

USER MANUAL STRAIDE



Registration process

Your contact person at the company will send you **a link or a QR code to register** in the Straide app. This will take you to the my.straide.com website both on your mobile phone and on your PC. (1) If you already have an account from last year, you can log in here with your access data. Otherwise, please click on **‘Erstellen Sie ein Konto’** and enter the data required to create an account.

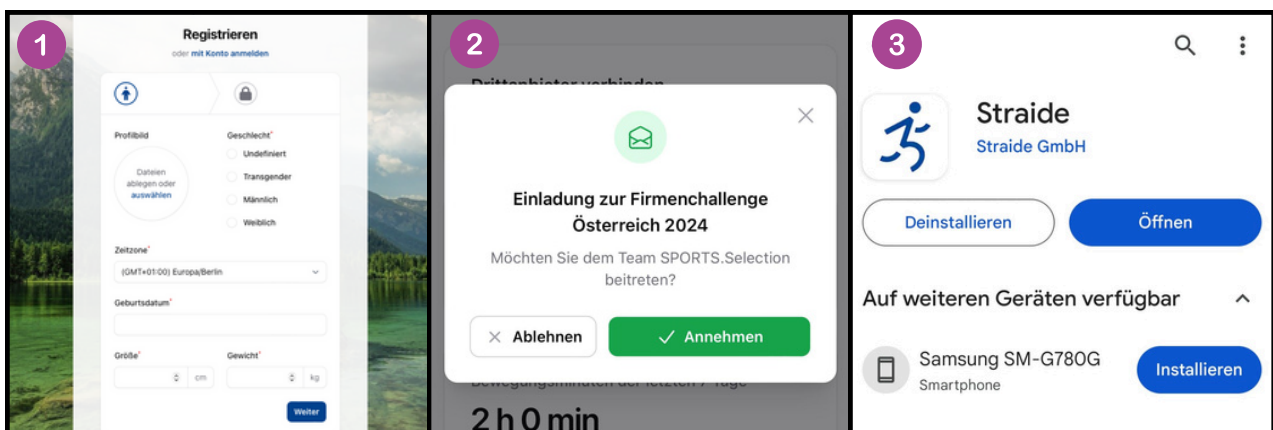
It is important to mention that **neither your company managers nor other participants** can see the data you enter, such as height and weight - except for the user name you choose, which you can freely select. This data is used to calculate your calories burned in the web version of STRAIDE.

ATTENTION: To complete the registration, you will receive an e-mail with a confirmation link after entering your data - this link **MUST** be clicked.

After completing your registration or login, you will now see the message ‘Einladung zur Firmenchallenge Österreich 2024’. If this is your company or your team within the company, click on ‘Annehmen’ and you will automatically be correctly assigned. (2)

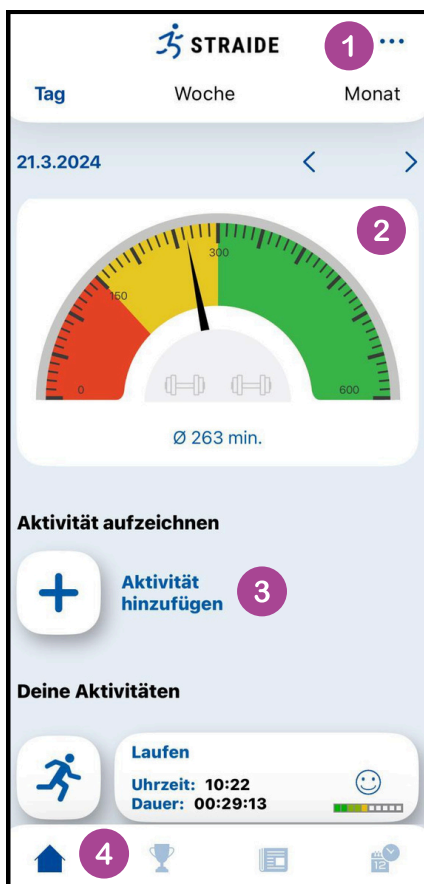
If you have registered on your PC, you can now also install the STRAIDE app on your smartphone. You can find the app for both Android and iOS in the respective app store under the name STRAIDE. (3)

ATTENTION: To use the app on your mobile phone, you need at least **iOS version 16** for iPhones and **Android version 8.0** for Android devices.



Start page (App)

The start page is the page in STRAIDE that appears when you reopen the app. Here you will find key points for the Firmenchallenge Österreich.







(1) General: Here you have access to the profile settings, the privacy policy and our terms and conditions. You can also log out of your account here and track the currently installed STRAIDE version.

(2) Exercise tachometer: This shows you whether you have reached the WHO recommendation (150 minutes/week) in the last seven days or whether you need to exercise more to reach it.

(3) Add activity: You can add your exercise sessions to the app here. We explain exactly how to do this on the next page.

(4) Menu bar: Here you can call up the various areas of STRAIDE, namely:

-  **Start page**
-  **Challenge**
-  **News**
-  **Events**

Record minutes (App)

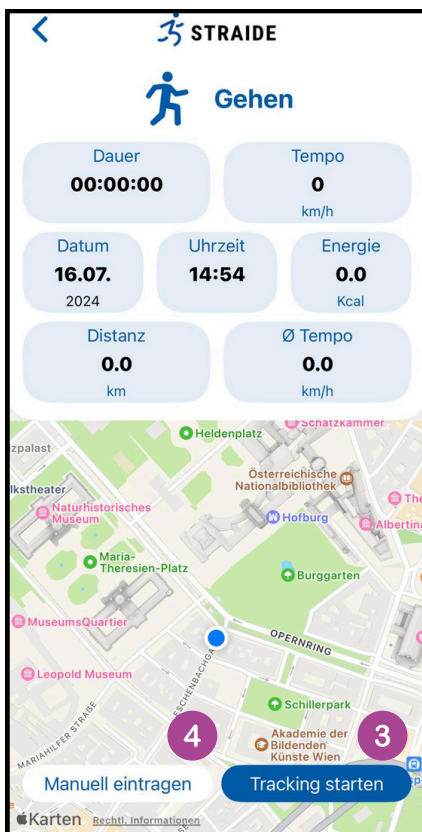
STRAIDE allows you to record your sport & exercise sessions directly in the app - so you don't need a sports watch or additional app to collect exercise minutes for your company.



(1) Add activity: Click on 'Add activity' on the start screen to enter a new movement unit.



(2) Select activity: In the next step, you have the option of choosing from 72 different types of exercise and sport. These include classics such as running, cycling or yoga, but also more unusual (but still health-relevant) activities such as gardening.

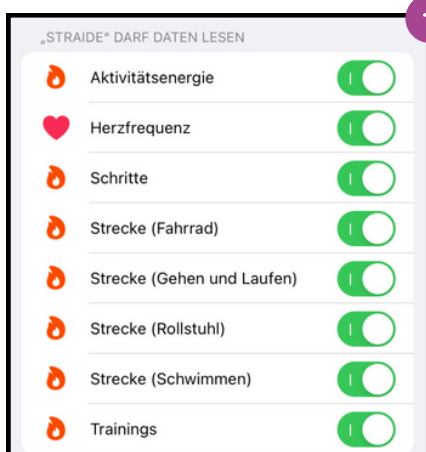


(3) Record activities: In the next step, you can start tracking - note that access to your current location must be permitted for tracking. During tracking, you can also pause and resume your session in the app - for example, if you need to take a break.

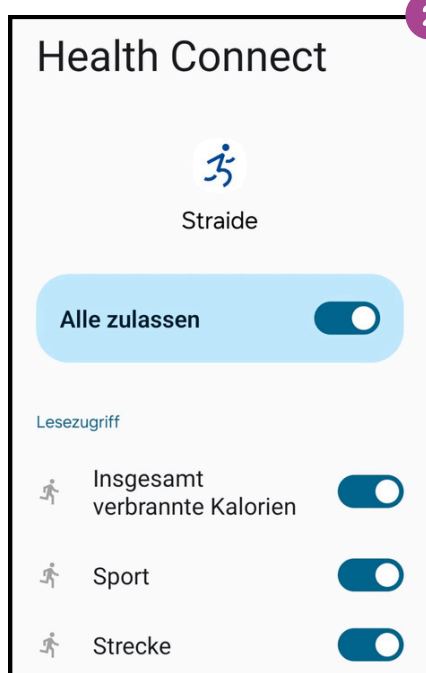
(4) Enter activity manually: If you don't have your mobile phone with you, you can also enter your exercise sessions manually.

Record minutes (Third-party provider)

If you have a sports watch or sports wristband, you can also automatically transfer your exercise and sports units from it to STRAIDE. There are different options for this depending on your smartphone:



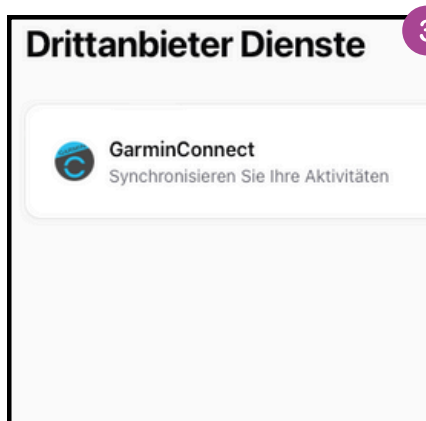
(1) Synchronisation with iPhones: Allow STRAIDE access to your Apple Health data when you open it for the first time. Make sure that your sports watch is also allowed to synchronise its recordings with Apple Health. If both STRAIDE and your sports watch synchronise with Apple Health, the movement data is automatically synchronised in the app.



(2) Synchronisation with Android devices: The exchange works in a similar way on Android devices, but there is a special feature to consider because of Google: Google currently has two apps that are responsible for recording health data - Google Fit and Google Health Connect.

On the one hand, STRAIDE needs permission on your mobile phone to synchronise data in Health Connect, and on the other hand, synchronisation between Google Fit and Health Connect must be activated.

ATTENTION: From Android version 14, Health Connect is permanently integrated; older versions require the app to be downloaded in order to use this function.



(3) Garmin Connect: At my.straide.com, you can connect directly to your Garmin account under the menu item 'Drittanbieter' to enable synchronisation.

ATTENTION: Please note that there will be a double synchronisation if you connect to Apple Health & Garmin, for example.

Record minutes (Third-party provider)

Garmin products can be connected directly to STRAIDE. For synchronisation with other providers, the data must be shared directly with Apple Health or Google Health Connect / Google Fit.




Apple Health

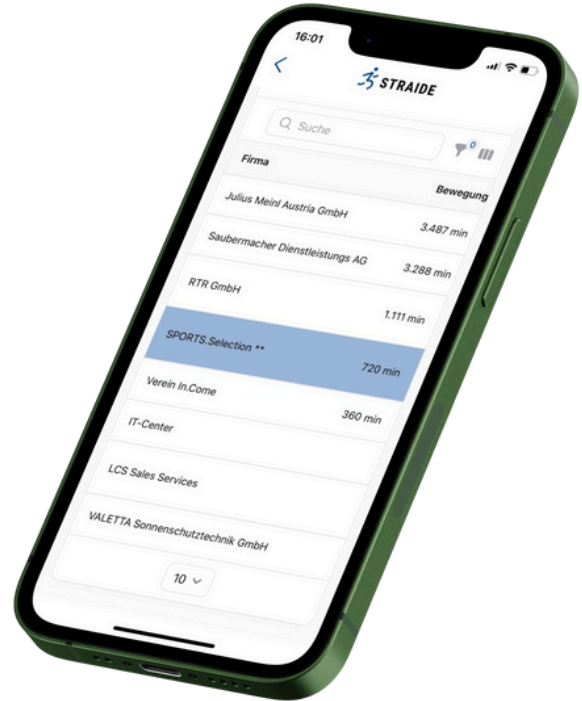


Google Health Connect




Challenge interface

 Behind this symbol in the menu bar is the statistics section of the Firmenchallenge Österreich - i.e. the rankings for you and your company. Here you can find out where you stand in the rankings as an individual and how your company is doing in competition with the other companies.



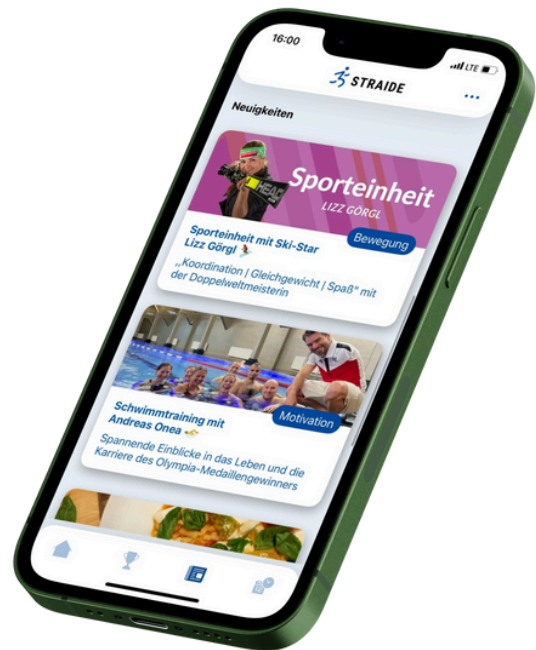
Event interface

 Behind this symbol in the menu bar is the event area of the Firmenchallenge Österreich - in other words, all the important events that we or your company will suggest to you during the Firmenchallenge Österreich. These could be lectures with our experts and sports legends, for example, or a running event organised by your company.



News

Behind this symbol in the menu bar you will find the news section. There you will find interesting **videos, podcasts and blog entries** from the Firmenchallenge Österreich, as well as contributions that your company makes available to you during the Firmenchallenge Österreich. So it makes sense to check here every day to see if there is any new news from us or from your company that is relevant to you.



Of course, we know that it's more convenient to watch videos on your PC. That's why you also have access to the news section at my.straide.com, where you can call up all the content and consume it on your computer. You also have the option of filtering the content by category or searching for specific words in the title. So you are looking for a balance exercise? Type the word 'balance' into the search bar and the right video will appear. Please note that the majority of our videos are currently only available in German. However, videos with movement units in particular are also suitable for users with other languages.

