

# Corporate Wellness Platform User's Guide

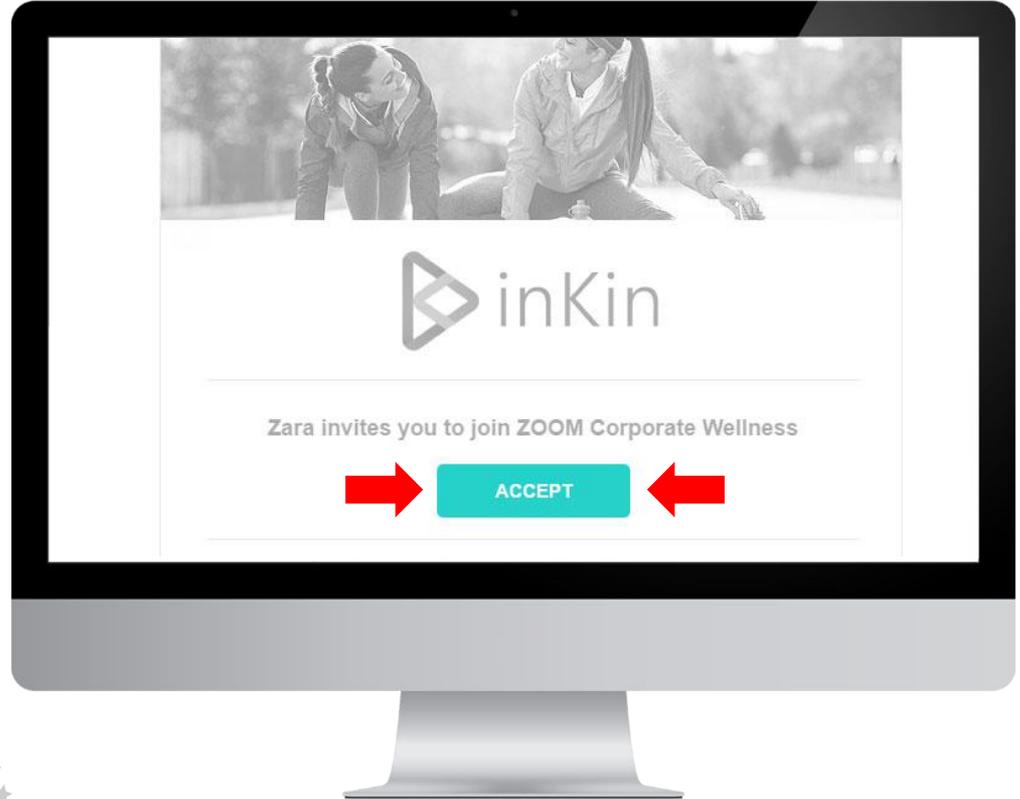




# Creating an Account

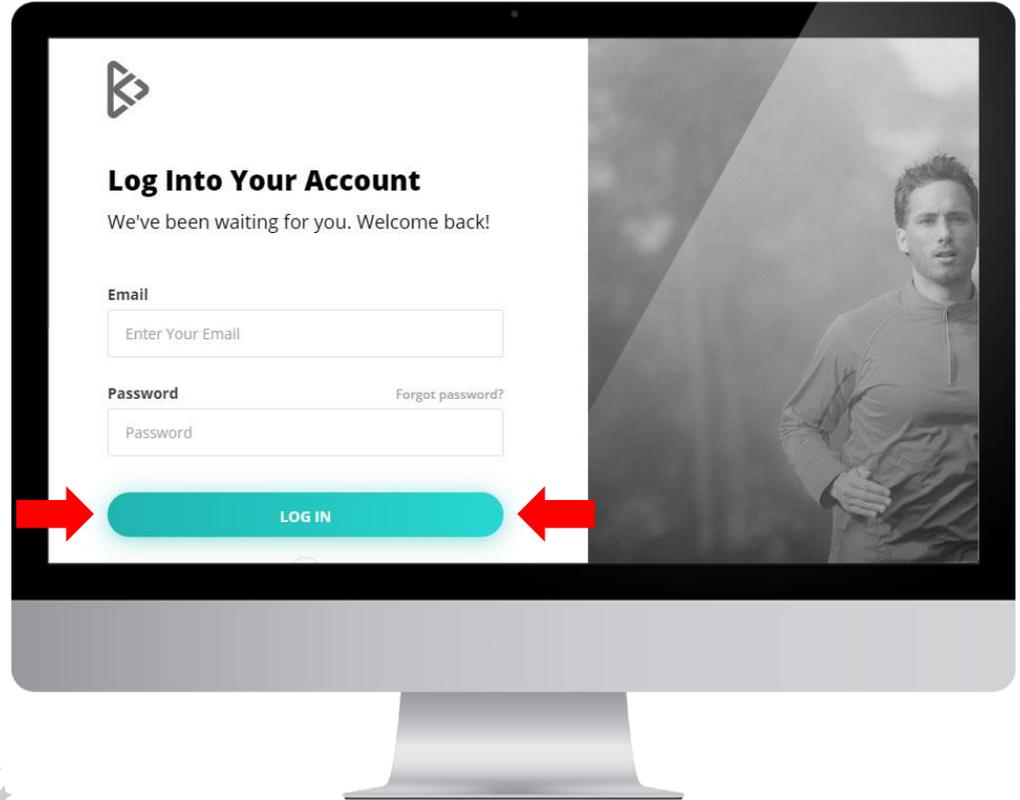


**STEP 1:** FOLLOW THE  
LINK IN YOUR EMAIL  
TO SIGN UP WITH THE  
PLATFORM



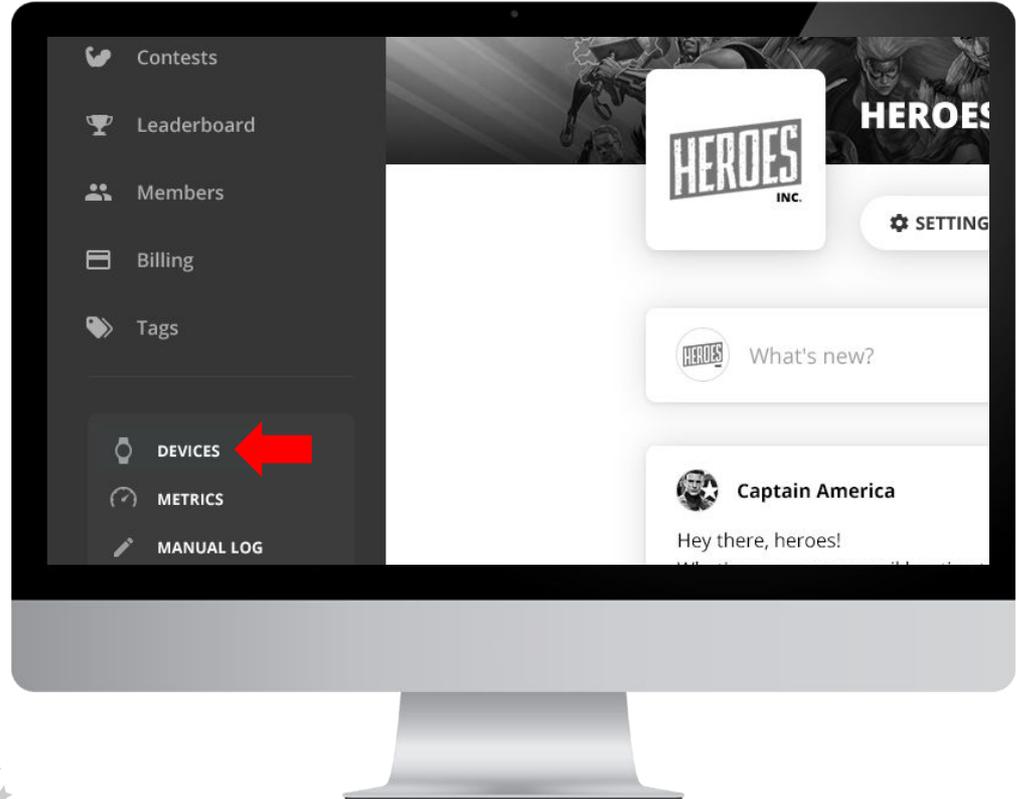


## STEP 2: CREATE AN ACCOUNT OR LOG INTO YOUR EXISTING ACCOUNT





**STEP 3:** CLICK ON THE **DEVICES** BUTTON ON THE LEFT SIDE PANEL TO GO DIRECTLY TO YOUR **DEVICES PAGE**





## STEP 4.1: CONNECT ONE OR MORE DEVICES

**IF YOU DON'T HAVE A DEVICE YET,** YOU MAY TRY INKIN WITH ONE OF THESE FREE OPTIONS: FITBIT ([IOS](#) AND [ANDROID](#)), MI FIT ([IOS](#) AND [ANDROID](#)) OR WITHINGS ([IOS](#) AND [ANDROID](#)) APPS AS WELL AS THE [APPLE HEALTHKIT](#) AND [SAMSUNG HEALTH](#) APPS.

	<b>Fitbit</b> 🔥 🌙 📊 🚶 🏃 🏊 📱 📺 📶	— DISCONNECT
	<b>Garmin</b> 🔥 🌙 📊 🚶 🏃 🏊 📱 📺 📶	+ CONNECT
	<b>Google Fit</b> 🔥 🌙 📊 📱	+ CONNECT
	<b>Huami</b> 🔥 🌙 📊 📱	+ CONNECT
	<b>iHealth</b> 🔥 🌙 📊 📱 📶 📺 📶	+ CONNECT
	<b>Misfit</b> 🔥 🌙 📊 🚶 📱	— DISCONNECT
	<b>MS Band</b> 🔥 🌙 📊 🚶 🏃 📱	+ CONNECT
	<b>Polar</b> 🔥 🌙 📊 🚶	+ CONNECT

	<b>TomTom</b> 🔥 🌙 📊 🚶 🏃 📱	+ CONNECT
	<b>Nokia</b> 🔥 🌙 📊 🚶 🏃 📱 📶	— DISCONNECT
	<b>Apple</b> 🔥 🌙 📊 🚶 🏃 📱 📶 📺 📶	🔗 HOW TO CONNECT
	<b>Samsung</b> 🔥 🌙 📊 🚶 🏃 📱	🔗 HOW TO CONNECT
	<b>Tesla</b> 🔥 🌙 📊 🚶 📱	🔗 HOW TO CONNECT
	<b>Healbe</b> 🔥 🌙 📊 🚶 🏃 📱 📶	+ CONNECT
	<b>Lumo</b> 🔥 🌙 📊 📱	+ CONNECT



## STEP 4.2: UNDERSTAND HOW YOUR DEVICE SYNCS TO THE PLATFORM

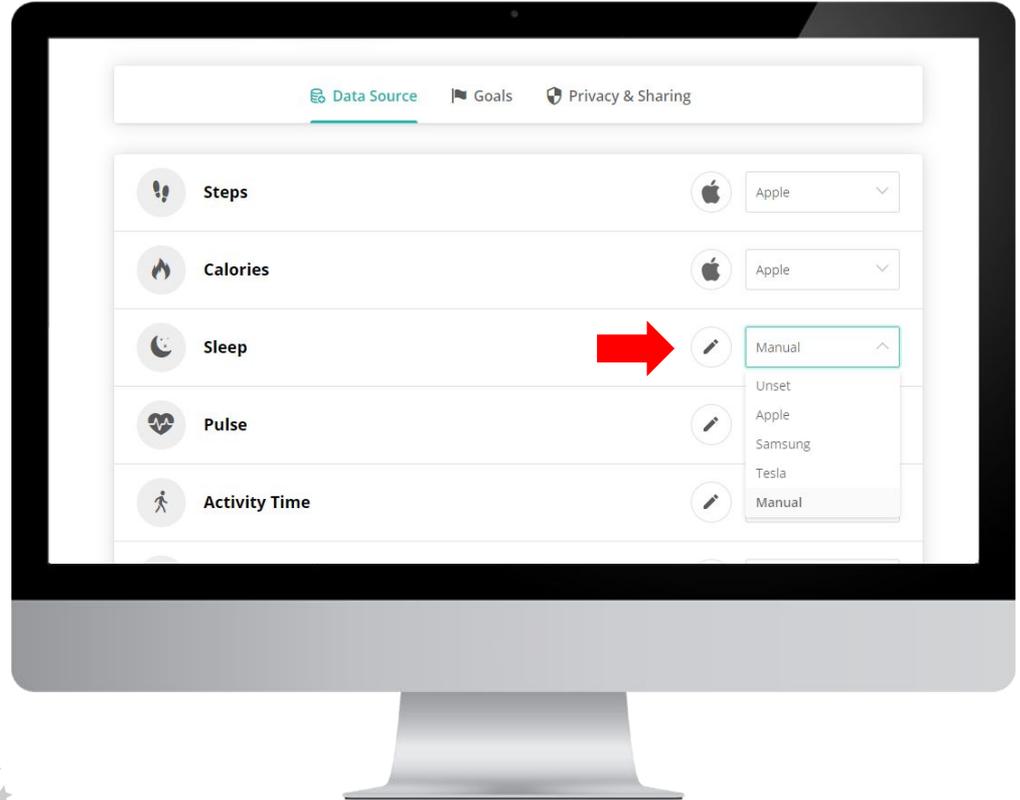
PLEASE VISIT OUR [HELP CENTRE](#)  
TO LEARN MORE



Vendor	How does it sync?	Retrospective data?
Apple	Every time you open the inKin mobile app	3 days
Fitbit	Automatically every hour	7 days
Garmin	Sends data automatically	No
Google Fit	Automatically every hour. Recommended to sync it before midnight	3 days
iHealth	Automatically every hour	7 days
Misfit	Automatically every hour	7 days
Polar	Automatically every hour	No
Samsung	Every time you open the inKin mobile app	No, so please make sure to sync it before midnight
TomTom	Automatically every hour	7 days
Withings (Nokia)	Automatically every hour	7 days
Xiaomi	Automatically every hour	7 days



## STEP 5: SELECT YOUR DATA SOURCE FROM A DROPDOWN LIST

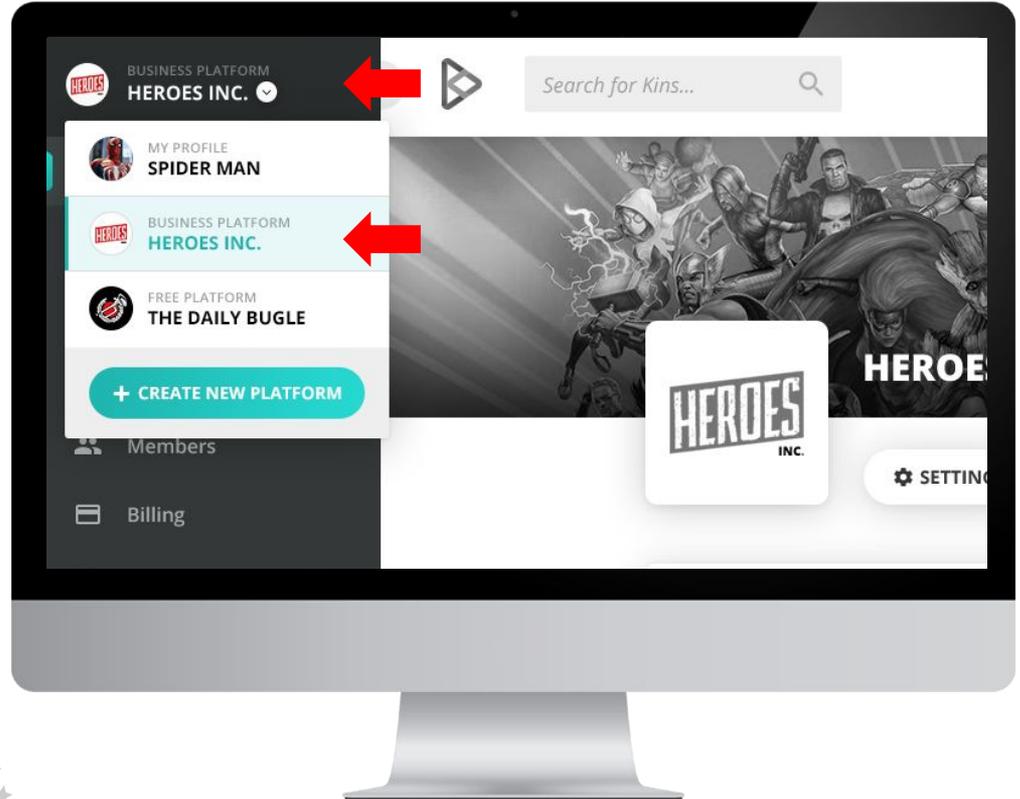




# Joining Your Wellness Platform

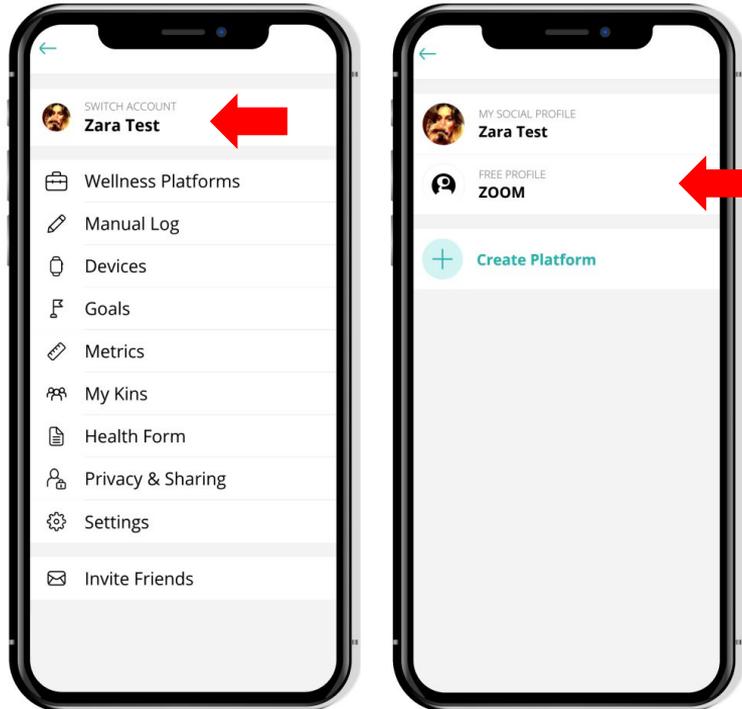


**STEP 6.1:** IF YOU HAVE RECEIVED AN **EMAIL INVITE**, YOU CAN EASILY SWITCH TO YOUR PLATFORM (PLEASE MAKE SURE THAT THE EMAIL ADDRESS YOU'VE RECEIVED AN INVITE TO IS THE SAME AS YOUR ACCOUNT EMAIL ADDRESS). YOU CAN ALSO [CHANGE YOUR EMAIL ADDRESS](#).



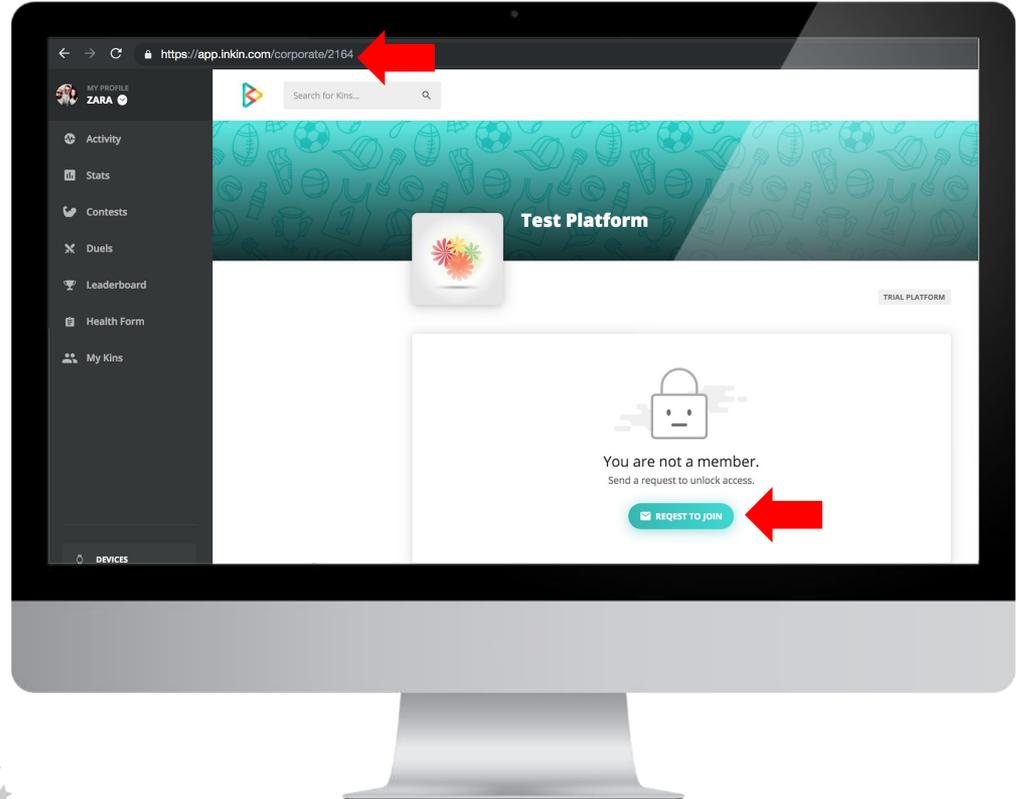


## ON THE MOBILE APP





**STEP 6.2: ALTERNATIVELY,  
YOU CAN VISIT YOUR  
WELLNESS PLATFORM  
THROUGH THE LINK THAT  
YOUR ADMINS HAVE  
SHARED WITH YOU AND  
SEND A JOIN REQUEST**





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