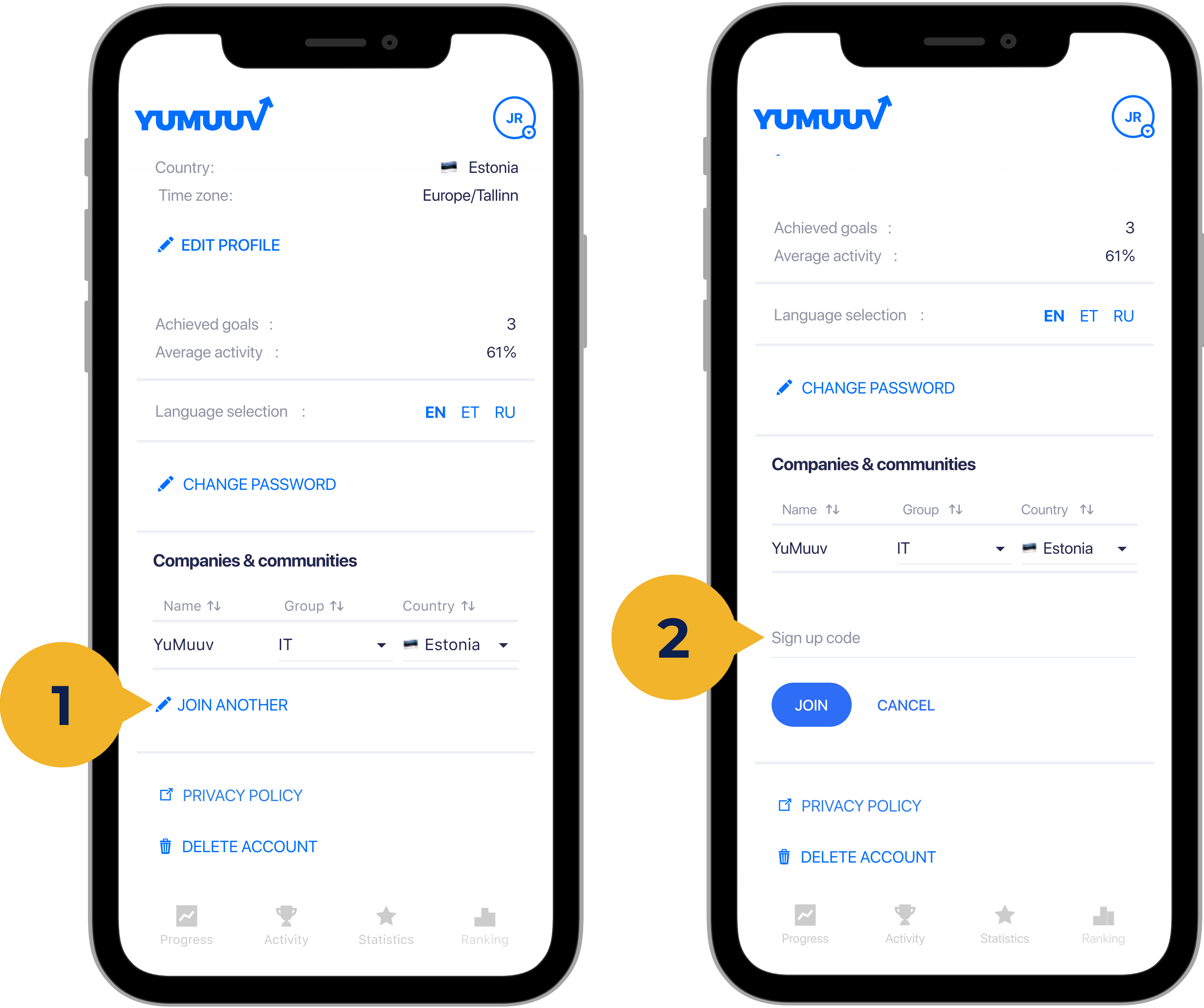
Under the **Your Details** (2) page, you can integrate with a new service provider, change the language of the application or change your own profile data if it should change.

The **Update your details** (3) option gives you 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.

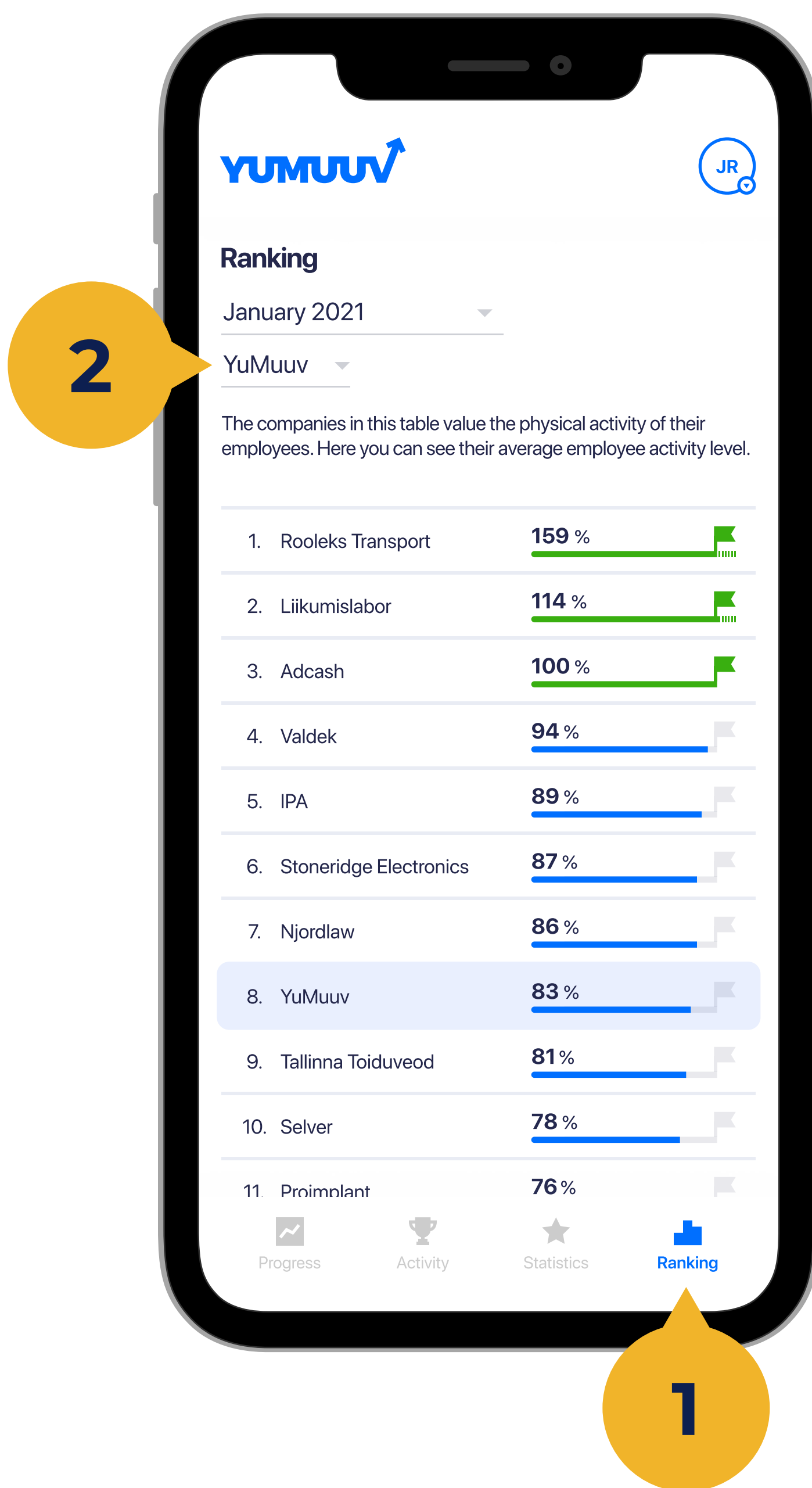
You can also choose your **groups and countries** (5). These are displayed next to your name in the Ranking.

11. Joining with an extra company/community



To join with an extra company/community, open your details on the right top corner. When you scroll down, you will find **Join another (1)**, where you can enter the **Sign up code (2)**.

12. Changing the view



The companies in this table value the physical activity of their employees. Here you can see their average employee activity level.

If you want to change change the company/community view, open **Ranking (1)**. On the left top corner you will find **list (2)** on companies you are participating in.



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

info@yumuuu.com