



ciao
How are you?

Step-by-step user guide

01/02/2021

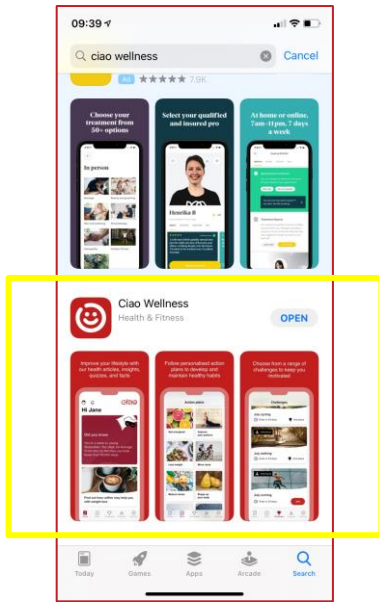


Contents

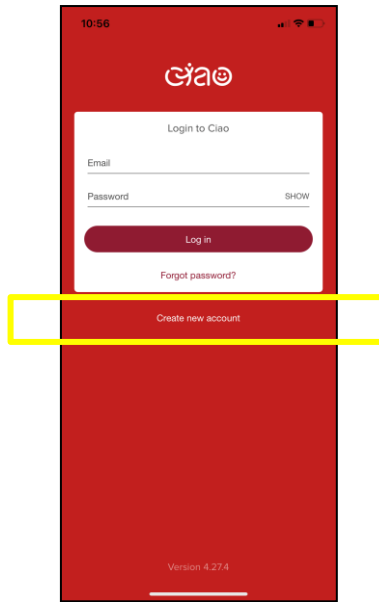
- Download and register for Ciao Wellness
- Join the February step-challenge
- Connect your devices and wearables
- Connect with other users
- Start an action plan
- Health content on-demand

Download and register for Ciao Wellness (new users)

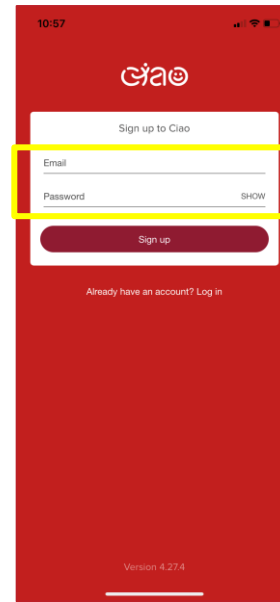
Page 1 of 2



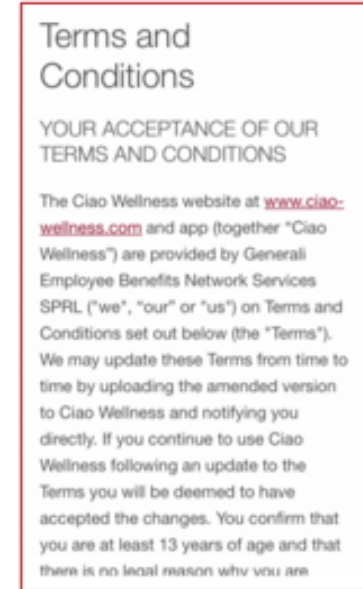
- Visit the Apple App Store or the Google Play Store.
- Search for 'Ciao Wellness'.
- Download the app.



- Open the app.
- Select the link called 'Create new account'.



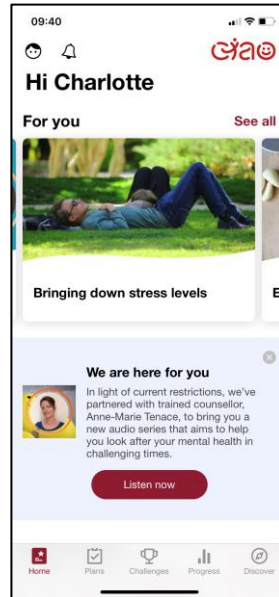
- Use the email you provided us when you completed our registration form.
- Create a new password.



- You will be prompted to review and accept the Terms and Conditions and Privacy Policy of the app.

Download and register for Ciao Wellness (new users)

Page 2 of 2

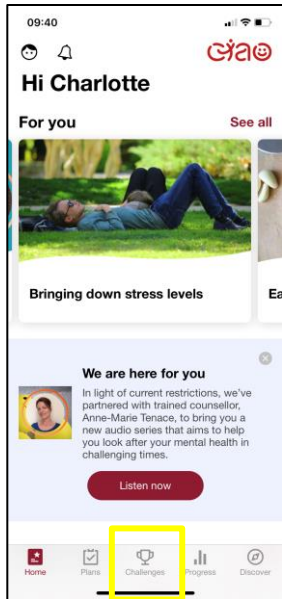


- The app will guide you through an onboarding process.

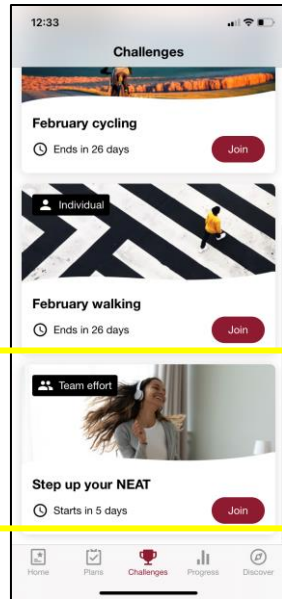
- When you land on this screen you are set up and can start exploring the features!

Join the February 'Step up your NEAT' step-challenge

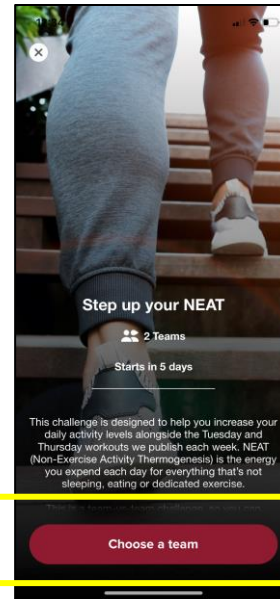
Page 1 of 2



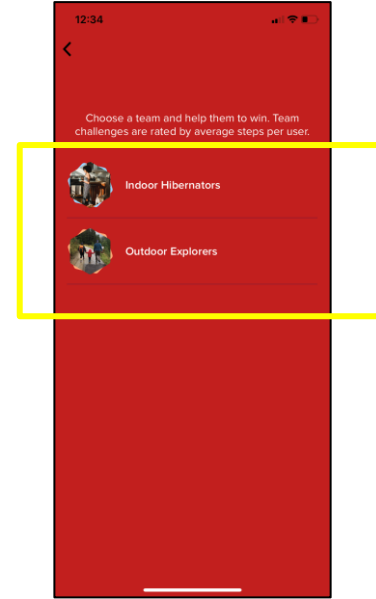
- From the homepage select 'Challenges' from the middle of the ribbon at the bottom of the screen.



- Scroll down the available challenges until you find 'Step up your NEAT'.
- Select 'Join'.



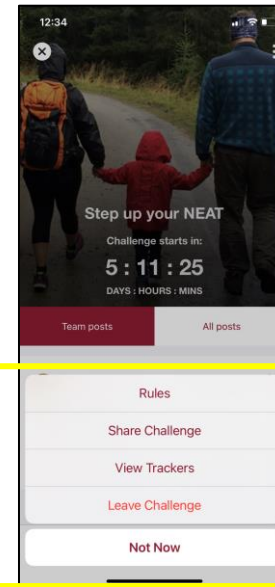
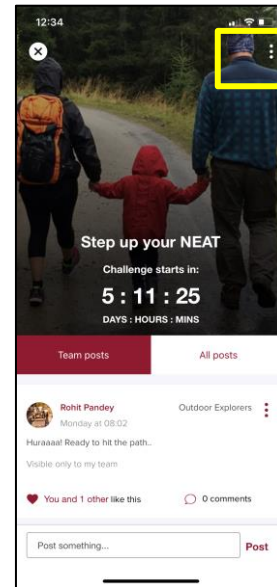
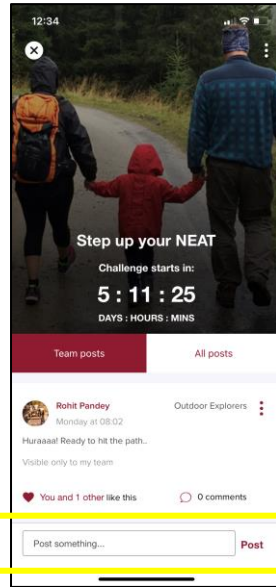
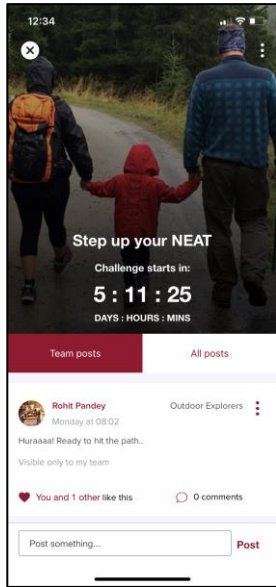
- Select 'Choose a team'.



- Choose either team – there is no difference in what each team is required to do.
- It doesn't matter if one team is bigger than the other because the scores are averaged.

Join the February 'Step up your NEAT' step-challenge

Page 2 of 2



- When you reach this page, you are signed up and ready to start when the countdown ends on 08 February 2021.

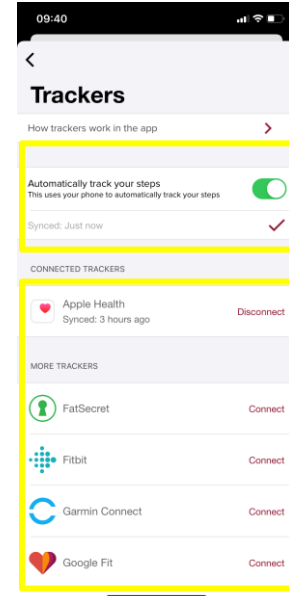
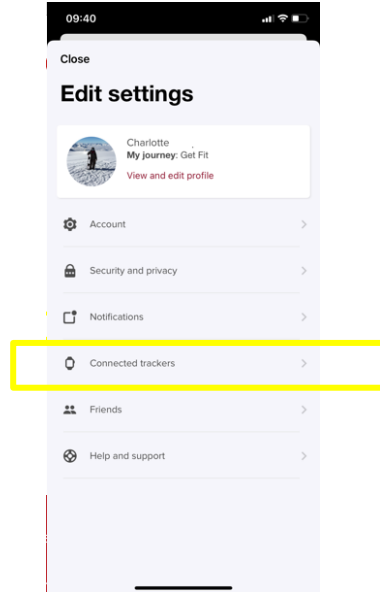
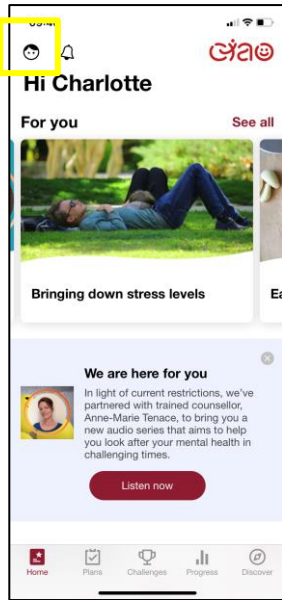
- At any time in the challenge, you can talk to your teammates by posting comments and messages of encouragement!

- Select the three dots in the top right-hand corner to perform functions such as:
 - Leave the challenge.
 - Check your trackers are connected.

- You can view the rules
- You can share the challenge
- You can check if your trackers are connected
- You can leave the challenge

Connect your devices and wearables

Page 1 of 1



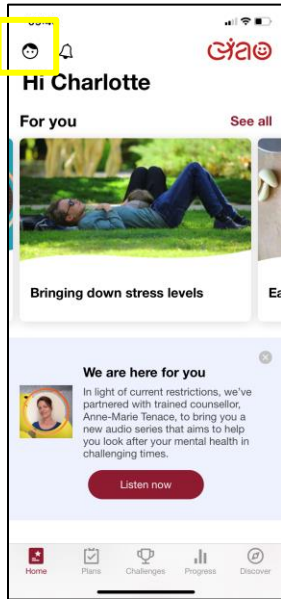
- From the homepage select the 'account' icon in the top left-hand corner of the screen

- Select 'Connected Trackers'

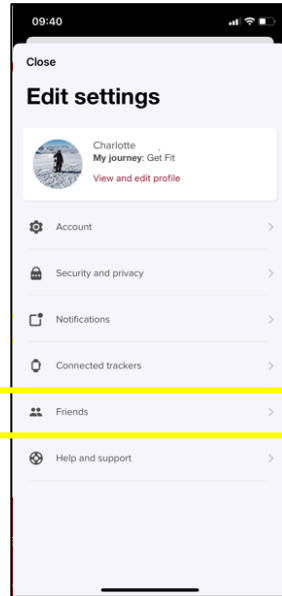
- Select the data you'd like the app to use from your devices.

Connect with other users

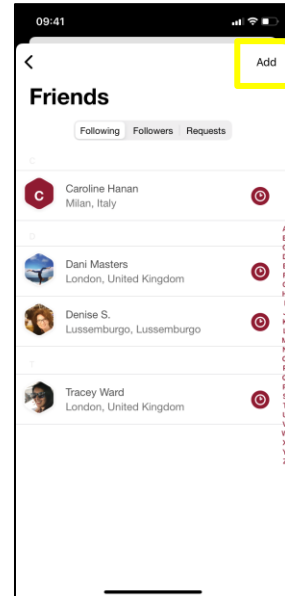
Page 1 of 1



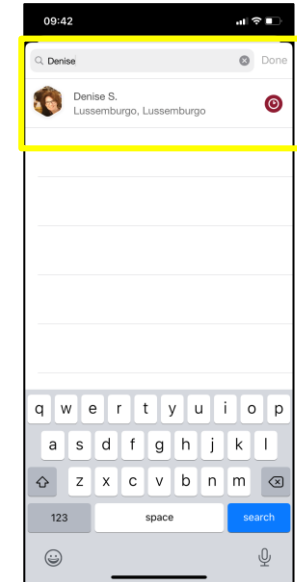
- From the homepage select the 'account' icon in the top left-hand corner of the screen



- Select 'friends'.



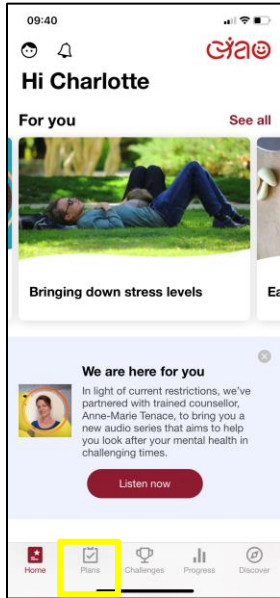
- Select 'Add' in the top left-hand corner of the screen



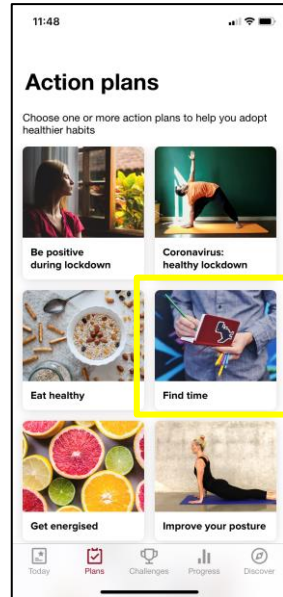
- Type your colleagues name and if they have an account they will appear.
- Click the plus sign next to their name to request to follow them

Start a health action plan

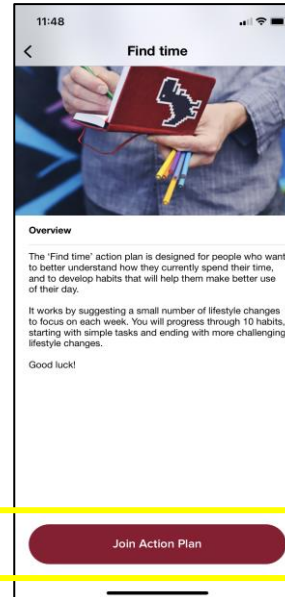
Page 1 of 2



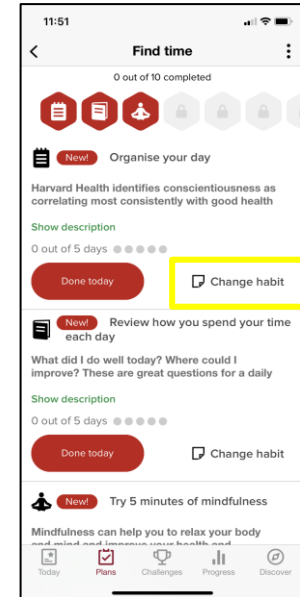
- From the homepage select the 'plans' from the ribbon at the bottom of the app screen



- Scroll through the available Action Plans
- Select one or more Action Plans that you'd like to join.



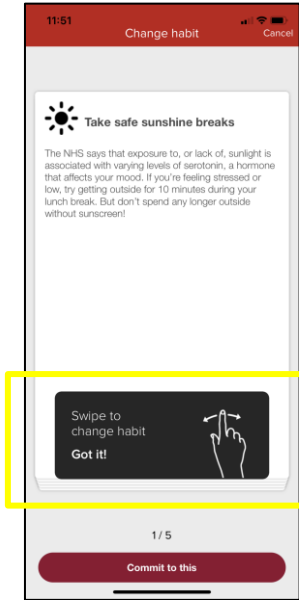
- Read the overview of your selected Action Plan to make sure it meets your personal health goal.
- Select 'Join Action Plan'.



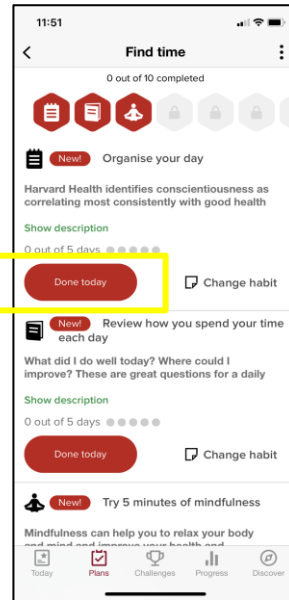
- Review the list of habits recommended for you.
- Select 'Change Habit' next to any of the habits you do not wish to work on.

Start a health action plan

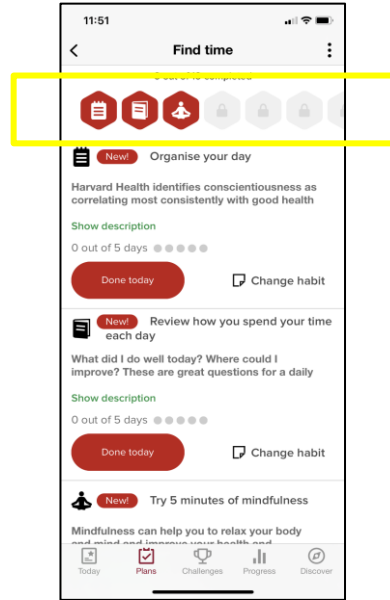
Page 2 of 2



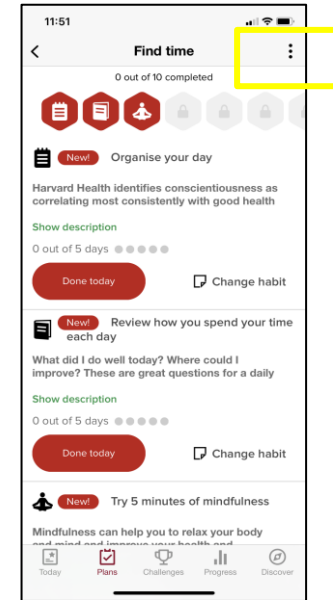
- You will be shown alternative habits to choose from.
- Swipe to see them all.
- To choose a habit click 'Commit to this'.



- Your goal is to complete three habits per day
- Select 'Done today' to check each one off



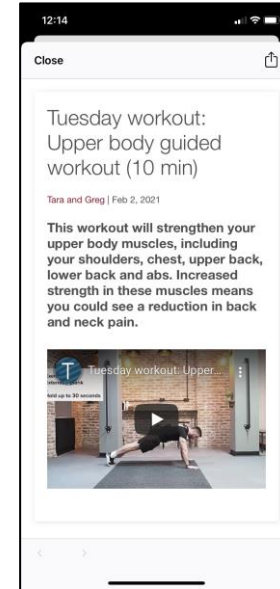
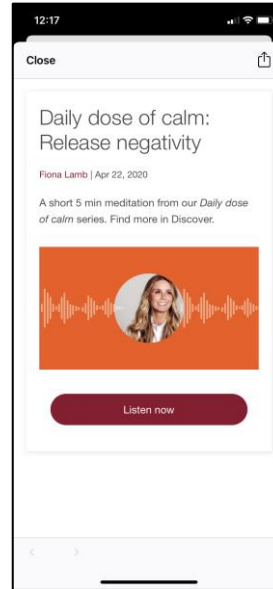
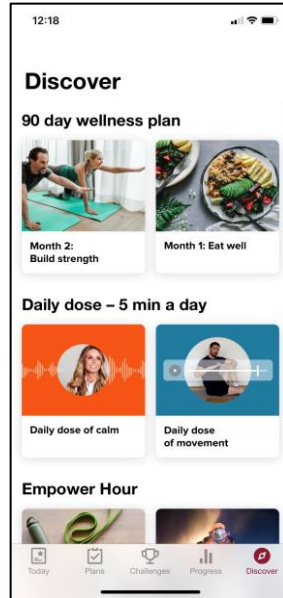
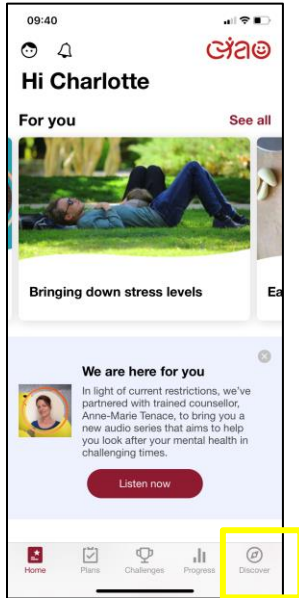
- When you've checked them off for 5 days you will unlock new habits
- When you've unlocked all 10 habits you've completed the Action Plan



- To leave an Action Plan at any point, select the three dots in the top right-hand corner
- A pop-up will allow you to 'Leave Action Plan'.

Health content on-demand

Page 1 of 1



- From the ribbon at the bottom of the app screen, select 'Discover'

- Scroll down all the available content which includes:

Daily meditations

Guided workouts,
and much more!

**Thank you and enjoy using Ciao
Wellness!**



Find out more at [gcb.com](https://www.gcb.com)

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