



New User Guide

Everything you need to know to
start your wellness journey



■ Your First Week — Quick Start

New to Wellnify? Here are **5 things to do in your first week** to hit the ground running.

1	Join Your Organization Create your account, log-in, and connect your steps!
2	Complete your first Daily Quest Complete your Mind, Body, Spirit, and Community activity to close the Gauge.
3	Set your Step Goal Head to the Steps section and set a daily target that challenges you.
4	Try the AI Wellness Coach Ask a question about nutrition, sleep, or exercise on the Home page.
5	Find a friend or join a challenge Add a teammate via the Friends Portal and start earning XP together.

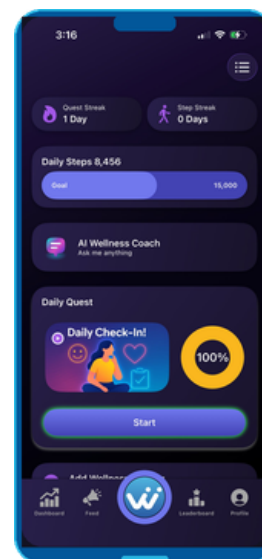
■ What is Wellnify.ai?

Wellnify.ai is a **wellness engagement app** that helps you build healthier habits in a fun and interactive way — through movement, learning, mindfulness, and community.

Body — Earn XP through daily steps, workouts, and physical challenges.	Mind — Complete educational content across Mind, Body & Spirit.	Spirit Mindfulness moments and gratitude activities for your Spirit.	Community — Community actions and friend challenges to build accountability.
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■ How to Download & Get Started

- 1 **Scan the QR Code**
Use the QR code in your onboarding email or poster.
- 2 **Select your community**
Choose your organisation if applicable, or create an account.
- 3 **Download the app**
App Store (iOS 17.6.1+) or Google Play (Android 13+).
- 4 **Enable permissions**
Allow notifications, camera, and Steps access.
- 5 **Log in**
Use your email and password to sign in.
- 6 **Connect your steps**
iPhone → Apple HealthKit | Android → Google Health Connect



Home Screen

What is XP and How Do I Earn It?

XP (Experience Points) are earned by completing activities. They help you level up, climb leaderboards, and unlock rewards.

■ Daily Quest item	+100 XP	■ Manual workout log	Varies
■ On-Demand collection	+100 XP	■ Every 1,000 steps	+50 XP
■ Community action	+100 XP	■ Hit daily step goal	+500 XP
■ XP counts towards: Leaderboards (weekly, monthly, all-time) · Your level · Raffles & rewards			

Connecting Your Steps

Tracking your steps is one of the easiest ways to earn XP every day. Select your device type below.

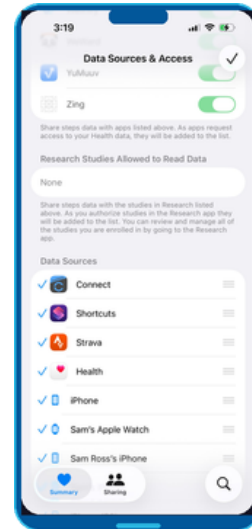
■ iPhone — Apple HealthKit

■ Android — Health Connect

■ iPhone — Apple HealthKit

HealthKit consolidates steps from Apple Watch, Garmin, and other third-party devices. Set your **priority order** to make sure Wellnify always pulls from your preferred source:

- 1 **Open the Health app**
Go to your iPhone's native Health app.
- 2 **Tap 'Steps'**
Find Steps in your health data summary.
- 3 **Scroll to the bottom**
Scroll all the way down within the Steps view.
- 4 **Tap 'Data Sources and Access'**
Shows all apps and devices writing step data.
- 5 **Tap 'Edit' (upper right corner)**
Enables you to reorder your data sources.
- 6 **Scroll to 'Data Sources'**
See all connected apps and devices listed.
- 7 **Drag your preferred device to top**
Hold the ≡ handle and drag your device (e.g. Apple Watch / Garmin) to the top of the list.



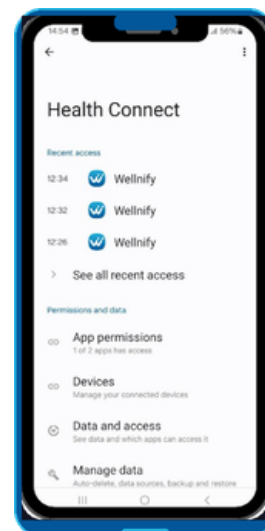
HealthKit Priority Screen

■ Once your priority is set, Wellnify always pulls steps from your top-ranked source first. You only need to do this once!

■ Android — Google Health Connect

■ Android 13 allows Health Connect to install but may block step syncing. You can still earn XP and log workouts manually. Step syncing works best on Android 14+.

- 1 **Install Google Health Connect**
Open Google Play Store → Search 'Health Connect' → Install.
- 2 **Connect steps in Wellnify**
Tap Steps> EnablePermission → Grant all permissions when prompted.
- 3 **Verify permissions**
Open Health Connect → App permissions → Confirm both Wellnify and your step counter app (Samsung Health / Google Fit) can read steps.



Health Connect Screen

Android Troubleshooting

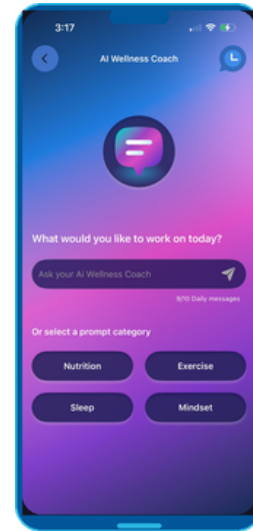
Problem	Solution
No steps syncing	Open Health Connect and toggle permissions on for Wellnify and your step app.
Can't find Health Connect	Your device may not fully support it. Android 13 may block step syncing.
Using Fitbit?	Fitbit → Google Fit → Health Connect → Wellnify. Each sync must be active.
Still no steps	Reboot device, open Health Connect, then Wellnify. Contact support if unresolved.



AI Wellness Coach

Find your **AI Wellness Coach** right on the home page. Designed to meet you where you are, it offers personalised support whenever you need it.

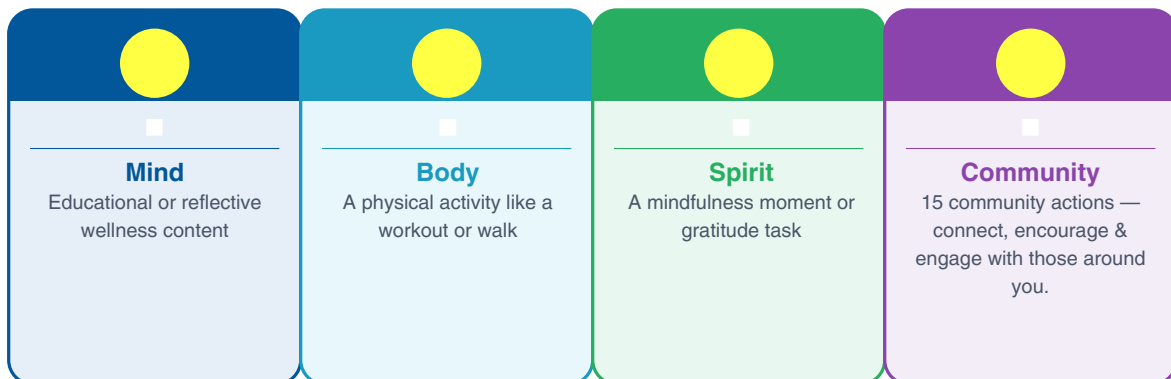
- Browse **suggested prompts** or ask your own questions
- Topics include: exercise, nutrition, sleep, stress, and healthy habits
- Available anytime — right from your home screen



AI Wellness Coach

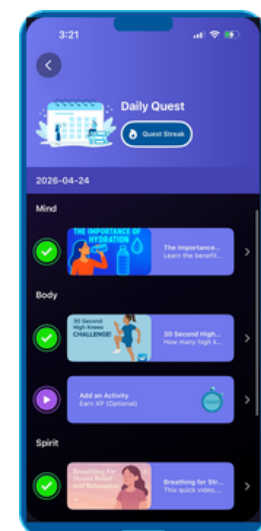
■ What is the Daily Quest?

The Daily Quest is your **daily wellness checklist**. Each day features one Collection from each of the four Wellness Pillars. Complete them all to close your Daily Quest Gauge!



- Complete all four pillars to fully close your Daily Quest Gauge and maximise your XP for the day!

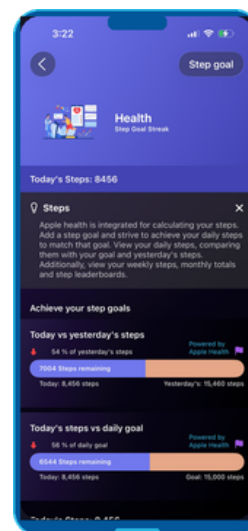
- Log either a 'Manual Activity' through the "Add an Activity" button or complete the movement assigned for that day!



Daily Quest Screen

How Do I Set My Step Goal?

- 1 **Open the Steps section**
Tap Steps on the app home screen.
- 2 **Tap 'Step Goal'**
Find the button in the top right corner.
- 3 **Set your target**
Choose a daily step goal that challenges you.
- 4 **Track your progress**
View trends and progress weekly and monthly.
- 5 **Hit your goal**
Earn **500 XP** every day you reach your target!

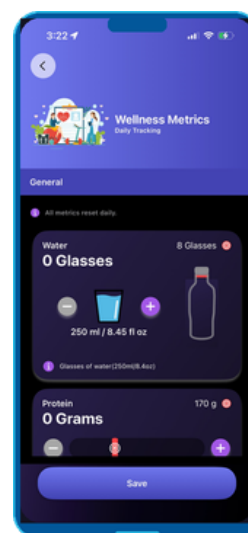


Steps & Goal Screen

Track Your Wellness

Wellnify gives you tools to **track your key wellness metrics** every day — helping you build lasting habits and stay accountable to your goals.

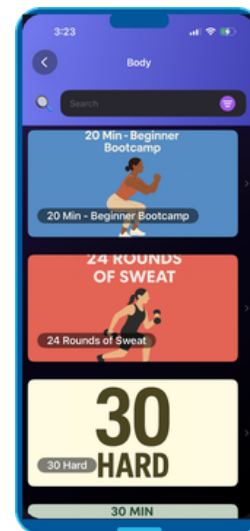
- **Water intake** — log your daily hydration
- **Protein intake** — track your daily protein goals
- **Nutrition tracking** — keep tabs on your overall nutrition



Wellness Tracker

On-Demand Wellness Library

- 1 **Browse by category**
Mind, Body, Spirit, and Community sections
- 2 **Choose your content**
Guided workouts, meditations, educational videos, and more
- 3 **Earn XP**
Every completed item awards XP
- 4 **Use the Filter button (top right)**
Find Activities, specific categories, and focus areas

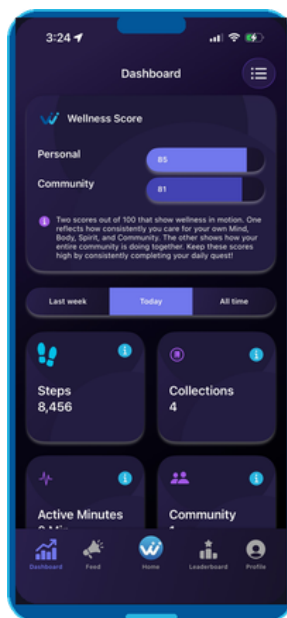


On-Demand Library

Dashboard & Wellness Scores

Your **Dashboard** is your wellness command centre — everything you need to understand your progress at a glance.

- **Monitor your consistency** — see how often you hit your daily goals
- **Track wellness metric trends** — visualise your progress over time
- **Community & Personal Wellness Score** — stay up to date with your community



Dashboard

Personal Wellness Score	Community Wellness Score
Your individual score that grows as you build consistency across Mind, Body, Spirit, and Community activities.	Aggregates all personal scores into a single community-wide score. The more everyone engages daily, the higher it climbs — fostering shared motivation and connection.



Leaderboards

1

Tap the Leaderboards icon

Found in the bottom navigation menu.

2

Choose a leaderboard

Up to Four leaderboards are shown at any time.

3

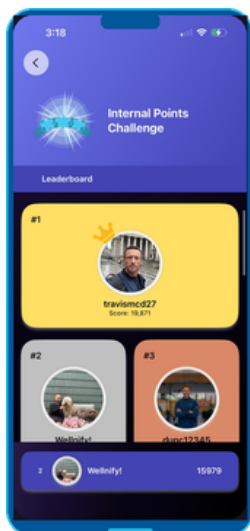
Toggle the type

Switch between Steps, XP, and Challenge leaderboards.

4

Filter by time

View by Week, Month, All-Time, or Custom date range.



Challenge Leaderboard



Leaderboard Overview

What are Collections?

Collections are **bundles of wellness content** organised under Mind, Body, Spirit, and Community.

- May contain 1 or multiple exercises, slides, or videos
- Each collection = **100 XP**
- Some include bonus XP from quizzes, surveys, or AR reps
- Found in your Daily Quest, On-Demand page, and friend challenges

Community Feed & Friends Portal

Community Feed

- Tap the **Feed** tab
- Post photos, updates, or milestones
- Like and celebrate others' posts

Keep posts respectful and wellness-themed. ■

Friends Portal

- Add friends using their **Wellnify username**
- Create **Augmented Reality Challenges** for 1v1 or group step battles
- Build accountability and motivation with peers



Quick Glossary

XP (Experience Points)	Points earned by completing activities. Used for levelling up and leaderboards.
Collection	A bundle of 1 or more wellness activities (exercises, videos, slides) worth 100 XP.
Wellness Pillars	The four categories of daily activity: Mind, Body, Spirit, and Community.
Daily Quest	Your daily checklist — one Collection per Pillar. Complete all four to close the Gauge.
Daily Quest Gauge	A visual progress indicator that fills as you complete each Pillar for the day.
Personal Wellness Score	Your individual score that grows with daily consistency across all four Pillars.
Community Wellness Score	An aggregated score across all members of your community. Everyone's effort counts.
Health Connect / HealthKit	The Android / iOS platforms used to sync step data securely into Wellnify.



Need more help? Reach out at sam.ross@wellnify.ai

wellnify.ai