

HOW IT WORKS

Everything you need to know



VISIT WWW.UPNDO.COM

Reach out to us at hello@upndo.com if you have any queries.

UPNDO is a platform that **transforms your movement into positive change**, giving you the possibility not only to **improve your healthy habits**, but also to have a **fun and healthy competition** with your colleagues while having a **huge impact in our society**.

UPNDO APP

An **innovative** and **user friendly tool** that tracks your movement and convert it into money that you can later donate to your favourite NGOs – **MOVE-CHOOSE-DONATE**

5 STEPS TO GET YOUR MOVEMENT RECORDED:

1. Connect Google Fit or Apple Health to UPNDO.
2. If you have a wearable or fitness tracker that you use during exercise, make sure it is also connected to Google Fit/Apple Health and in sync.
3. UPNDO does not read manual activities - if you insert manual activities on Health Kit or your fitness app, they will not be taken into account in UPNDO.
4. UPNDO can only record your movement if you have your mobile phone/fitness tracker/smart watch with you while you move.
5. Your movement will only be uploaded and updated once you open UPNDO app, so don't forget to open it at least every 48h so your movement can be converted into positive change.

APP FEATURES

HOME

Here is where you see your movement and the money you are generating

- There are three activities that the App can interpret as movement: **walking, running and cycling**.

- Your movement is register in **Energy points** – The points are earned according to the **duration of your movement and its intensity**. The more you move, more energy points are earned.

Close the circle

- The "circle" - **daily target - is your every day goal (1)**
- It is linked to the recommendations for healthy movement defined by **World Health Organisation**.
- You **close the circle when you reach 100 Energy Points**. To hit the daily target you don't need to go for hardcore sports, a 3km walk should be enough for you to hit the daily target.
- You can **reach a maximum of two daily targets per day**, i.e. you can close two circles with the first one in blue and the second one in red - the maximum amount of money you can generate in one day is the one corresponding to the value visible on the upper right side of the UPNDO home screen "max achieved" **(2)**



LEADERBOARD

Here is where you compete

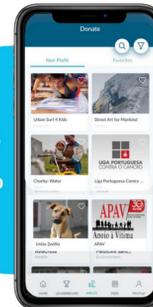
- The leaderboard is based on the **amount of Energy Points** each user have.
- You can **filter** the leaderboard by clicking on the **Filter Icon (3)** to see just your **company members**. The leaderboard will tell you the names and current scores of your colleagues. This way, it will be displayed the ranking of your fellow Upenders so you can keep an eye on your competition.



DONATE

Here is where you support your favourite NGOs

- **Your company donates on your behalf!** Where does the money come from you might ask? The money comes from the corporate social responsibility budget of your company.
- The **list of NGOs is defined by your company**. Feel free to **reach out and suggest** your preferred organisations.
- **You choose which NGO you want to donate** - when you go to make a donation you will see how much money you have available. You can use the **slider bar** to **change the amount** and decide how much you would like to donate to that particular NGO. There is also the possibility of **splitting the money** you have earned across several NGOs. The important thing here is that you are contributing to the causes that matter to you the most!
- You can **donate as many times as you want**, to as many NGOs as you want, the amount of money you want. You just have to keep moving to generated more money!



NEWS FEED

Here is where you keep in touch

The news feed allows you to:

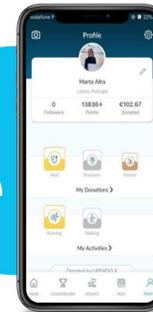
- See **communications from UPNDO and from your company**
- See **campaigns** that are **ON**
- **LIKE** the stories and posts



PROFILE

Here is your personal area

- Here you can **check the donations** you have already made and your **activities**.
- You can add your personal data but more importantly you can **upload a profile picture** so your colleagues can recognise you.



ARE YOU HAVING ANY SYNC TROUBLE?

If you're having trouble syncing Google Fit/Apple Health with UPNDO please check the troubleshooting guide below:
For:
Android Users
iPhone Users

UPNDO DASHBOARDS

See what's happening in your company at the company's dashboard

- To **keep track of all the campaigns running** and the achievements and progress you and your company have made you must follow the dashboard!
- It is super important that you follow the dashboard daily, because **we will mainly communicate through there**.



WELCOME TO THE BIGGEST MOVEMENT OF ACTIVE KIND PEOPLE IN THE WORLD

We are always looking for new ideas, new features and suggestions – speak with us at hello@upndo.com