



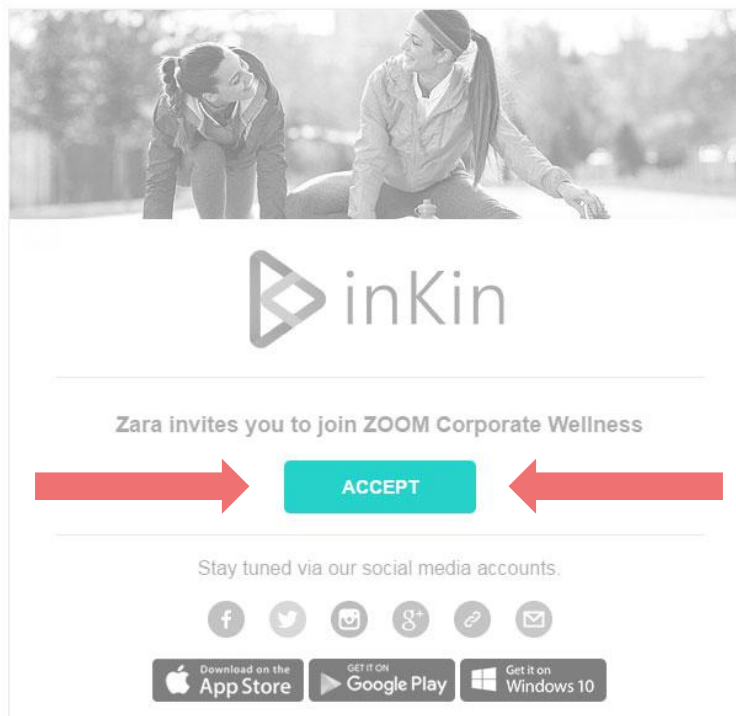
inKin Social Fitness Platform

# Corporate Wellness Platform User's Guide






## STEP 1: FOLLOW THE LINK IN YOUR EMAIL TO SIGN UP WITH THE PLATFORM








## STEP 2: CREATE AN ACCOUNT OR LOG INTO YOUR EXISTING ACCOUNT





[SIGN UP](#) • [LOG IN](#)

By clicking Sign up, you agree to our [inKin Terms & Conditions](#)

Sign up with your social accounts



**STEP 3: CLICK ON THE **SETUP** BUTTON ON YOUR DASHBOARD PAGE OR GO DIRECTLY TO YOUR **DEVICES** PAGE**

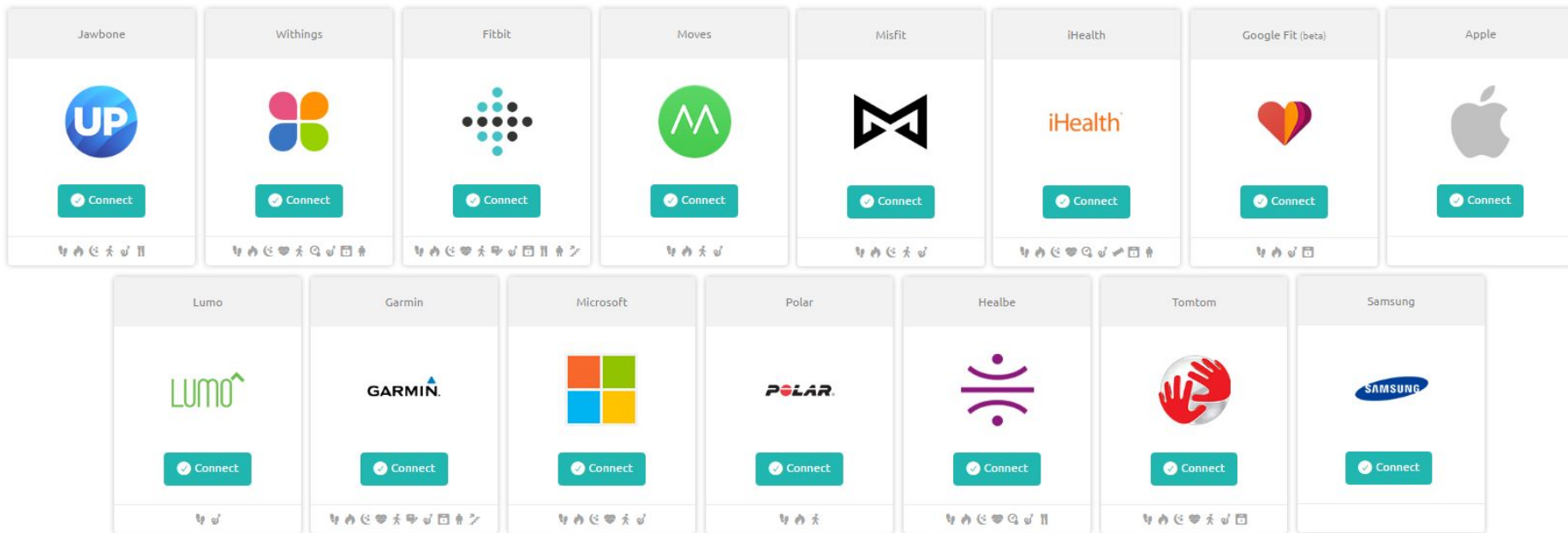
The screenshot shows the inKin dashboard interface. At the top, there is a navigation bar with a search bar labeled "Search for kins", a "MY PROFILE" button, a "COMMUNITY" dropdown, and a "CORPORATE" dropdown. On the left, a user profile for "John Smith" (★ 0) is shown with a "Setup" button (gear icon) highlighted by a red arrow. In the center, there is a section titled "inKin Global Leaders" with a list of users and their scores. On the right, there is a "Suggested Friends" section. A dropdown menu is open from the top right, showing options: Ranking, My Kins, My Contests, My Groups, Metrics, **Devices** (highlighted with a red arrow), Personal Info, Settings, Change Password, and Change Email.

Rank	User	Score
1	Steve Whitenight	★ 28057
2	YuliaM	★ 22081
3	Judith Whitenight	★ 18234
4	Volli	★ 10201
5	Ricardo GM	★ 9447
6	JD Fitbit Surge	★ 7801



## STEP 4: CONNECT ONE OR MORE DEVICES

IF YOU DON'T HAVE A FITNESS TRACKER, YOU MAY CONNECT ONE OF THESE FREE APPS: Apple HealthKit app, Fitbit app (iOS, Android, Windows), HealthMate by Withings (iOS, Android, Windows), UP by Jawbone (iOS, Android, Windows), Moves app





## STEP 5: CLICK ON THE **DATA SOURCE** BUTTON

Live Feed

Stats

Kins

Health Form

Metrics

Devices

My Contests

Duels

Groups

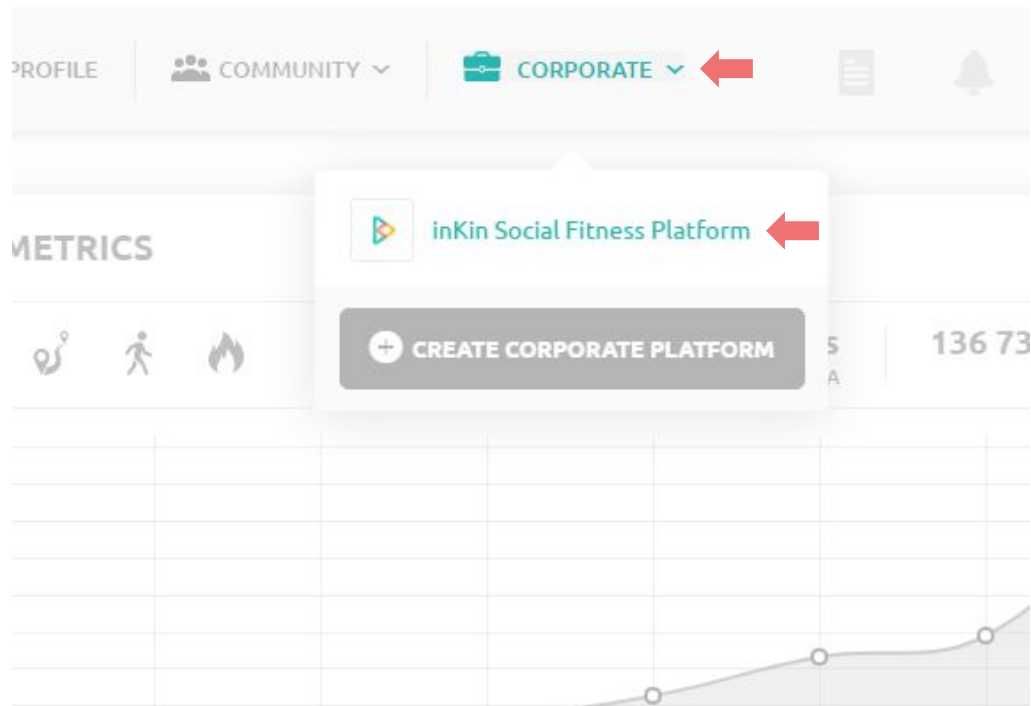
Metrics

Privacy & Sharing

	Activity		data source	
	Steps		data source	
	Blood pressure		data source	
	Weight		data source	
	Body mass index		data source	
	Food		data source	

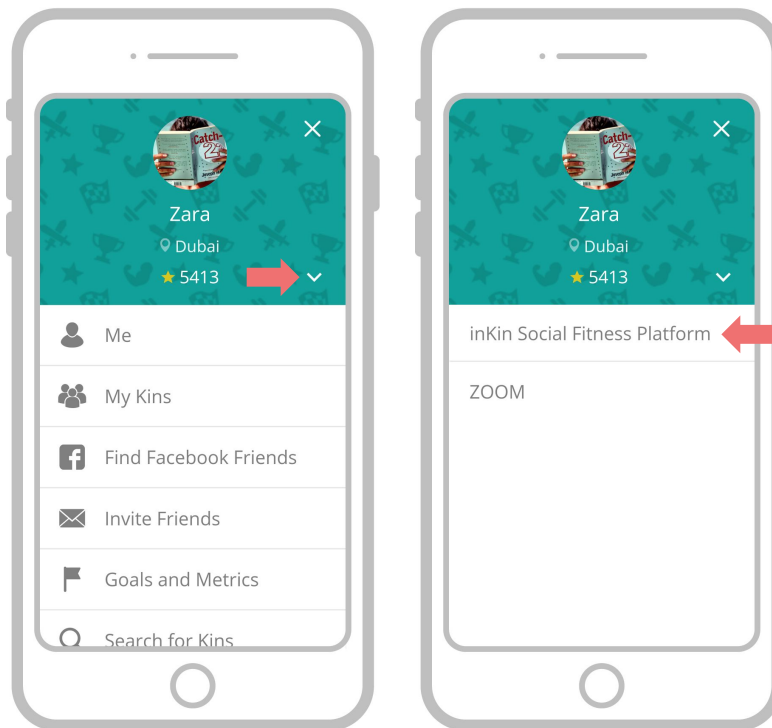


**STEP 6: TO SWITCH TO YOUR CORPORATE PLATFORM, SIMPLY CLICK ON THE MENU**





## ON THE MOBILE APP







[www.inkin.com](http://www.inkin.com)