ACTIMATE

How does this app work? One minute equals one point.

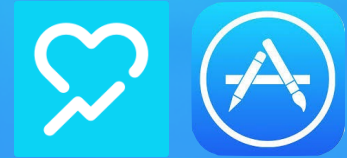Your physical activity this is tracked and translated to activity points. With your activity points you and your team are competing in becoming **Health Business of the Year!**
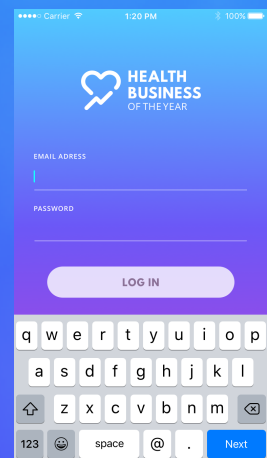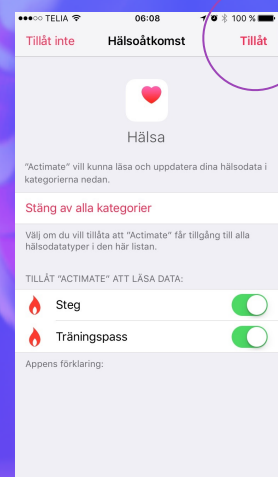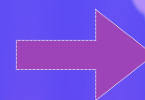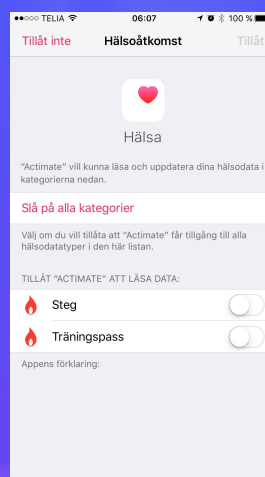
NEXT

Get started

Step by step – iPhone

1. Install Actimate.

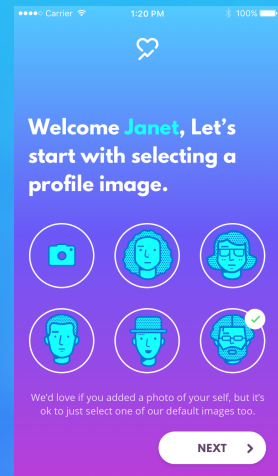2. Open Actimate and sign in with the login details sent to you by Actimate.

3. Allow Actimate to read your activity data.

4. Next, upload a profile picture or select an avatar.

5. Good job, now you are all set to start the challenge!

Good luck, we hope that you will get started with the challenge right away!

If you have any questions or issues, you can chat with us at www.actimate.se or email us at support@actimate.se.
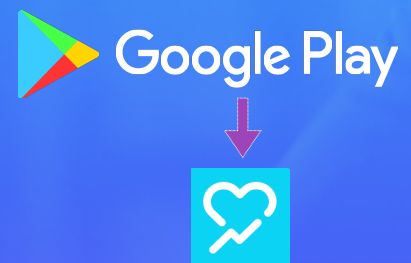
Step by step – Android

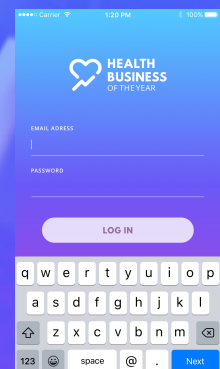1. Make sure you have Google Fitness installed on your phone.

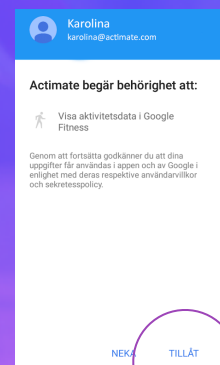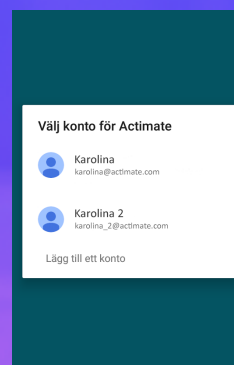(If not, download Google Fitness and set up an account)

Google Fit

2. Install Actimate.

Google Play

3. Open Actimate and sign in with the login details sent to you by Actimate.
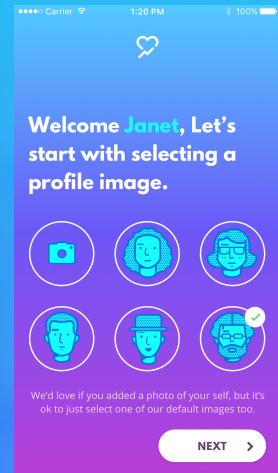

5. Choose the Google-account you are using/have chosen to use for Google Fitness and allow Actimate to read your activity data.

6. Next, upload a profile picture or select an avatar.

7. Good job, now you are all set to start the challenge!

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HEALTH
BUSINESS
OF THE YEAR