

User's Guide



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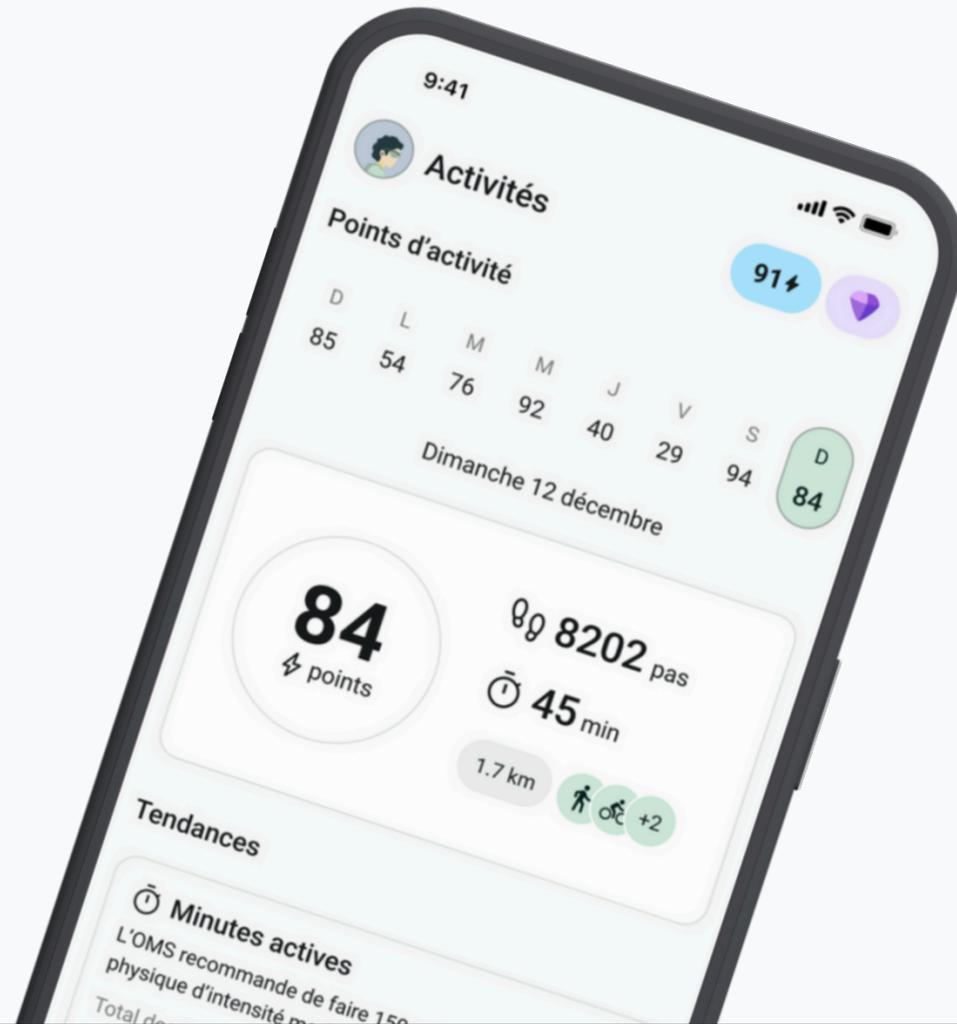
Create your account and synchronize your data



1

Download the ProPulsion app

Download the application by searching for “Propulsion” in the Apple store, or the Google Play Store or by clicking on one of the following links

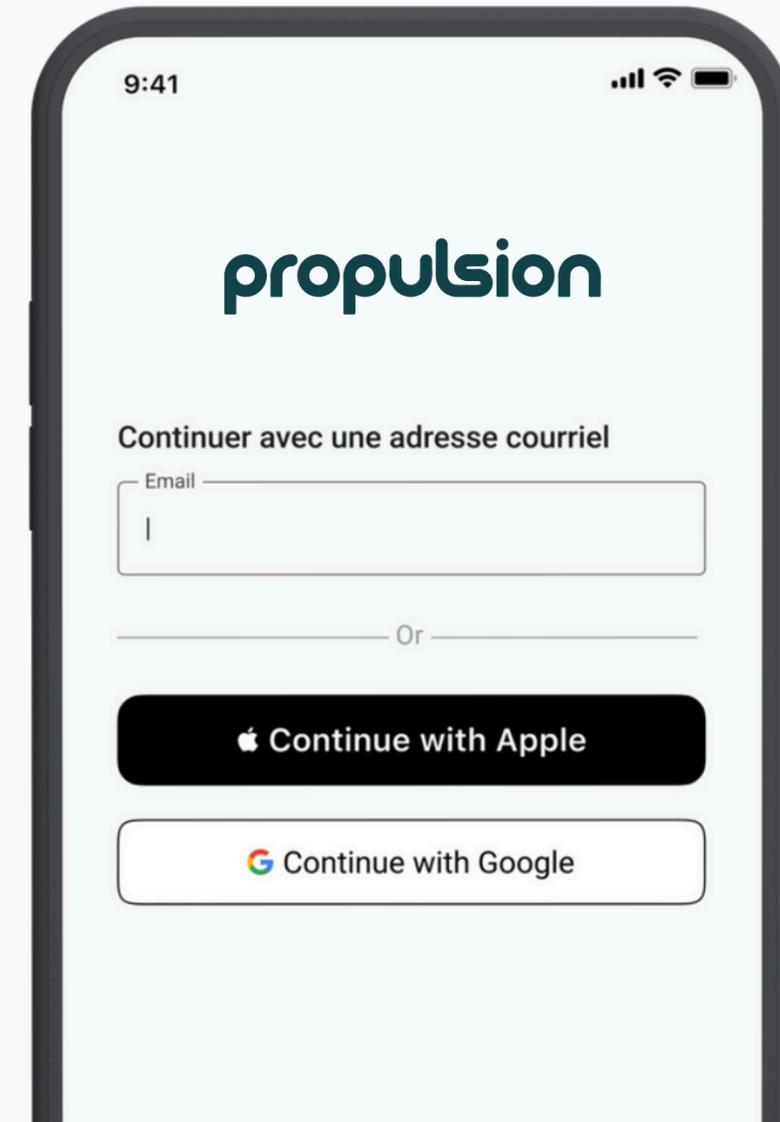


2

Enter your access code

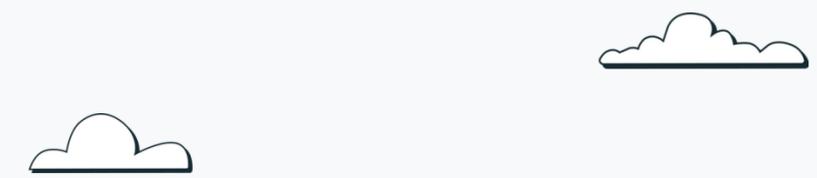


Create your account



3

Synchronize your activities with Propulsion



Android Phone

or



Iphone Phone

or



Activity watch



Google Fit

Updated Google Fit app is required for syncing.

Propulsion syncs with the Google Fit app to track your steps, workouts, and distance traveled.



apple santé

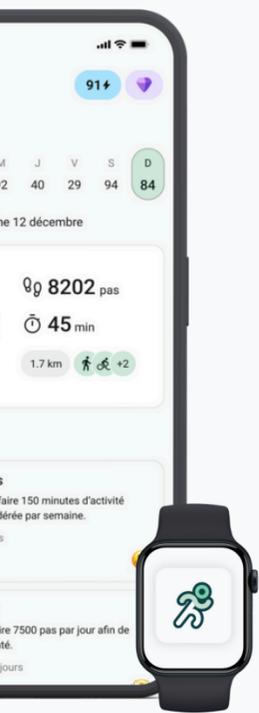
Up-to-date Apple Health app is required for syncing.

Propulsion syncs with the Apple Health app to track your steps, workouts, and distance traveled.

Apple WATCH

GARMIN. fitbit.

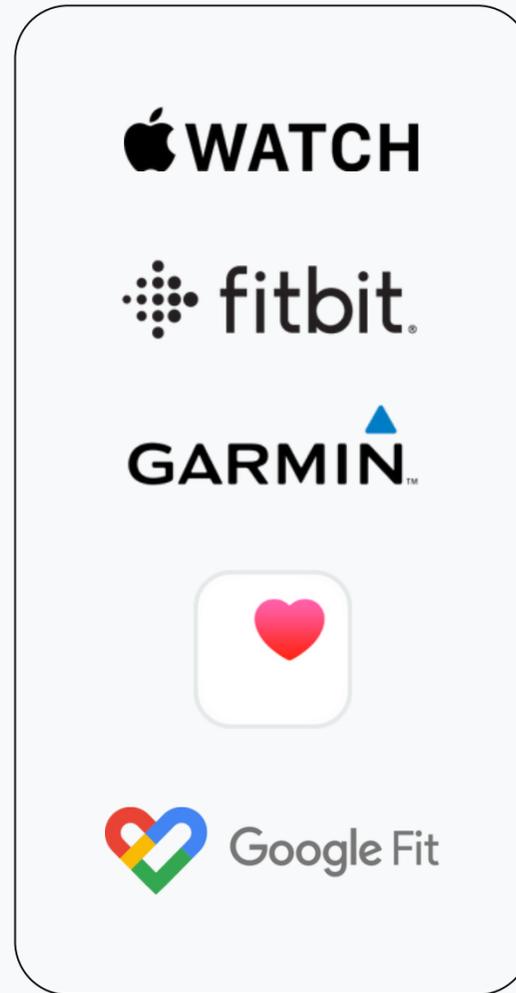
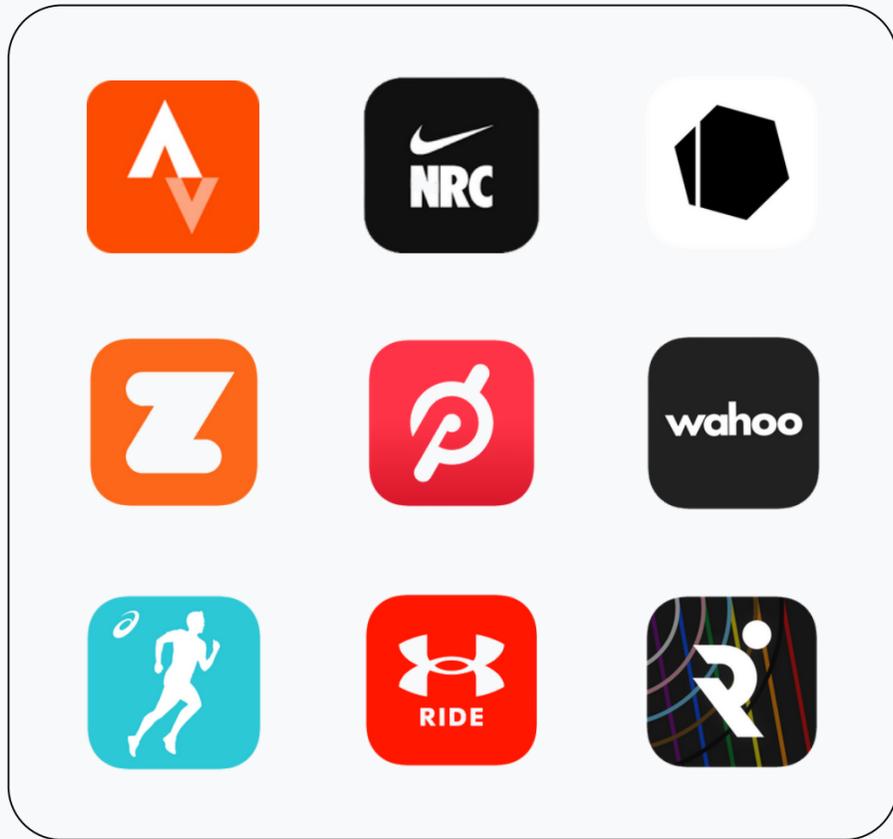
You can connect your Apple Watch, Fitbit or Garmin watch to track your steps, your workouts and your distance traveled.



4

Sync your other sports apps (optional)

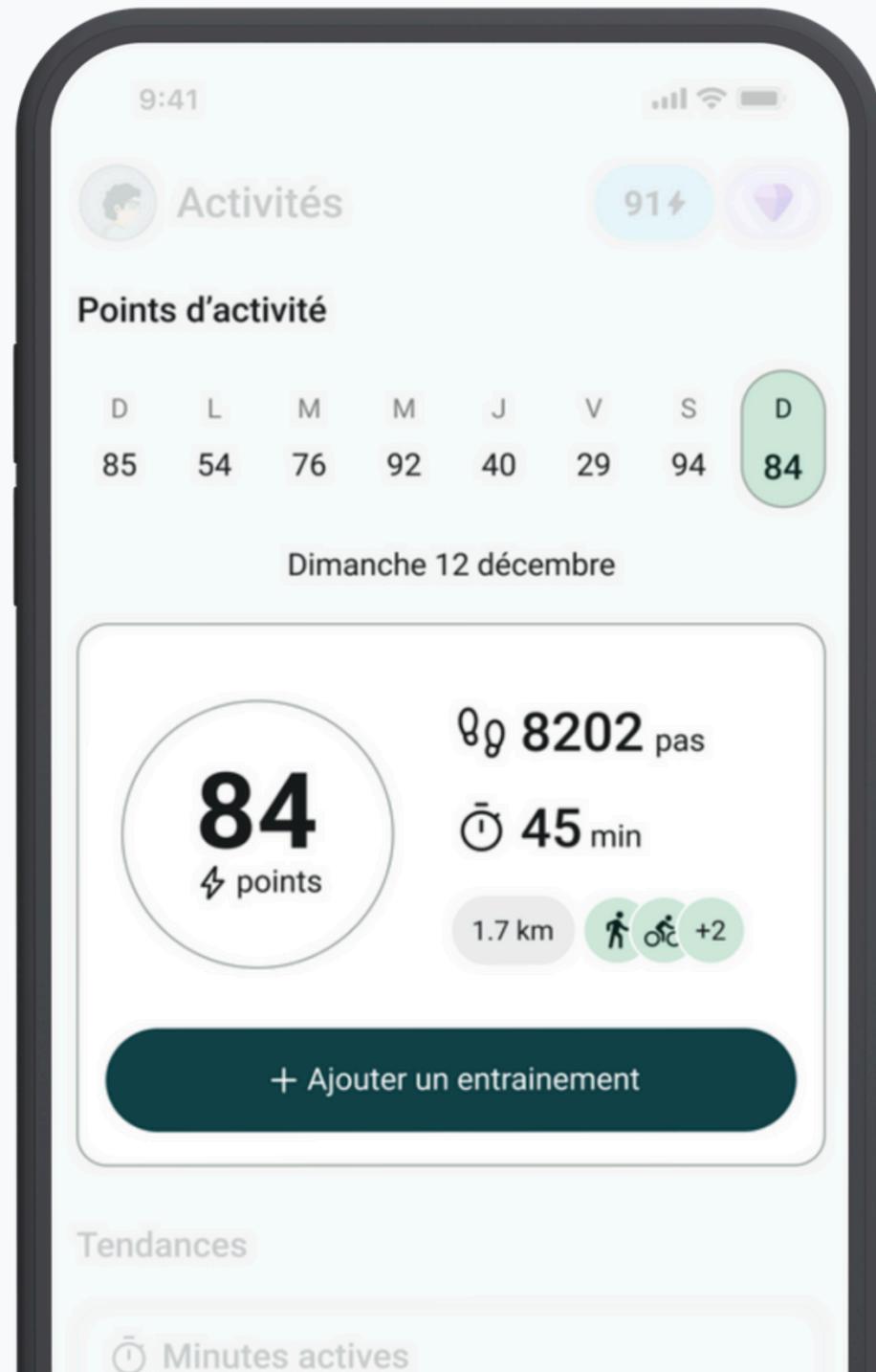
If you use other training or fitness apps, connect them to your selected tracking app, so your data automatically syncs into the ProPulsion app





**Welcome to the
app!**





Activity points

Every day, get up to 100 points for your steps and your active minutes.



Manually adding an activity

You can manually add a workout by choosing the type, date and duration.

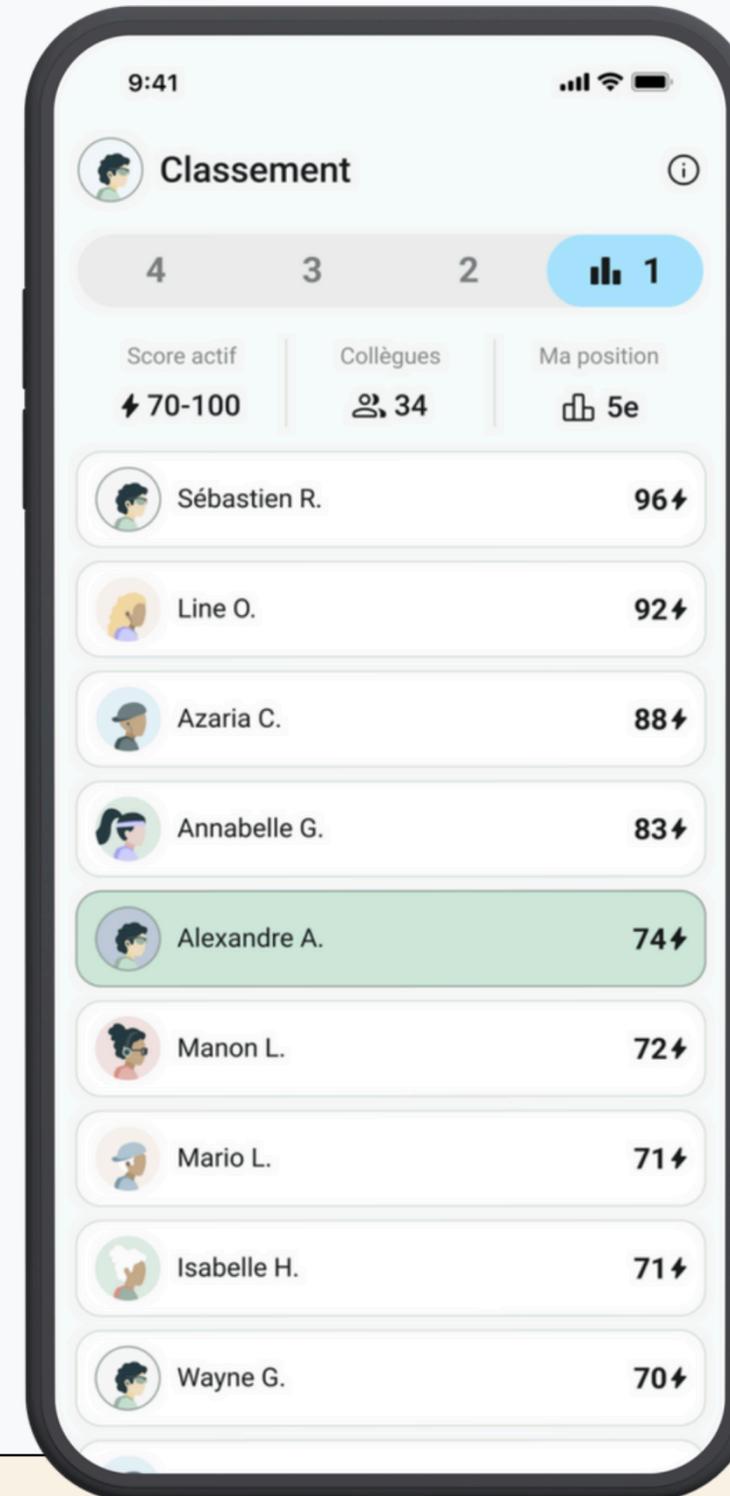
+ Ajouter un entraînement



Active Score



An indicator of your activity level, based on the average of your activity points over the last 7 days.



Leaderboard by levels



Your active score places you in a tier with colleagues at a similar activity level.



Trends

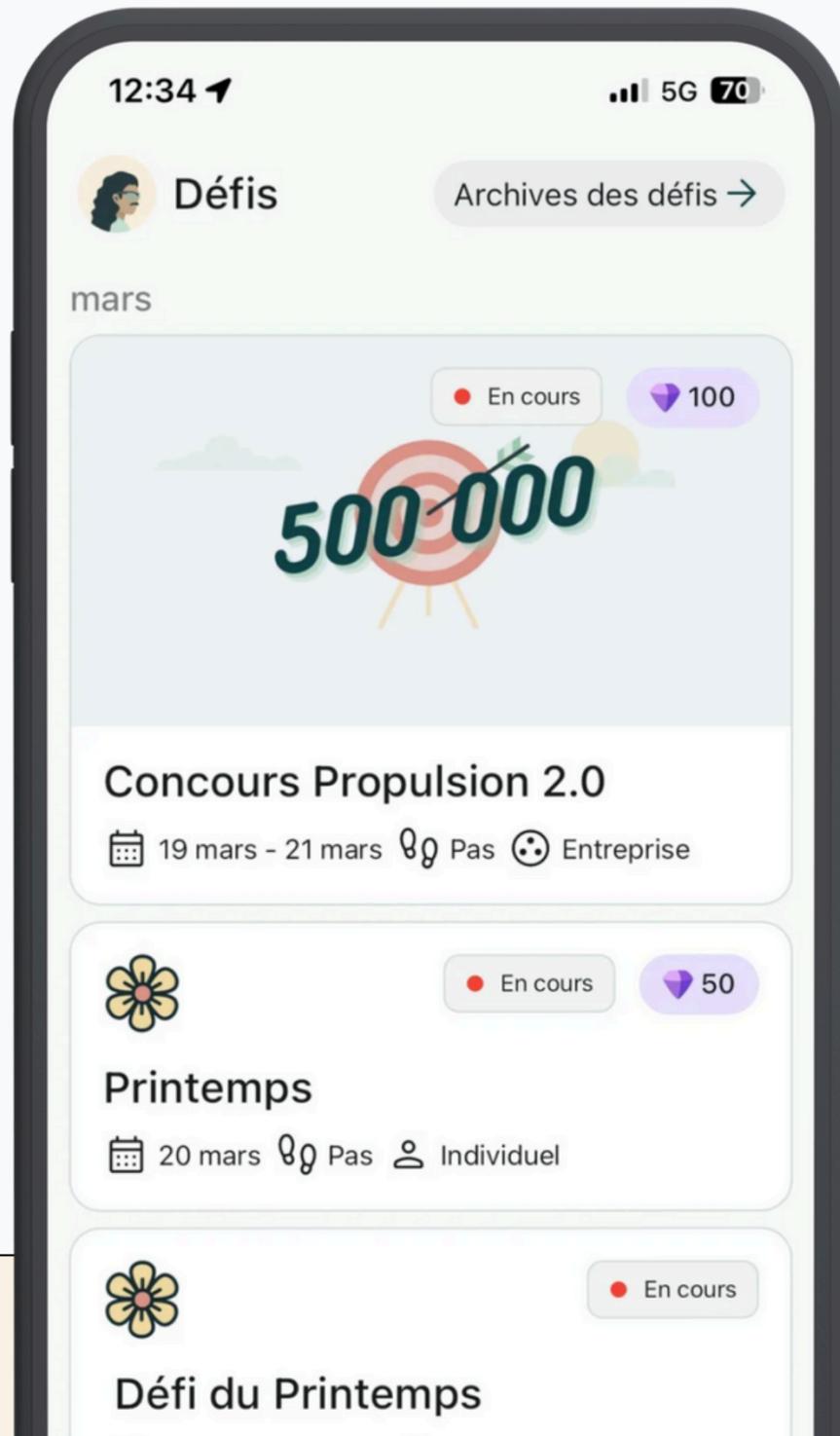
The trends section allows you to measure your activity against official recommendations for physical activity.



Carbon footprint

The carbon footprint functionality helps you understand the impact of your active travel on the environment.





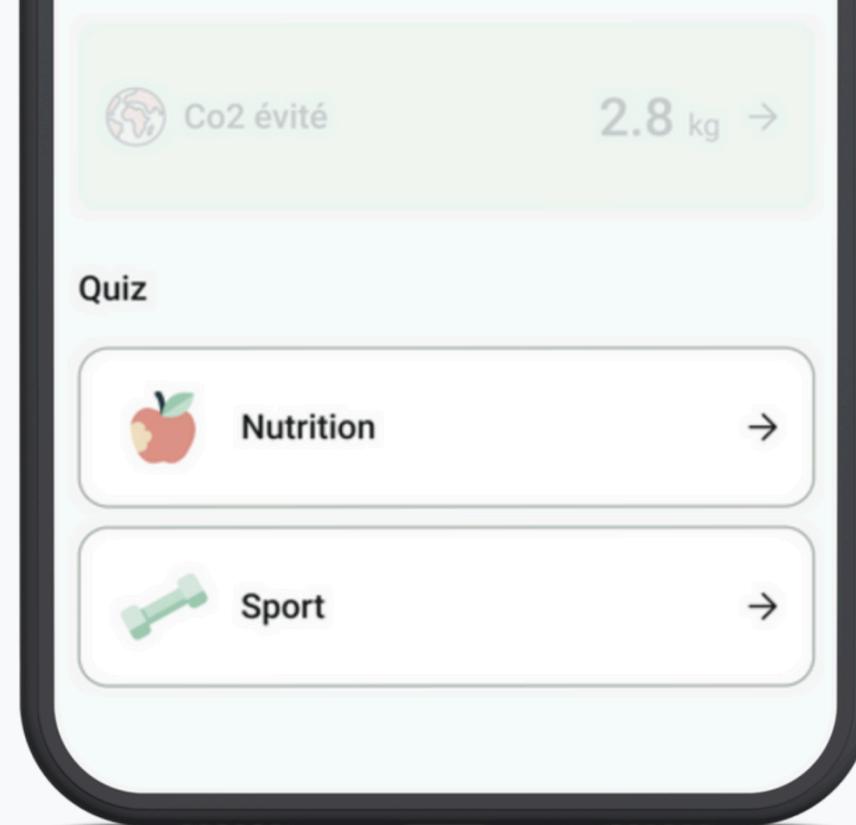
Challenges and missions

The challenge section allows you to view current, upcoming, or past team challenges and individual missions.



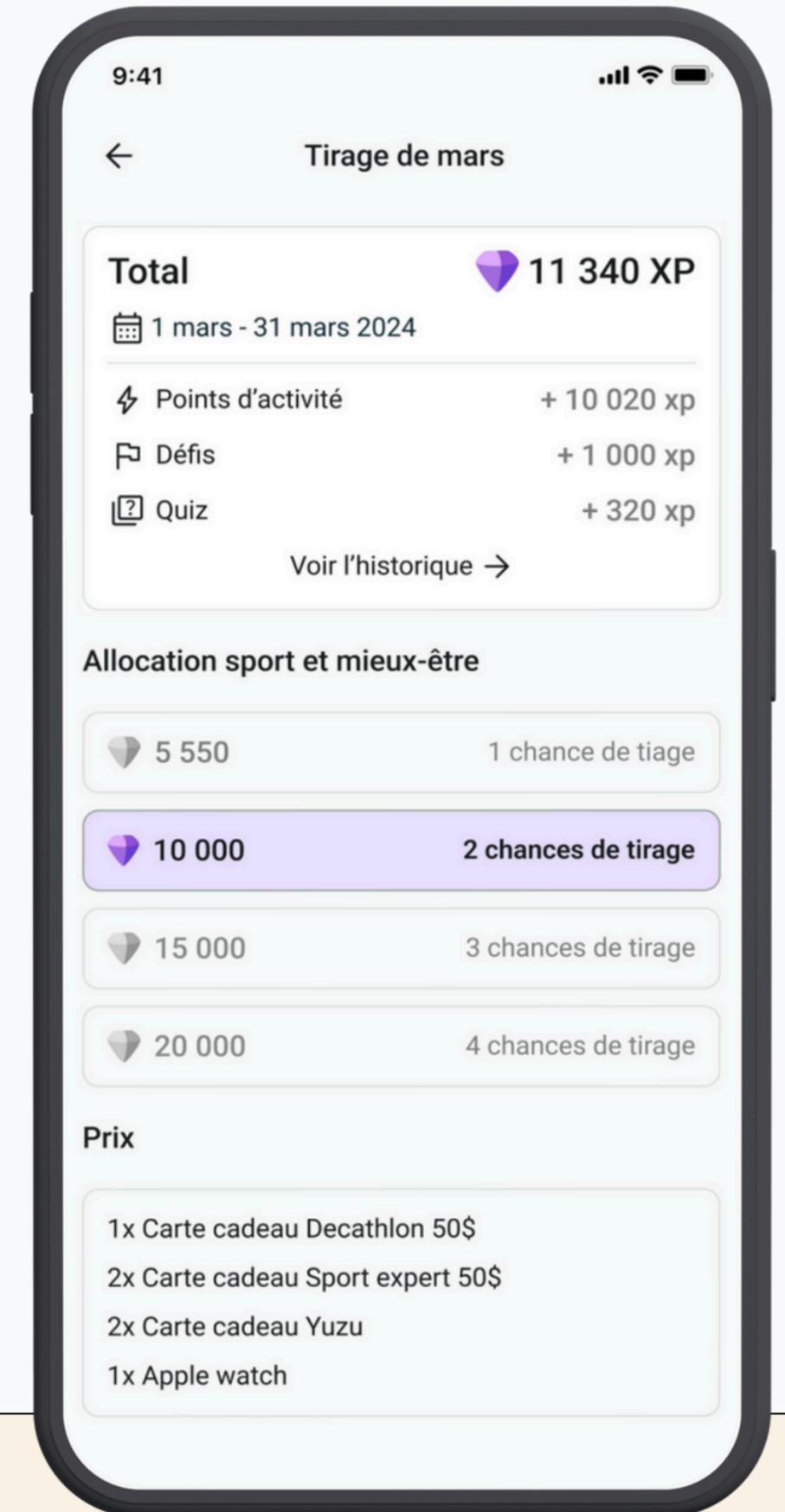
Quiz section

Complete quizzes and surveys on nutrition, sleep, healthy habits, sports and well-being.



Points and rewards

The XP section gives you a summary of your accumulation of points from activities, challenges and quizzes, in addition to the attainable rewards, determined by your company.



Profil



The profile section allows you to see your activity records and gives you access to the application settings.



Settings and help center



The settings section allows you to view your information and access the user help center.

