

USER MANUAL STRAIDE



Registration

Your contact person at the company will provide you with a link or QR code to register in the Straide app. This will take you to the my.straide.com website on both your cell phone and PC. (1) If you already have an account from last year, you can log in here with your access data. Otherwise, please click on “Create an account” and enter the necessary data for account creation.

It is important to note that **neither your company managers nor other participants** will be able to see the **information you provide**, such as your height and weight—except for the user name you choose, which you are free to select yourself. This information is used to calculate your calories burned in the web version of STRAIDE.

ATTENTION: To complete the registration process, you will receive an email with a confirmation link after entering your information – you **MUST** click on this link.

Once you have completed the registration or login process, you will see the message “Invitation to the Firmenchallenge Österreich.” If this is your company or your team within the company, click on “Confirm” and you will be automatically assigned to the correct group. (2)

If you registered on a PC, you can now 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)

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

Home page (App)

The home page is the page in STRAIDE that appears when you open the app. Here you will find key information about the Firmenchallenge Österreich.



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





(2) Activity tracker: Here you can see whether you have reached the WHO recommendation (150 minutes/week) in the last seven days or whether you should be exercising more.

(3) Record daily goals: Here you can record the healthy habits you have implemented (e.g. avoiding alcohol or sugar, getting enough sleep, etc.). You can also think of this as your 'health diary'.

(4) Activity overview: Here you can see a summary of the activities you have recorded over the last 7, 30 or 365 days.

(5) Add activity: Here you can record your exercise sessions in the app. We explain exactly how to do this on the next page.

(6) Menu bar: Here you can access the various areas of STRAIDE, namely:

-  **Start Page**
-  **Challenges**
-  **News**
-  **Events**

Track minuntes (App)

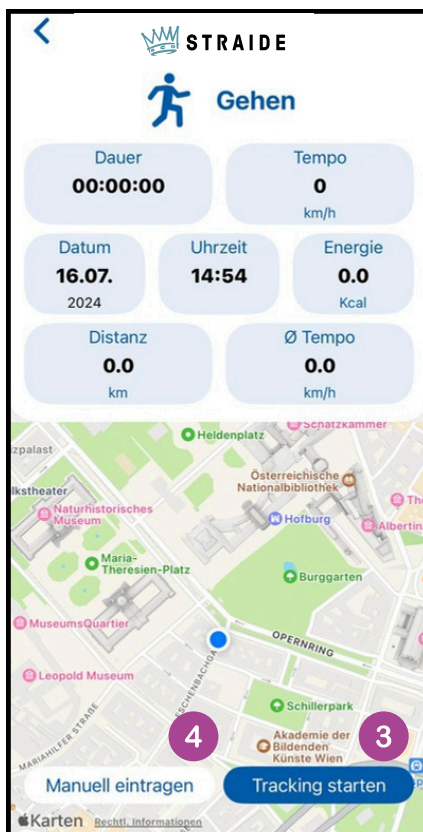
With STRAIDE, you can record your sports and exercise sessions directly in the app—so you don't need a sports watch or additional app to collect exercise minutes for your company.



(1) Add activity: Click on “Aktivität hinzufügen” on the start screen to record a new exercise session.



(2) Select activity: In the next step, you can choose from 72 different types of exercise and sports. These include classics such as running, cycling, and yoga, as well as unusual (but still health-related) activities such as gardening.

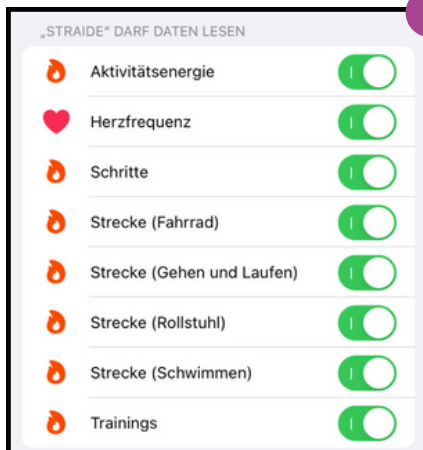


(3) Record activity: In the next step, you can start tracking—please note that tracking requires access to your current location. While tracking, you can also pause and resume your session in the app—for example, if you need to take a break.

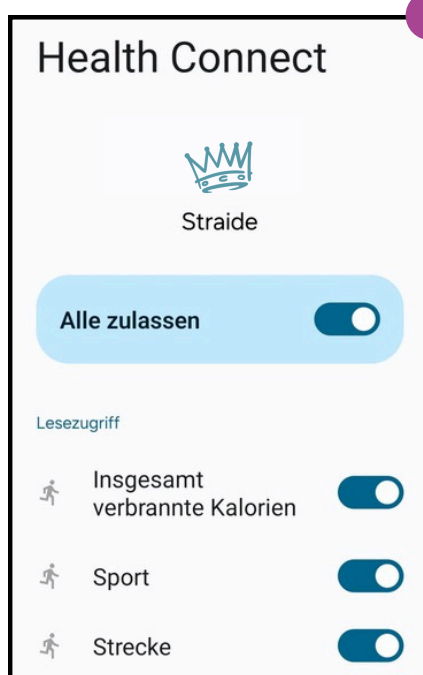
(4) Enter activity manually: If you didn't have your phone with you, you can also add your exercise sessions manually.

Track minutes (third party provider)

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



(1) Synchronization with iPhones: When opening STRAIDE for the first time, allow it to access your Apple Health data. Ensure that your sports watch is also permitted to synchronize its records with Apple Health. If both STRAIDE and your sports watch synchronize with Apple Health, your activity data will be automatically synchronized in the app.



(2) Synchronization on Android devices: The exchange works similarly on Android devices, but there is one special feature to note because of Google: Google currently has two apps that are responsible for recording health data—Google Fit and Google Health Connect.

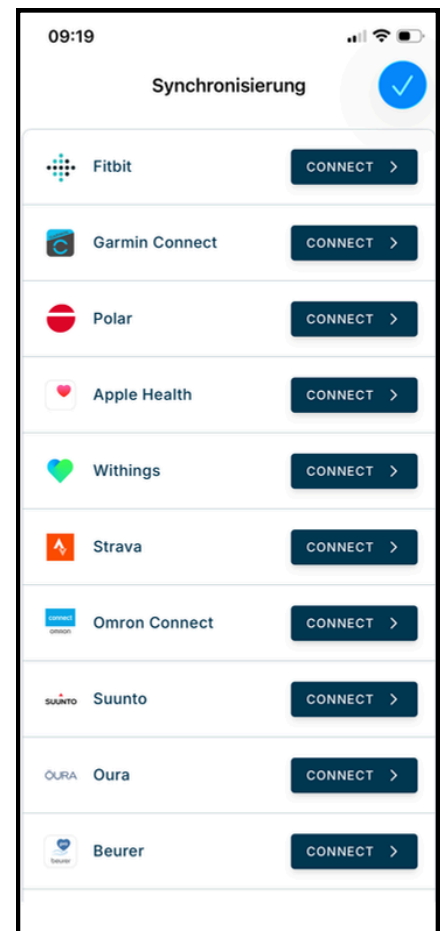
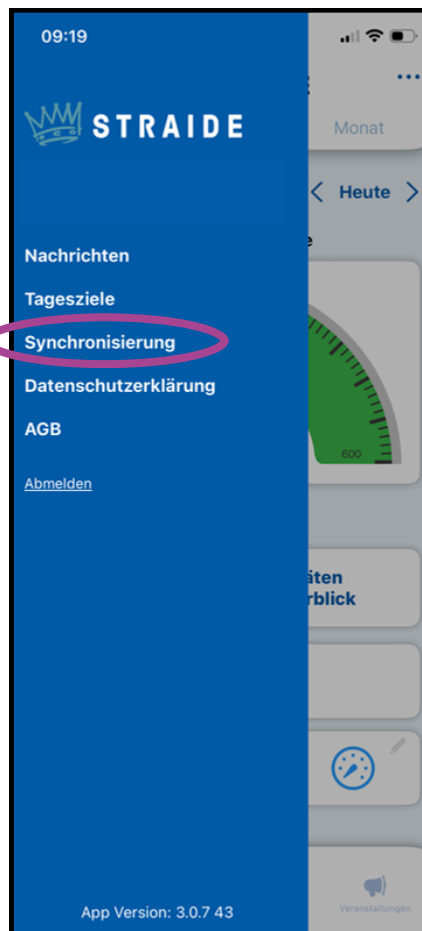
On the one hand, STRAIDE needs permission on your phone to sync data to Health Connect, and on the other hand, syncing must be enabled between Google Fit and Health Connect.

PLEASE NOTE: Health Connect is integrated into Android version 14 and above, but older versions require the app to be downloaded in order to use this feature.

You can also import your activities into the app via our interface with the most popular providers such as Strava, Garmin, Fitbit and many more. We explain how this works on the next page.


Track minutes via our interface

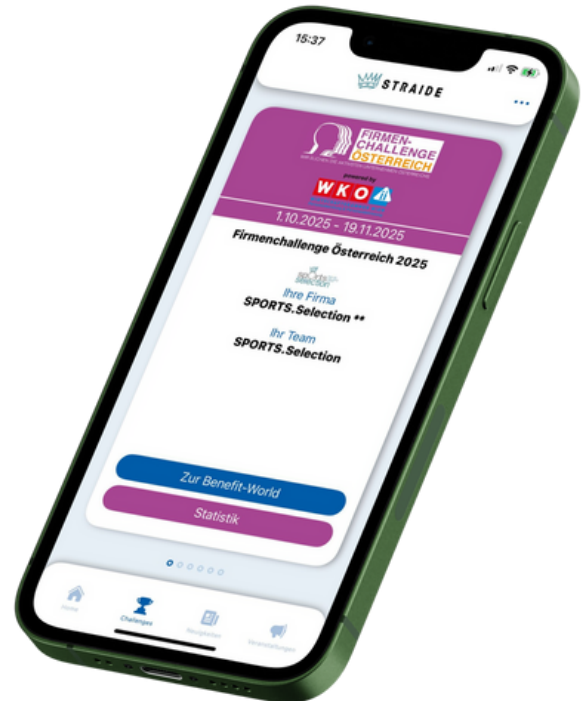
You also have the option of connecting the most popular providers such as Strava, Garmin, Fitbit and many more to the app via our interface. To do this, click on the three dots in the top right-hand corner to open our side menu. Under 'Synchronisierungen' you will find all available connections. Connect here with your existing account to start the data exchange.




PLEASE NOTE: It is important that a connection is established either via Apple or Google Health or via this interface. If you have established both connections, there is a risk that your recorded activities will be synchronised multiple times in the app.

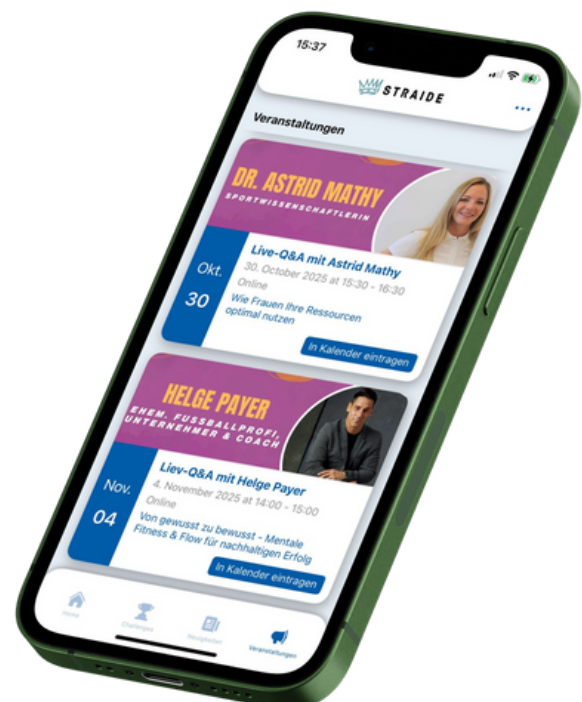
Challenges

 Behind this icon in the menu bar is the statistics section of the Firmenchallenge Österreich, 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 performing in competition with other companies.




Events

 Behind this icon in the menu bar is the event section 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 even a running club for your company.



News

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



We know, of course, that it's more convenient to watch videos on a PC. That's why you can also access the news section at my.straide.com, where you can view all content on your computer. Here, you also have the option of filtering content by category or searching for specific words in the title. So, are you looking for a Podcast? Just type the word "Podcast" into the search bar and the right content will appear.

