



Vantage Fit

Vantage Fit User Guide

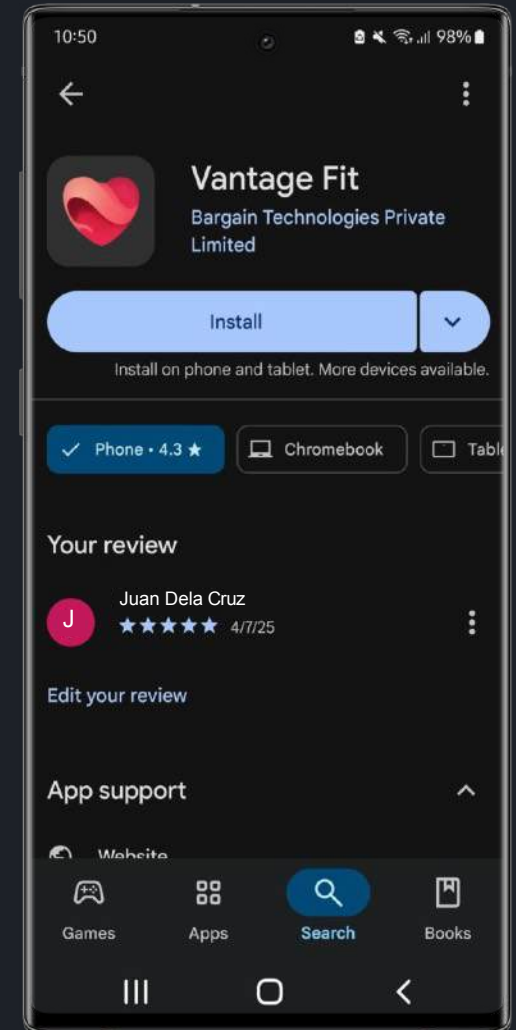
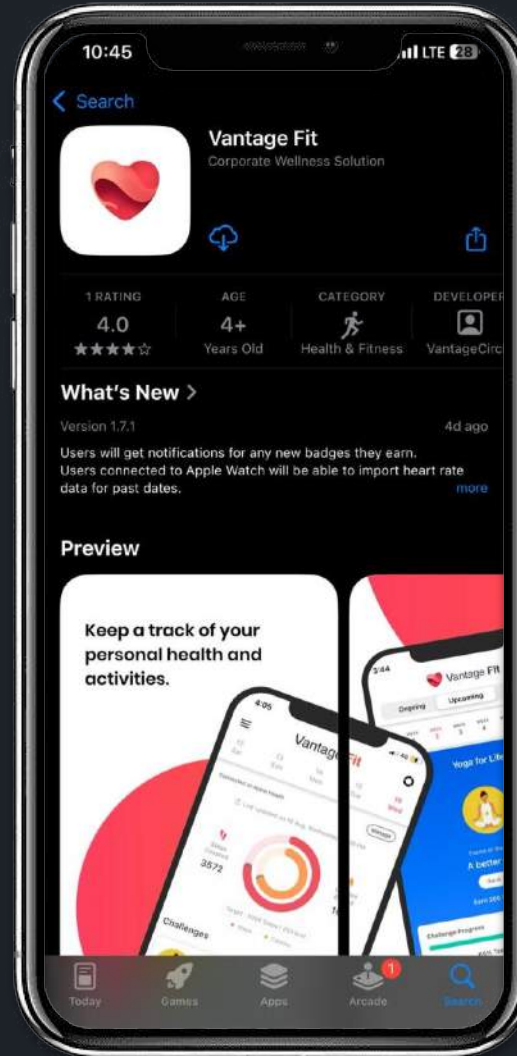
Table of Content

- How to login
- Health Profile Set-up
- Vantage Fit Feed
- Manage device
- How to redeem points
- Challenges
- Programs
- User profile and settings



Download the Vantage Fit app!

Click on the link: <https://tinyurl.com/IOS-Vantage-Fit>
<https://tinyurl.com/Android-Vantage-Fit>

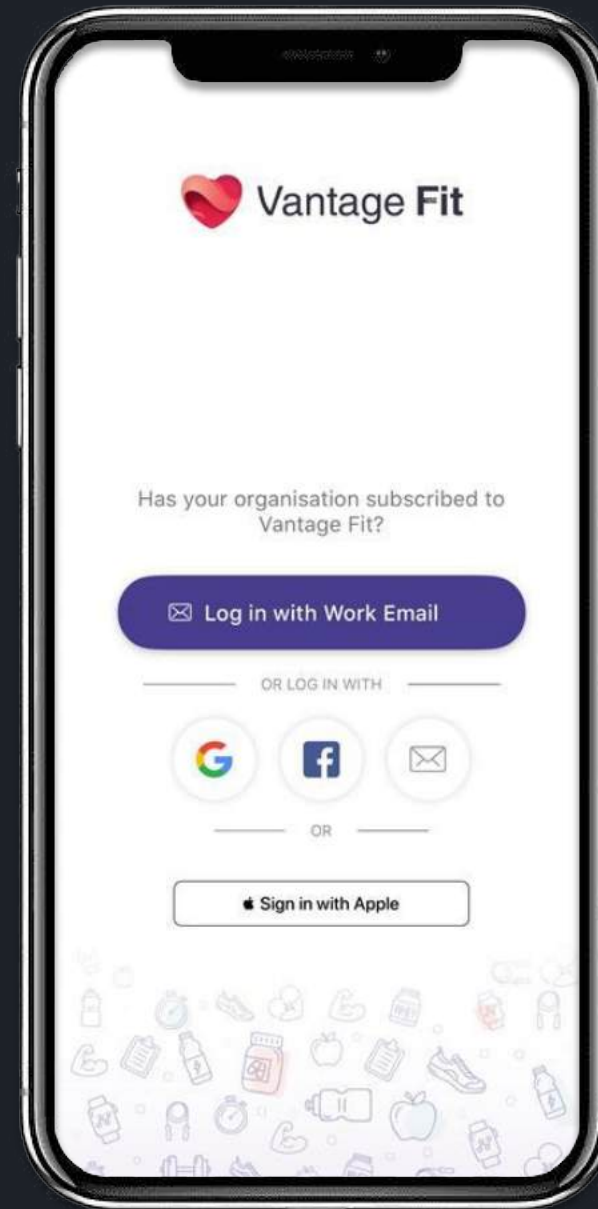


How to Login



How to Login

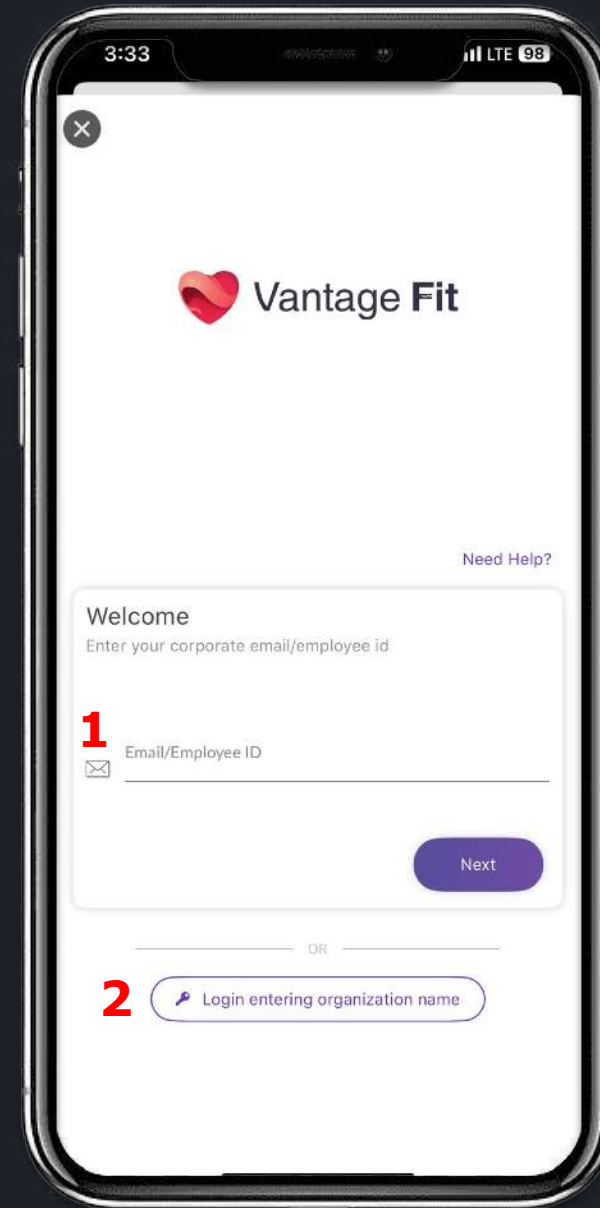
Click on Log in with Work Email



How to Login

Two (2) ways to login

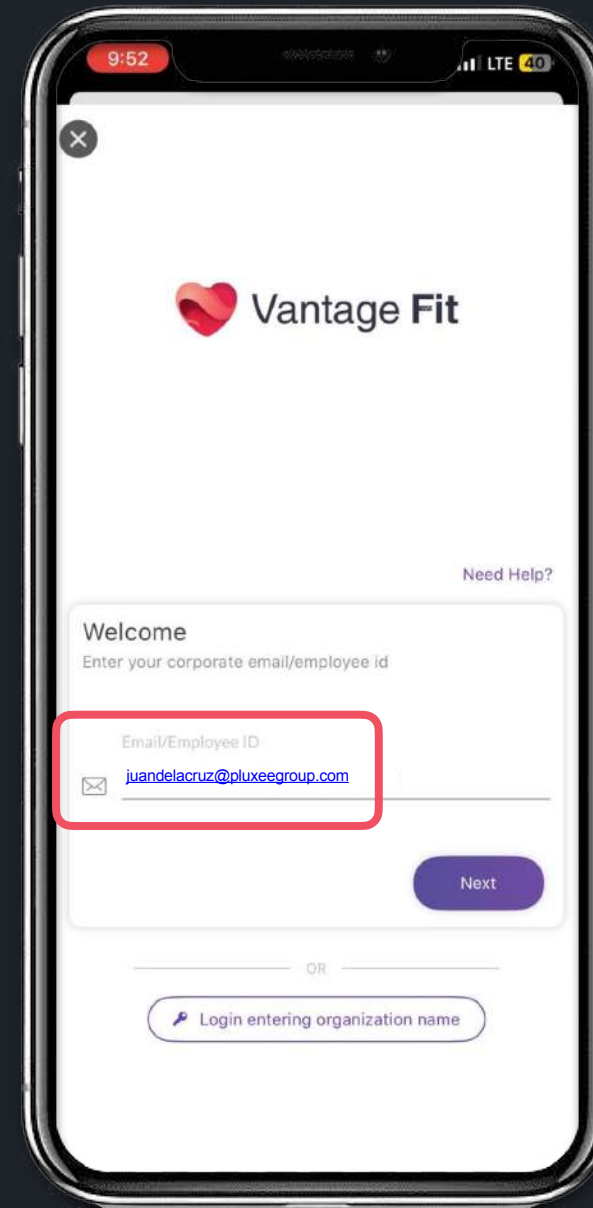
1. Enter corporate email / employee ID
2. Login by entering / finding organization name



How to Login

Logging in by **entering corporate email**

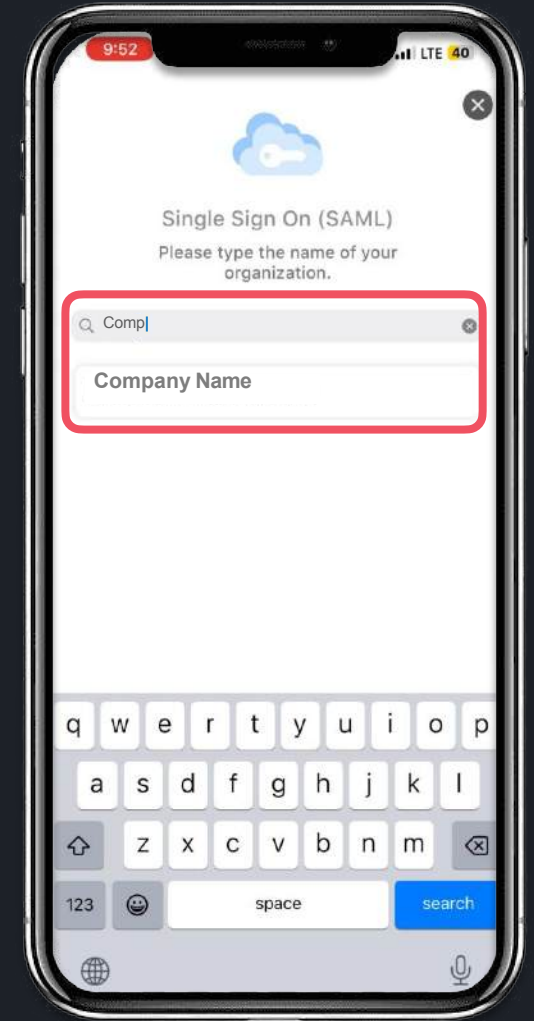
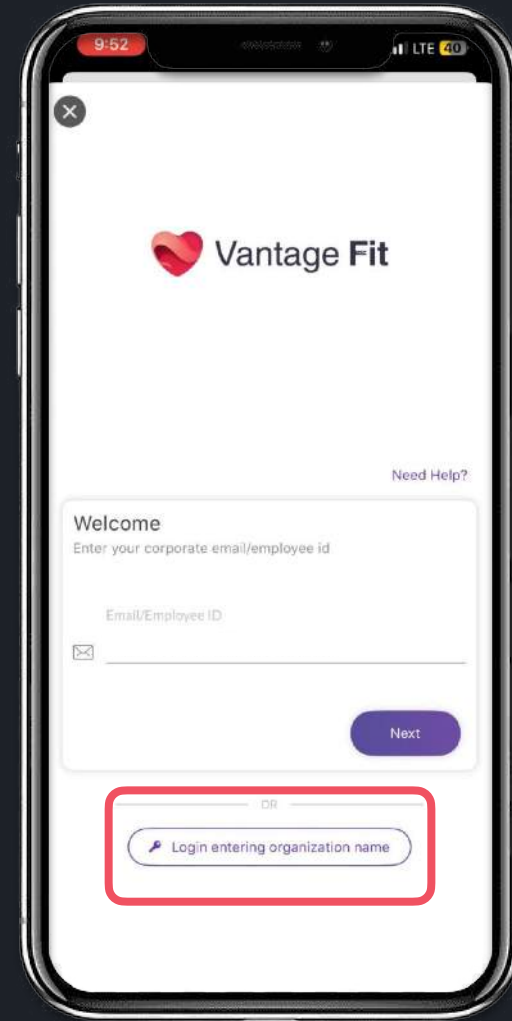
1. Enter corporate email
2. Once entered, it will automatically redirect you to your company SSO login or directly to the application password.



How to Login

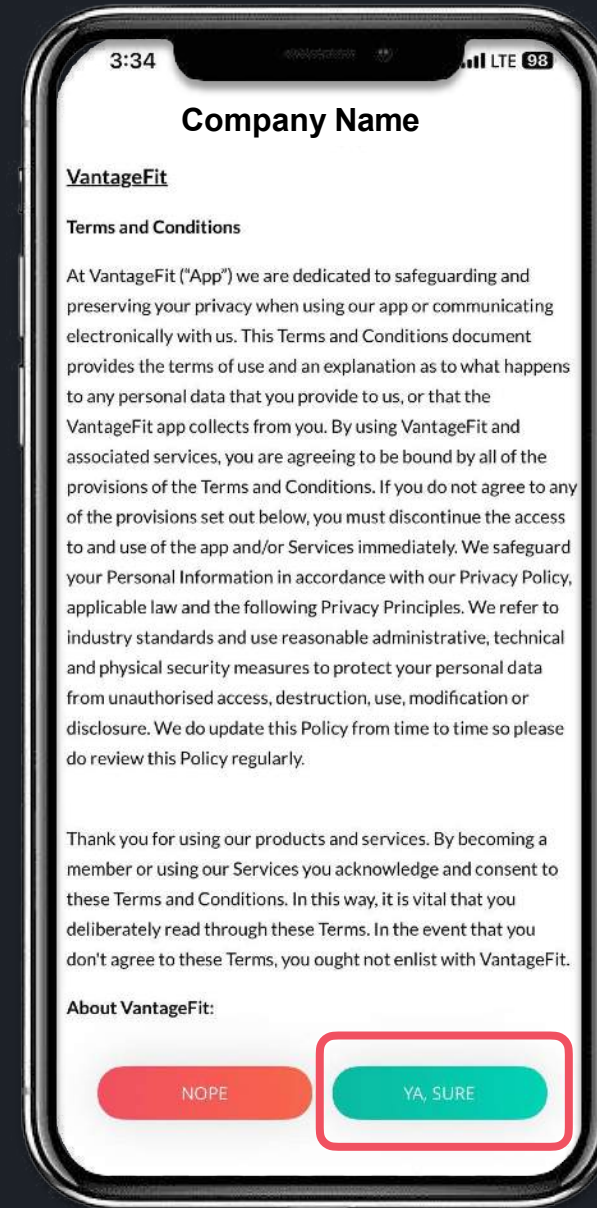
Logging in by **finding organization name**

1. Click on login by entering organization name
2. Find your company name
3. Once entered, it will automatically redirect you to your company SSO login or directly to the application password.



Terms and Conditions

The Vantage Fit will then display its terms and conditions, click "Ya, Sure" to proceed.



Health profile set-up



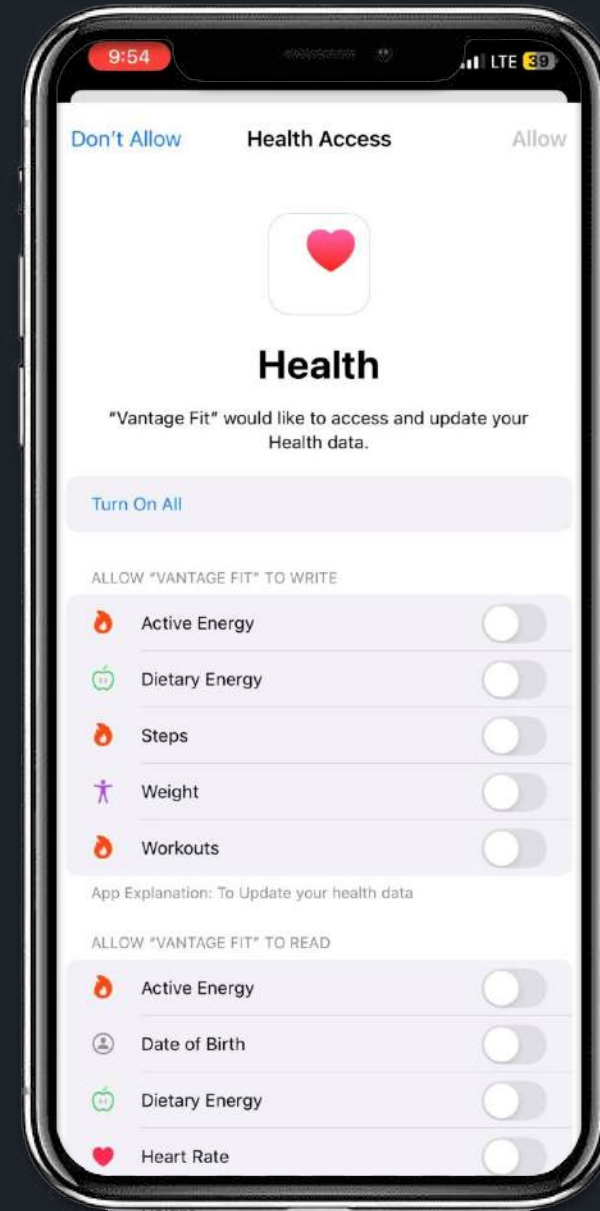
Health access

(For IOS)

After accepting the t&c, the app will ask for an access to your mobile's Health app that is installed in your phone.

Allowing access to your Health app would maximize the use of the Vantage fit app.

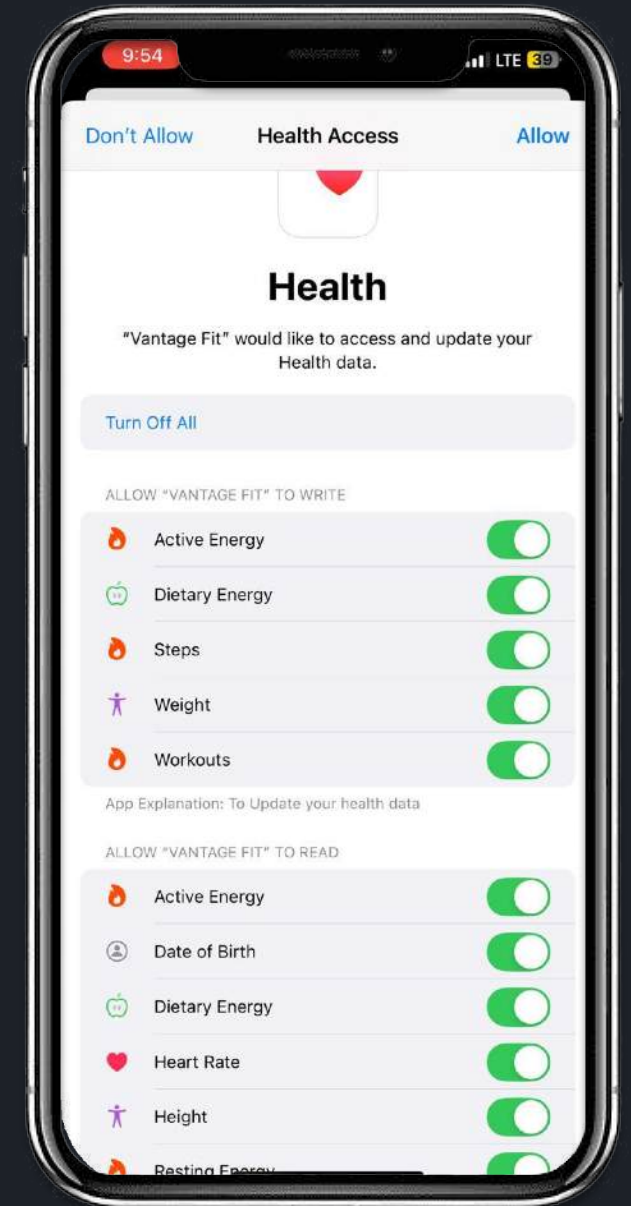
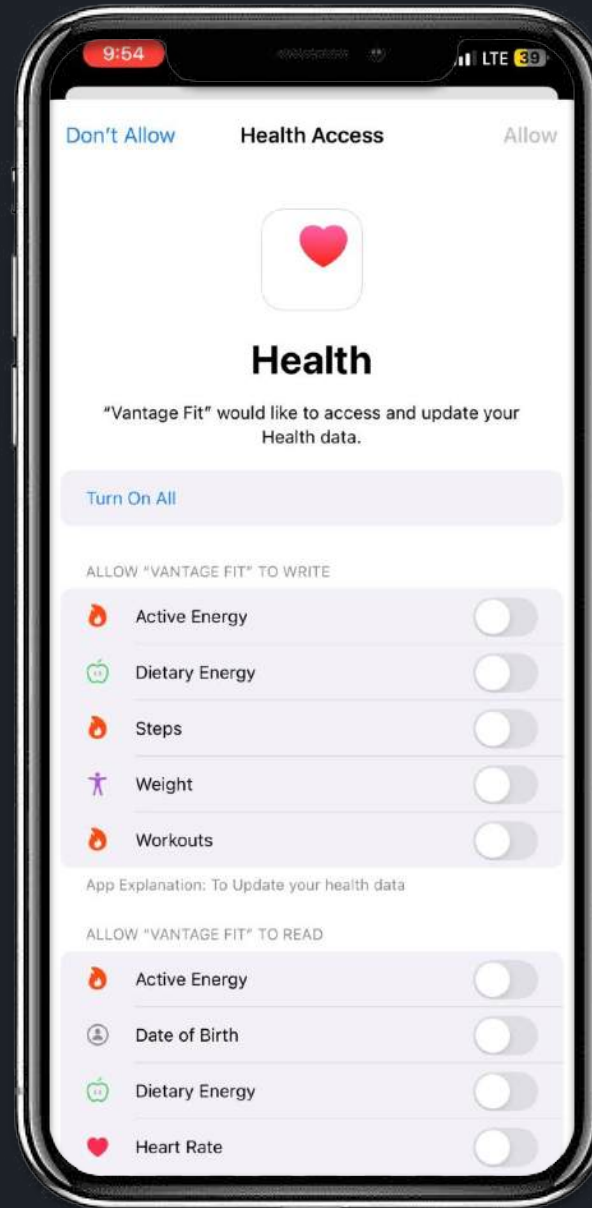
Note: The Health app is a default fit app installed in your IOS / Apple phone, where you can track important information on your health records, physical activities, and even your sleep.



Health access

(For IOS)

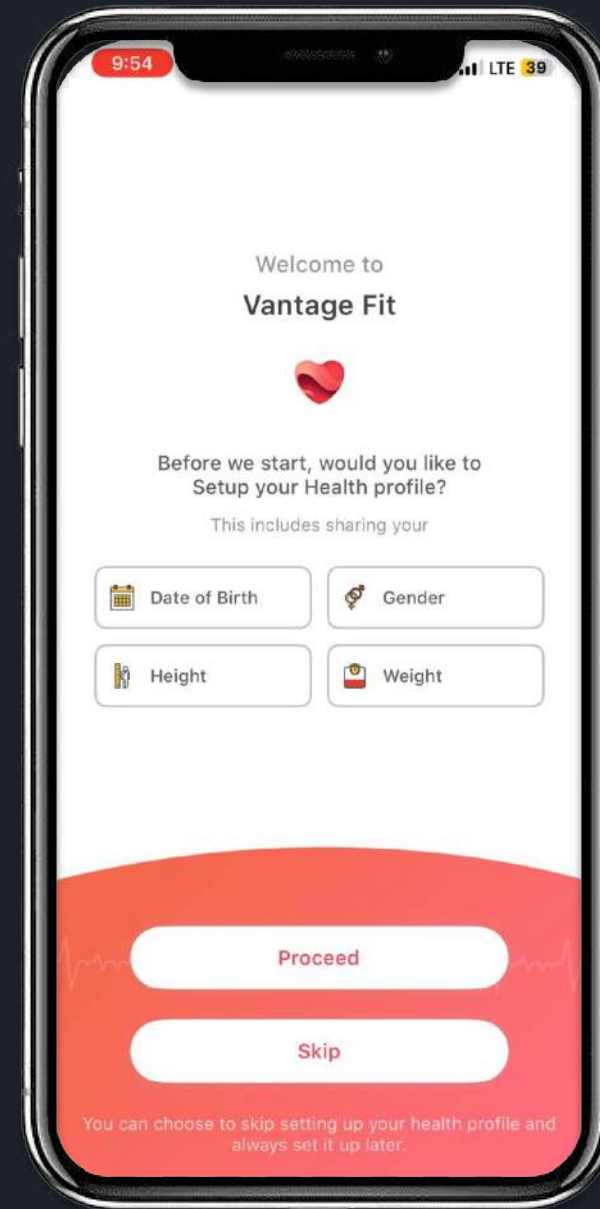
To enable data import from the Health app, select 'Turn On All' and tap 'Allow'. This will grant Vantage Fit permission to access and sync all your activities stored in the Health app.



Health access

(For IOS)

It will then proceed to ask to Setup your health profile, then click "Proceed"

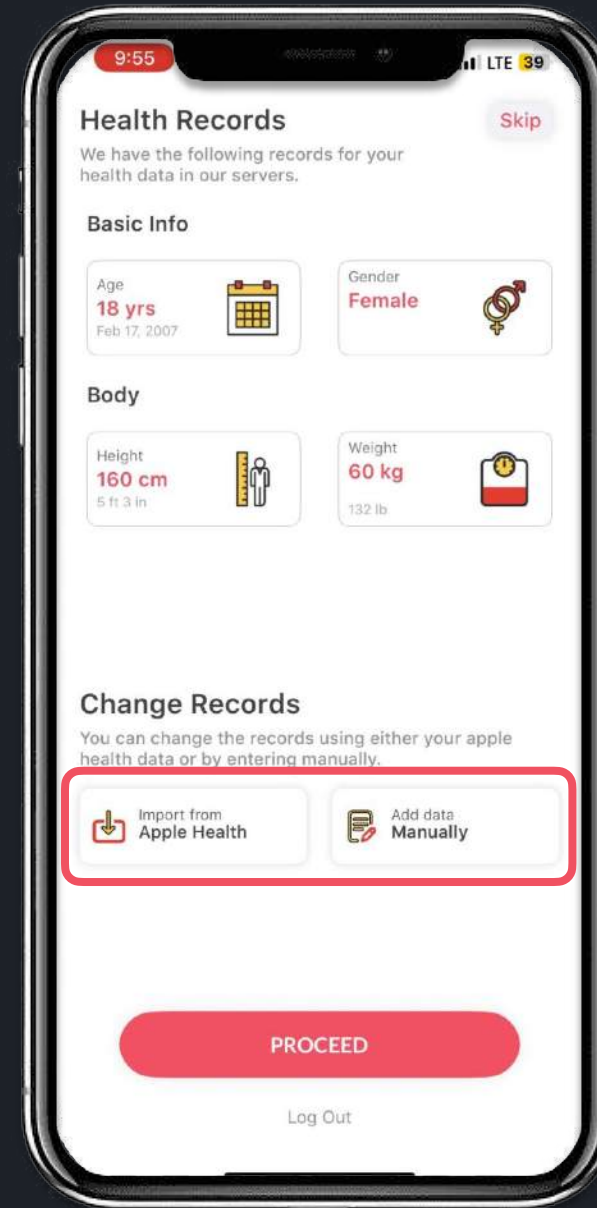


Health access

(For IOS)

If record is not updated, you can either import details from your Apple Health or enter data Manually.

Once selected, click 'Proceed'.

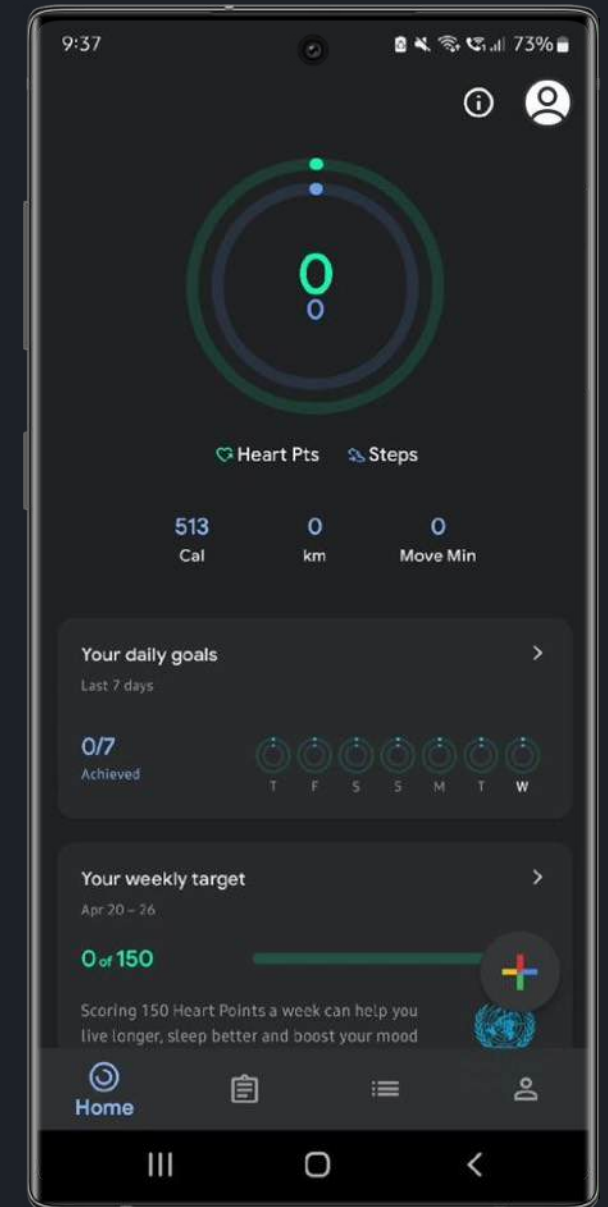
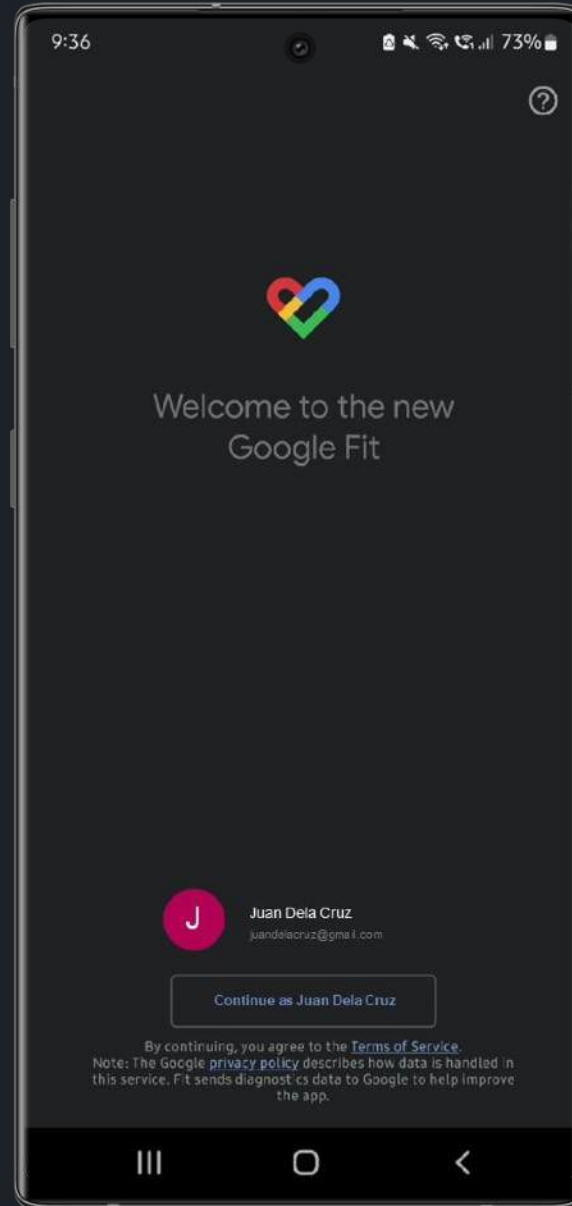


Google Fit

(For Android)

For Android, before logging in to Vantage Fit, ensure that you are also logged in to your Google Fit app.

Note: The Google Fit app is a default fit app installed in your Android phone, where you can track important information on your health records, physical activities, and even your sleep.

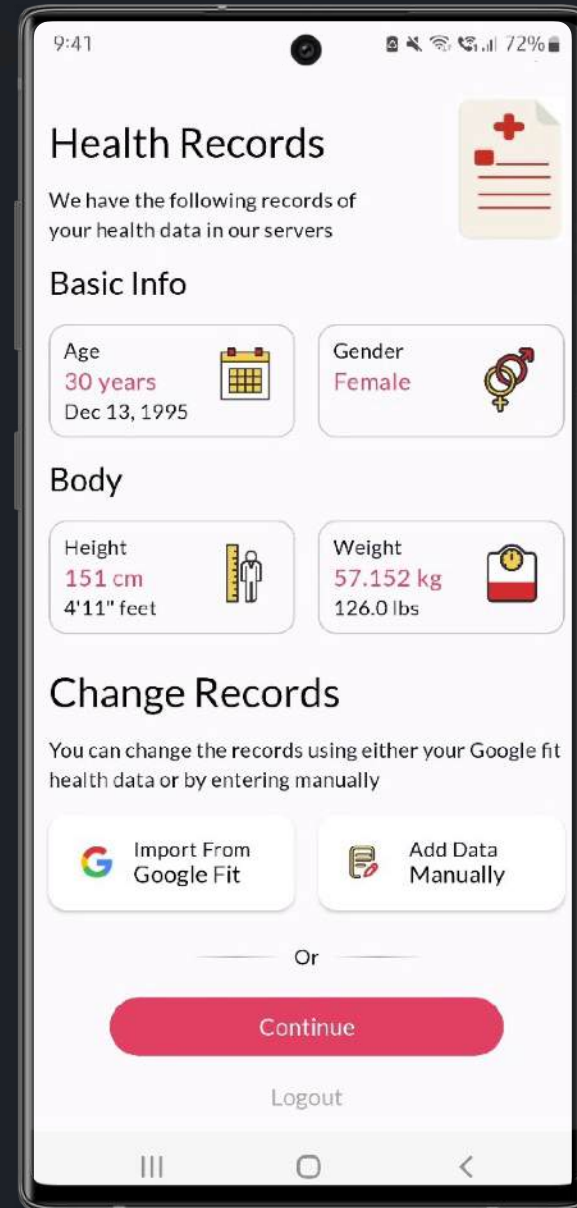


Google Fit

(For Android)

After accepting the t&c, the app will display basic information of your health records.

If record is not updated, you can either import details from Google Fit or enter data Manually.

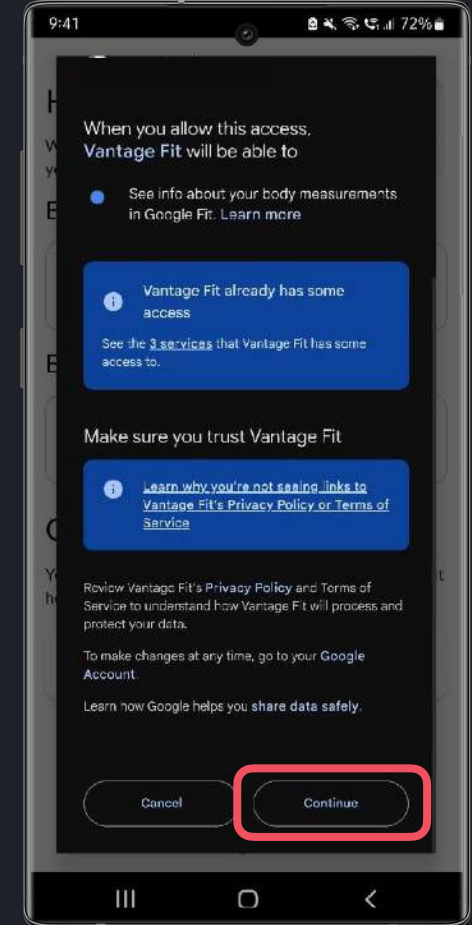
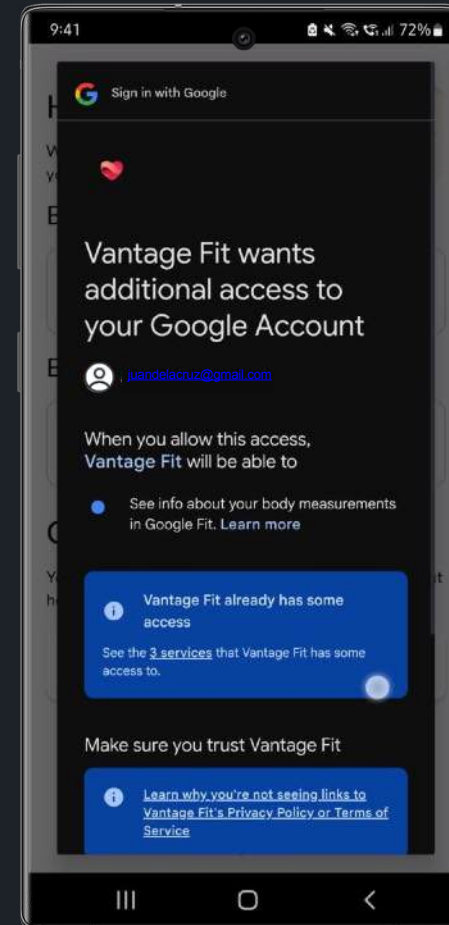
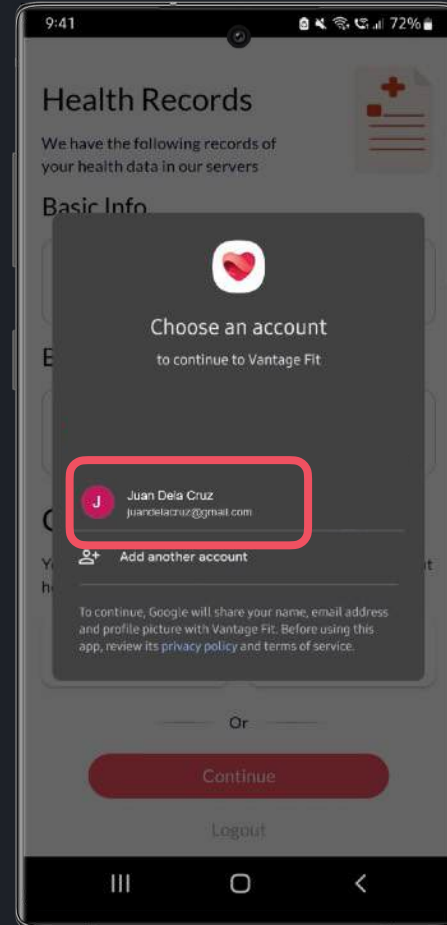


Google Fit

(For Android – Import from Google Fit)

To import, select your Google account. You will then be asked to grant additional access.

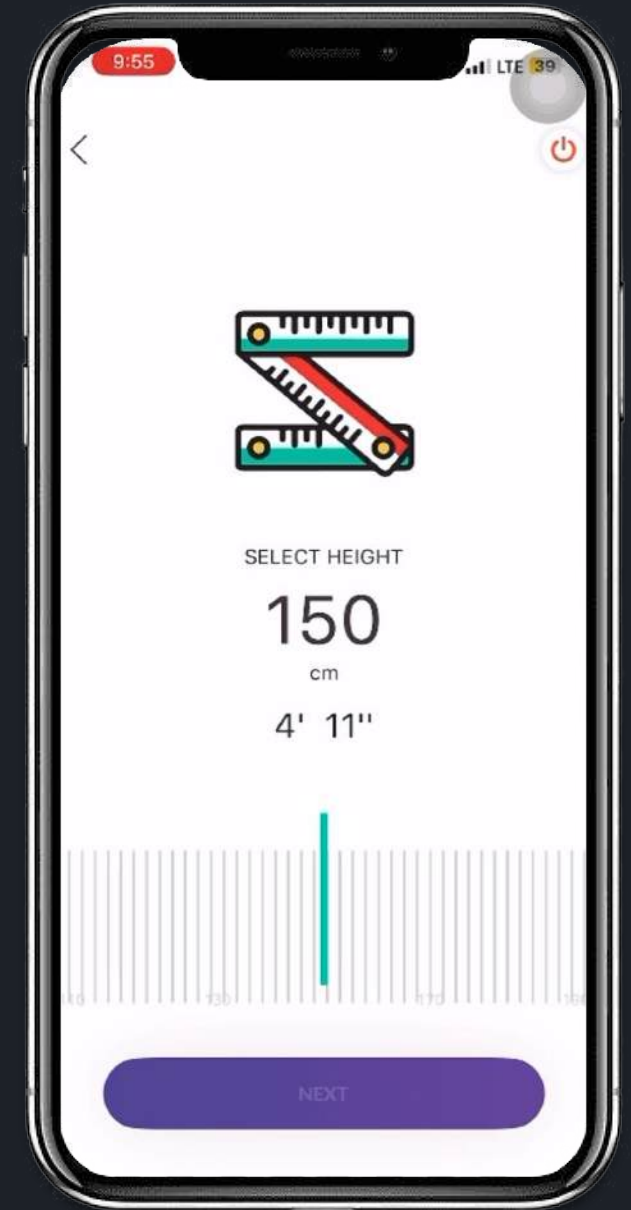
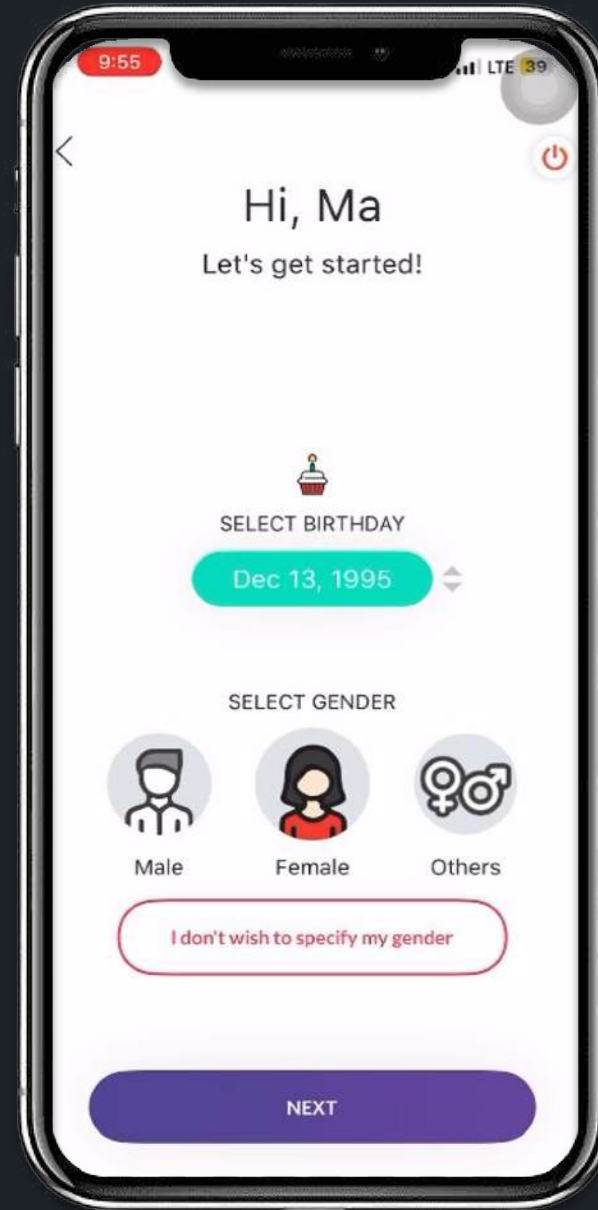
Click 'Continue' and it will be redirected to the Vantage Fit app.



Setting up Health profile

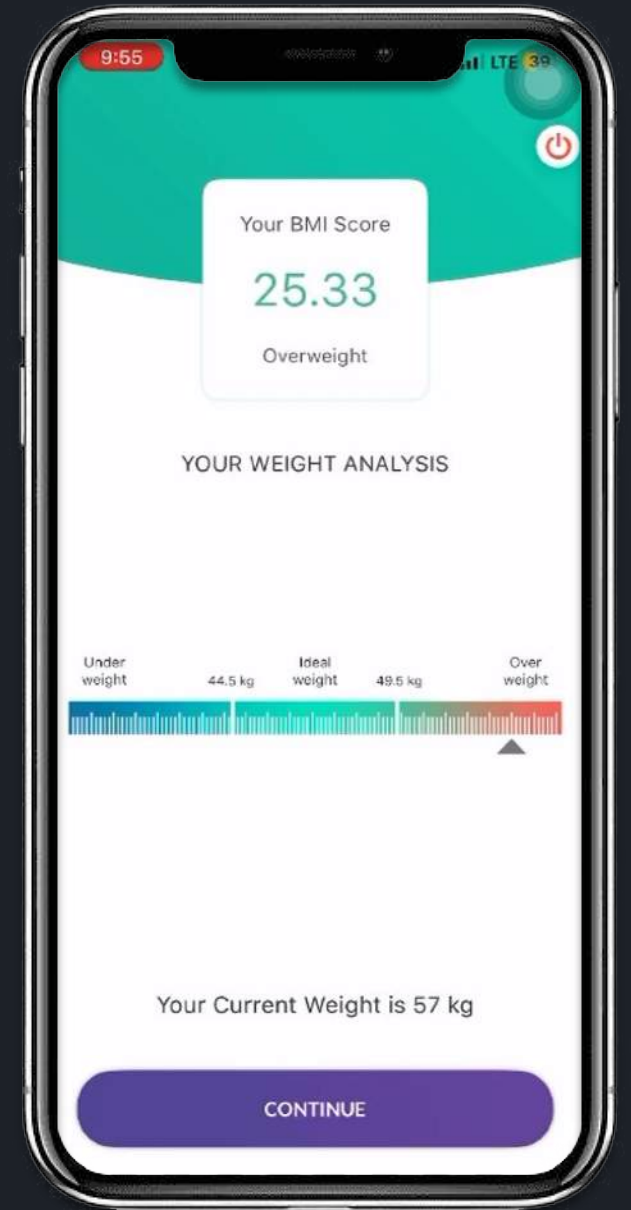
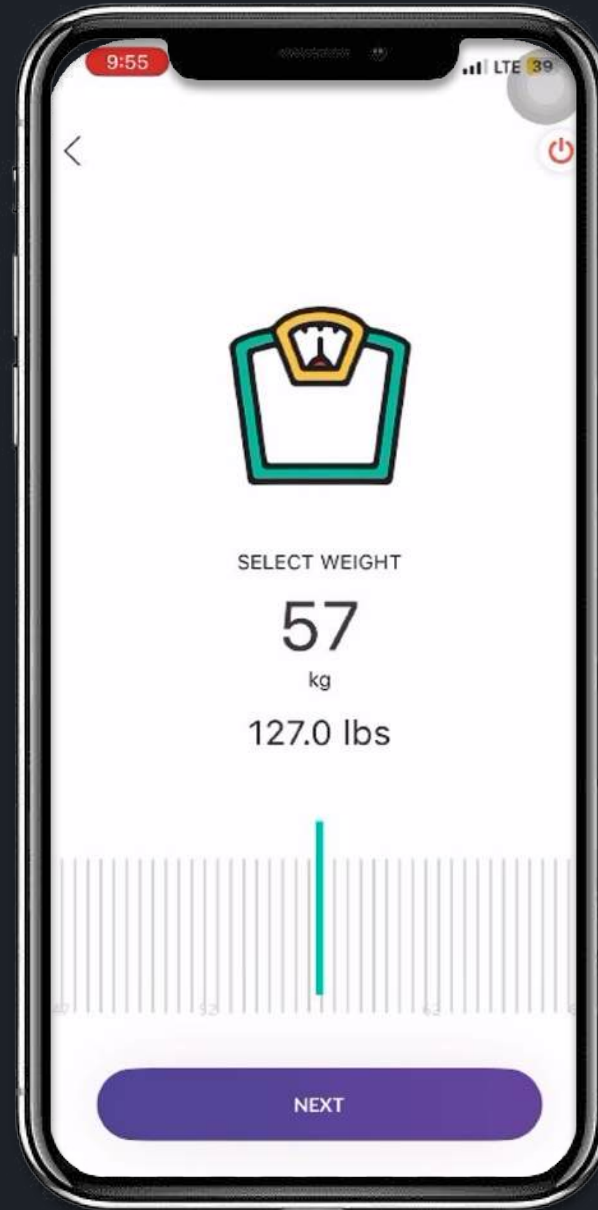
(Manual set-up)

1. Enter details manually for Birthday and Gender then select 'Next'
2. Select your Height then select 'Next'



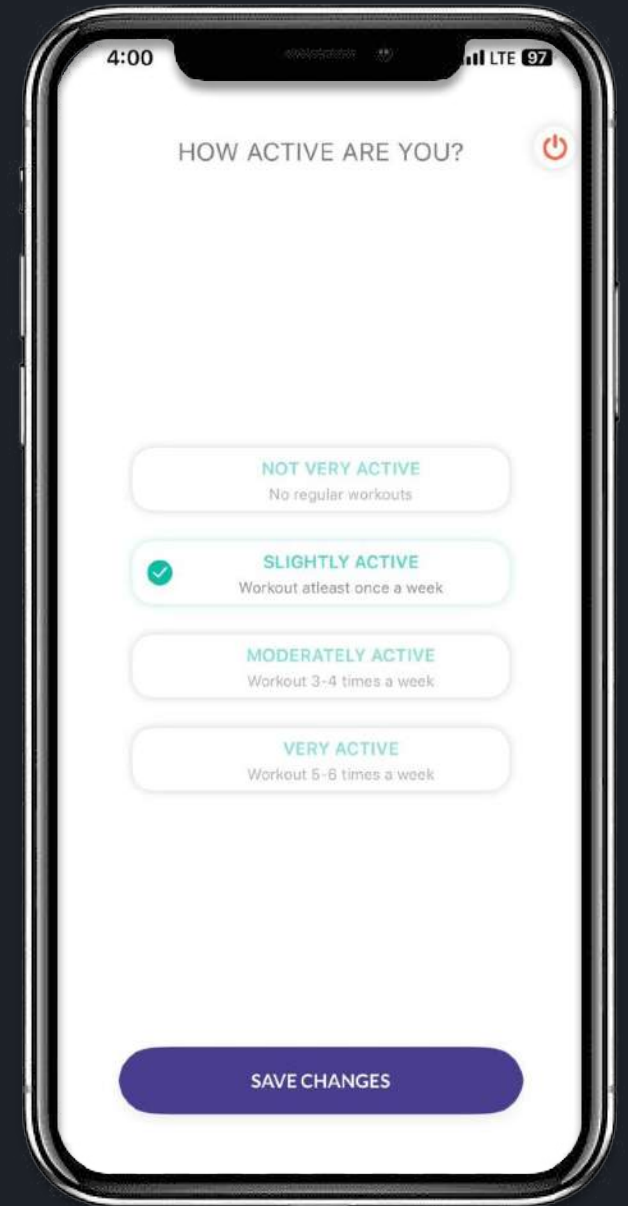
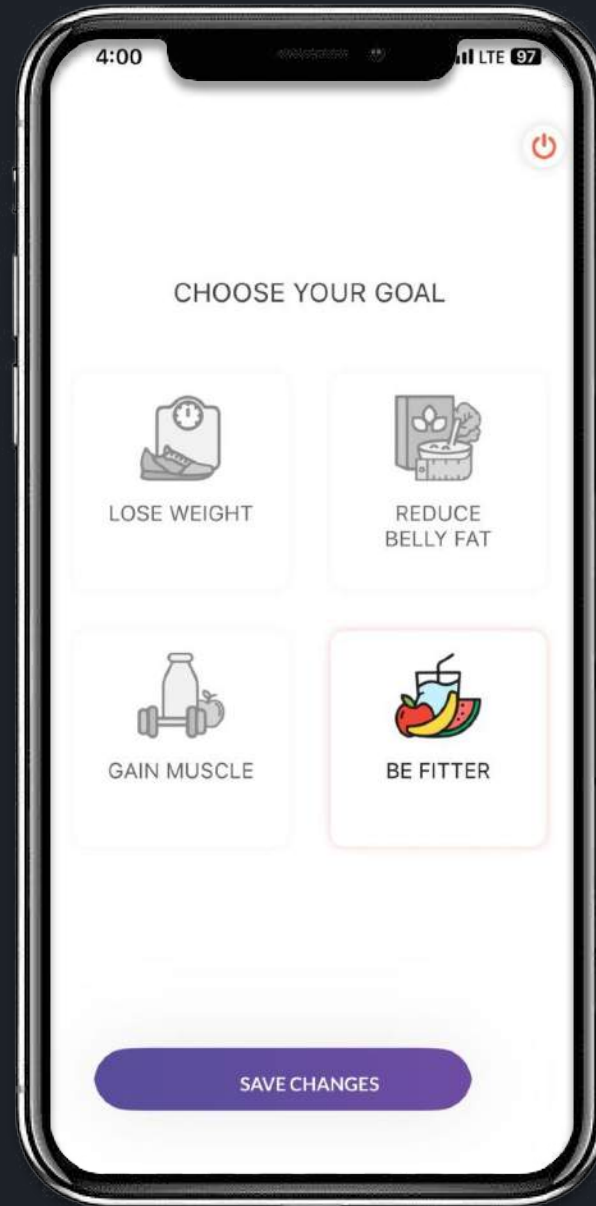
Setting up Health profile

1. Select WEIGHT and click 'Next'
2. Your BMI Score and weight analysis will be display. Then click 'Continue'



Setting up Health profile

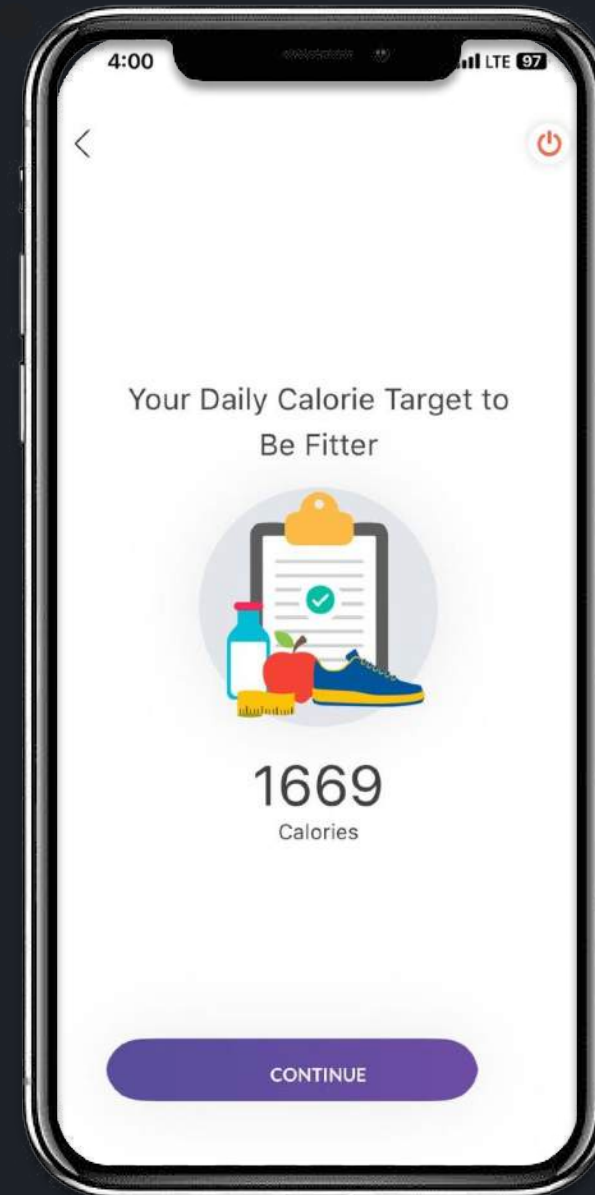
1. The app will let you choose your goal, then click 'Save Changes'.
2. Select your lifestyle activity to complete your health profile.



Setting up Health profile

Vantage Fit will display your calorie target to achieve your selected goal.

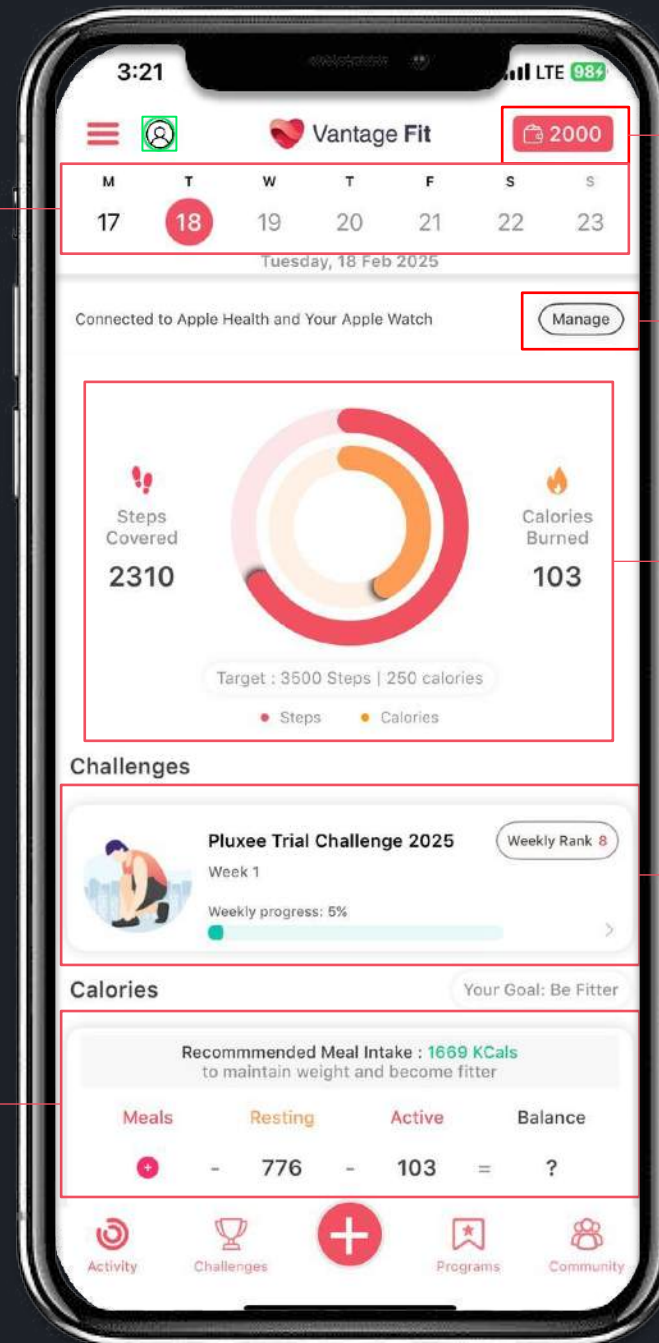
Click 'Continue' to proceed to the homepage/feed.



Vantage Fit Feed



Vantage Fit Feed



Select or choose a date to view activities made for the day.

View available Rewards Points and access catalog to Redeem Points

To connect the app to other devices

Displays if the target or goal is reached for the day

Displays recommended meal intakes and the calorie insight depending on the meal logs for the day

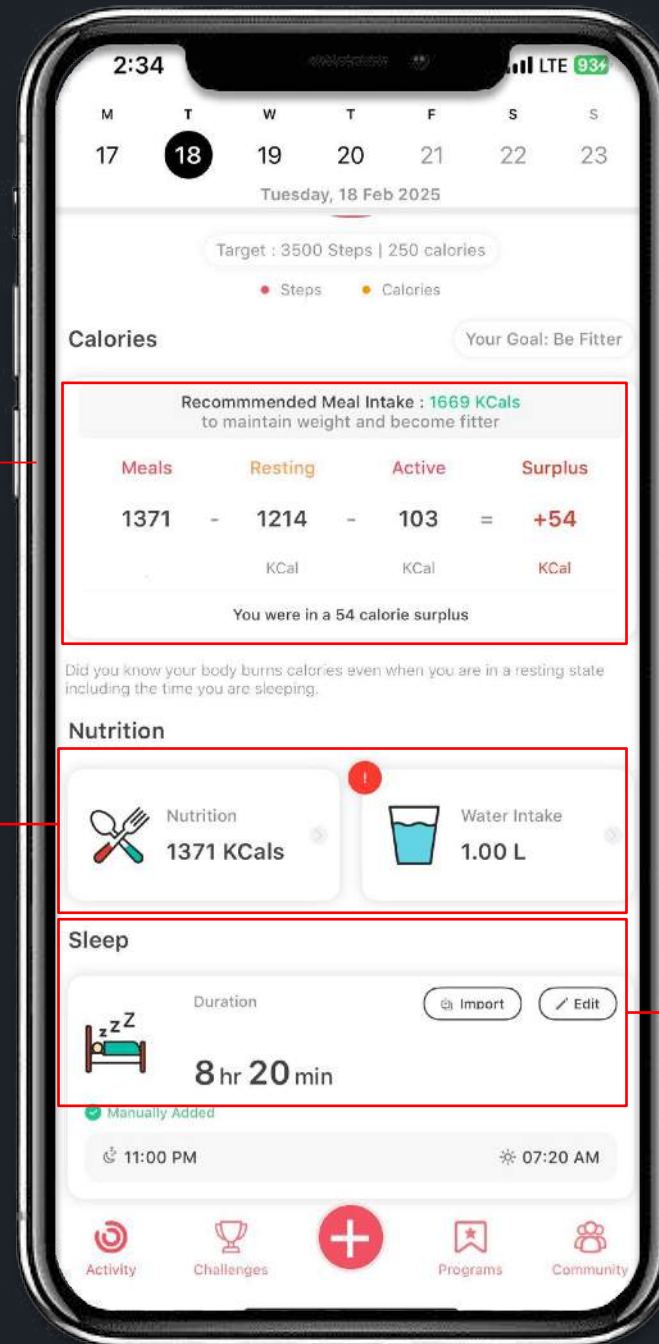
Activities or tasks to fulfill for the challenge in which you are participating.

Vantage Fit Feed

User must input meal and water intake to monitor calories for the day

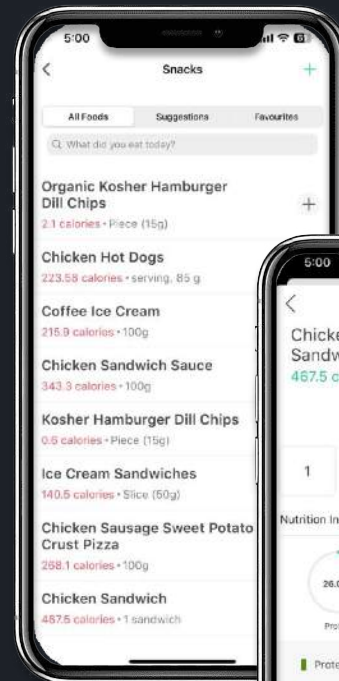
Monitors daily nutrition which includes meal and water intakes

Input sleep data, which you can import from your device's health app or enter manually. This is an added feature to monitor sleep.

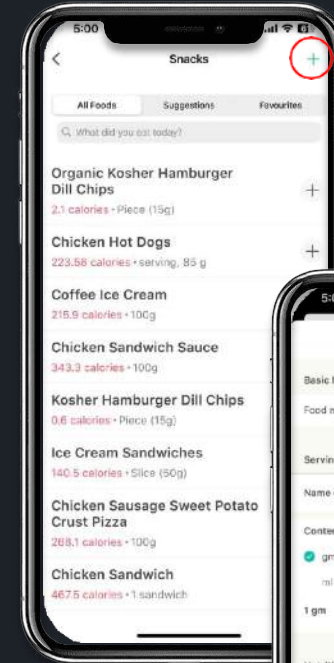
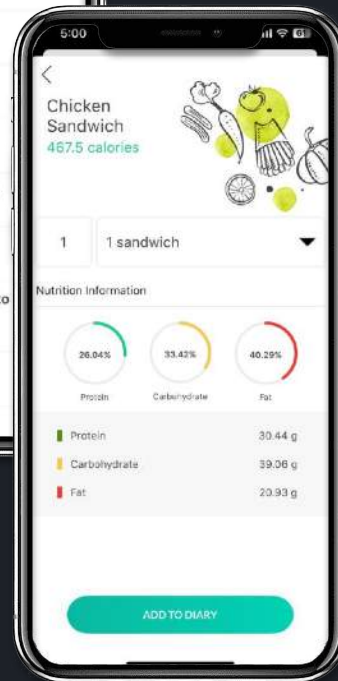


Logging Meal Intakes

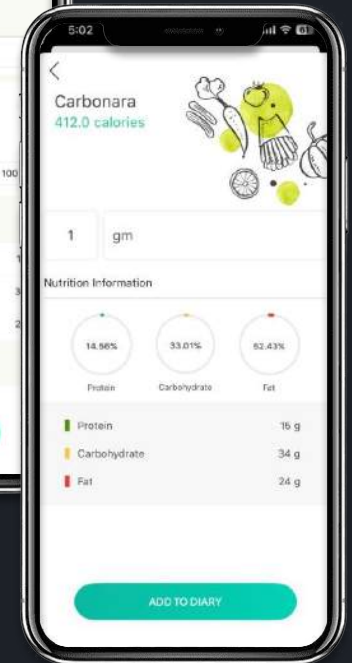
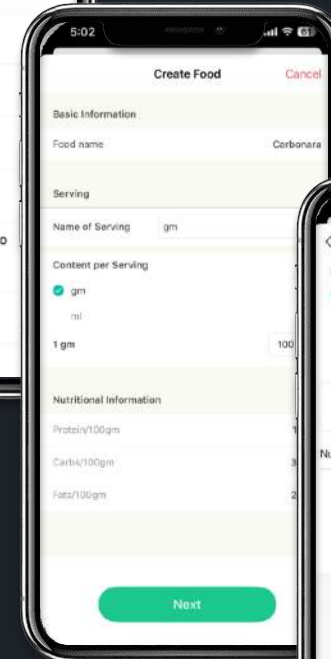
Click on meal symbol under nutrition in the vantage feed



Search for the meal then click 'Add to the diary'.



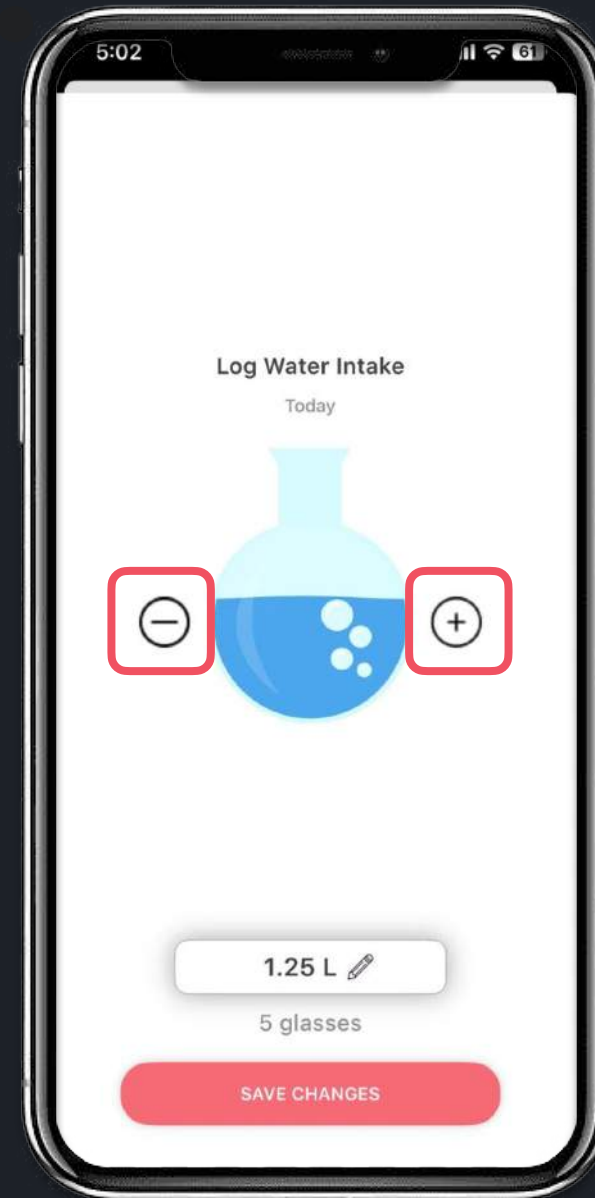
If the food is not available in the pre-existing meal, user can create their own, selecting the plus icon then entering nutritional info of the food then finally, click 'Add to diary'.



Logging Water Intakes

Click on water intake under nutrition in the vantage feed

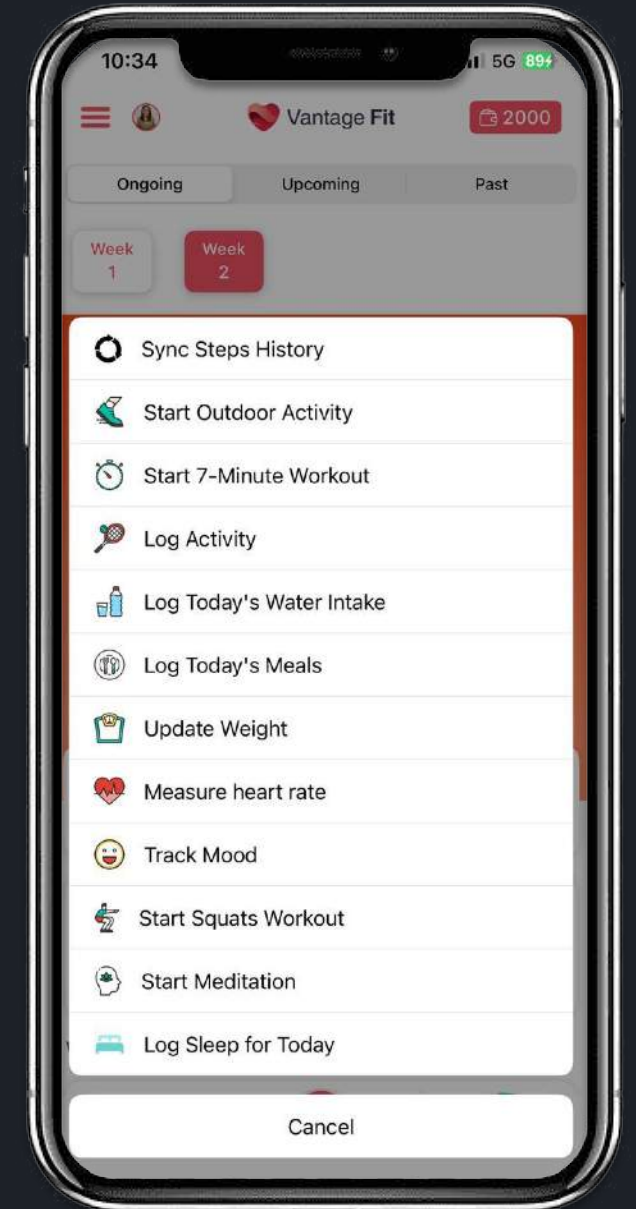
Click '+' or '-' to adjust your daily water intake. Adjustments can be made based on actual intake.



Vantage Activities

To access other vantage activities, click on the plus sign in the middle of the task bar.

A list of activities are available from logging meals, starting workout, etc. This button is also a shortcut to list updates and daily health updates.



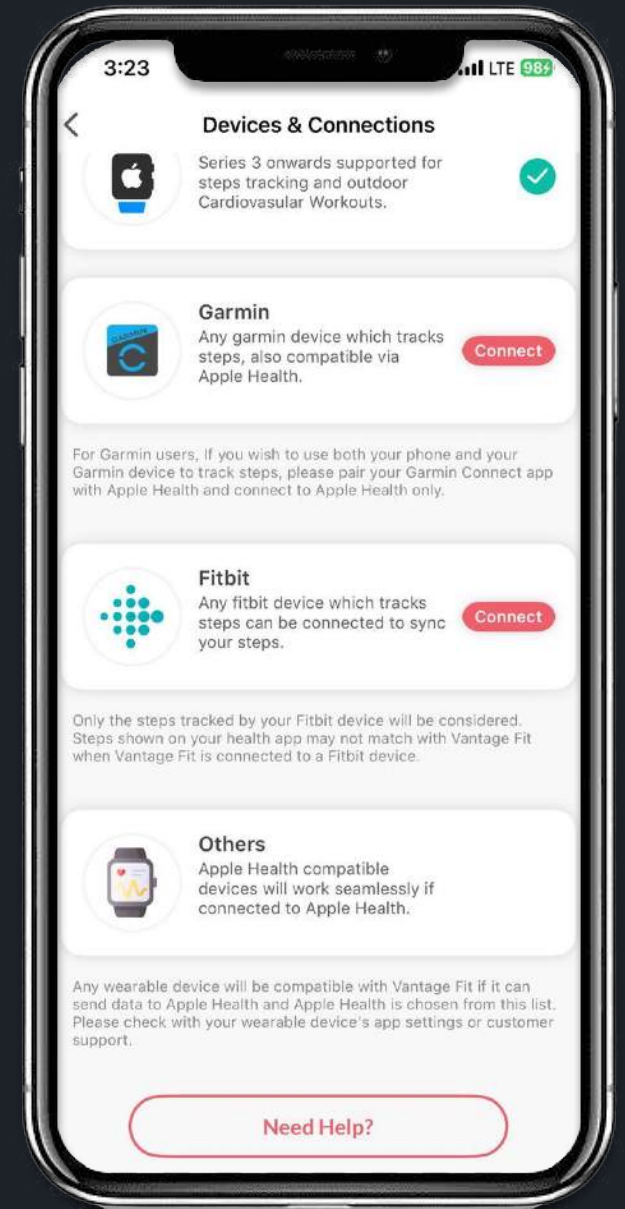
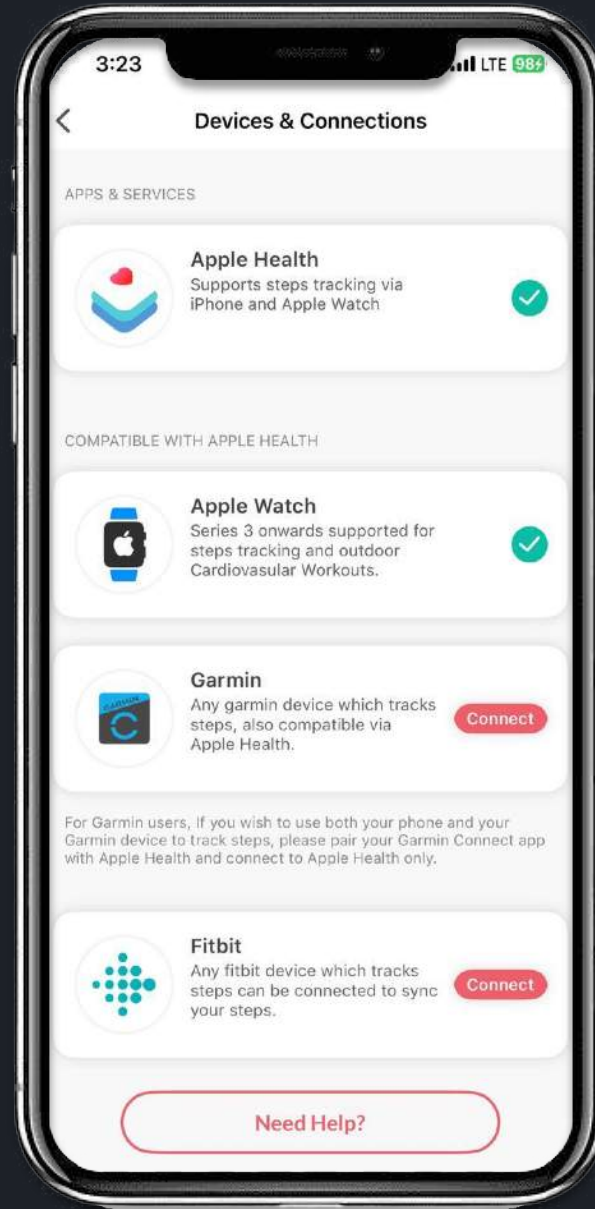
Manage
device



Manage devices

(For IOS)

Vantage Fit can be connected to various devices, automatically syncing daily activities recorded by those devices.



How to redeem points



Vantage points

In Vantage Fit, you can also be able to redeem points you've earned.

On the main page, click on the points on the upper right.

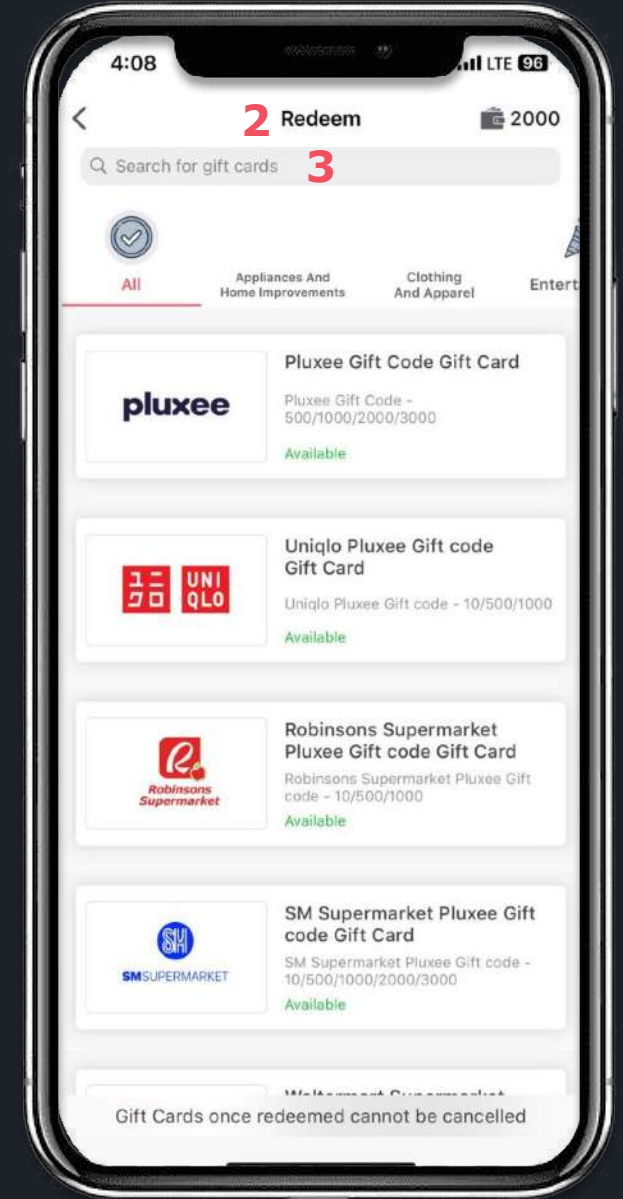
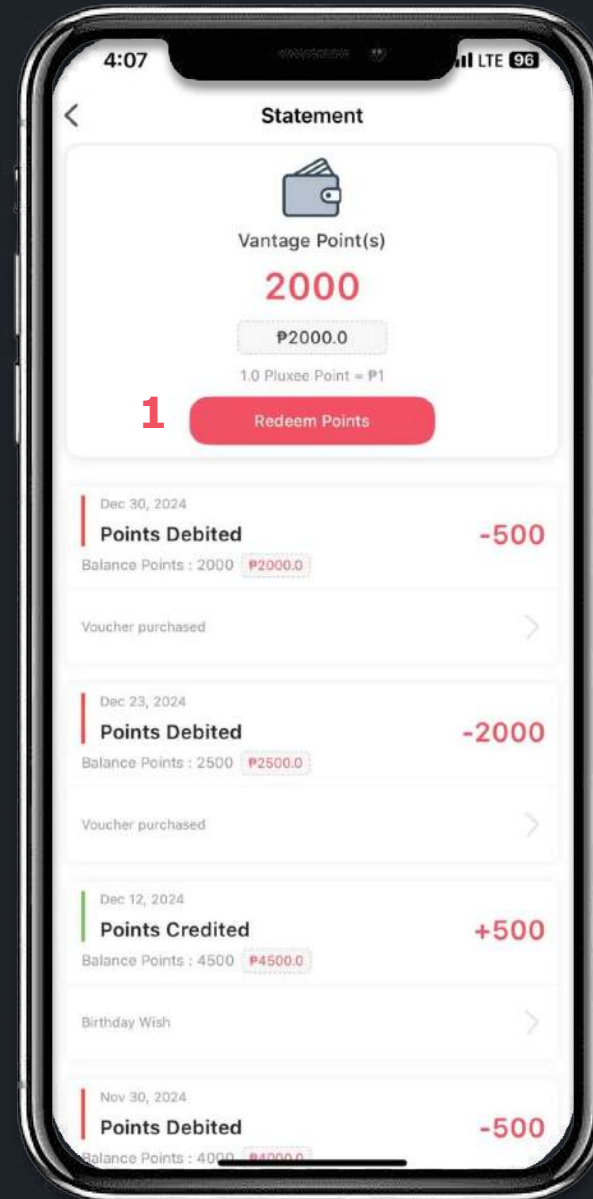


Vantage points

Then, you will be redirected to the Points Statement.

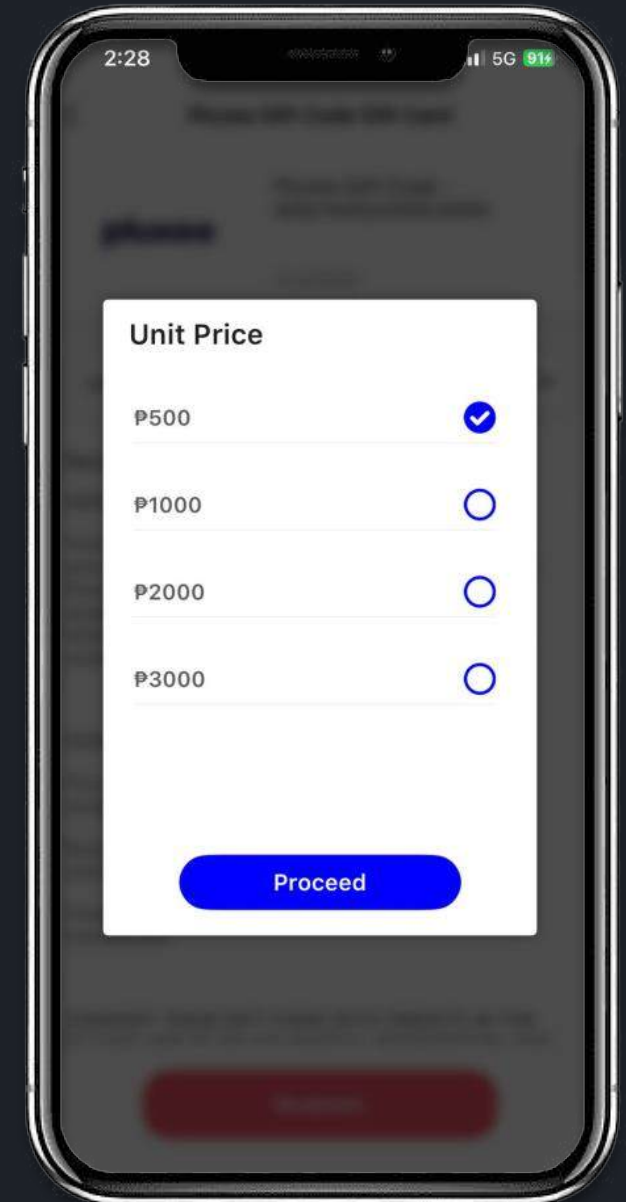
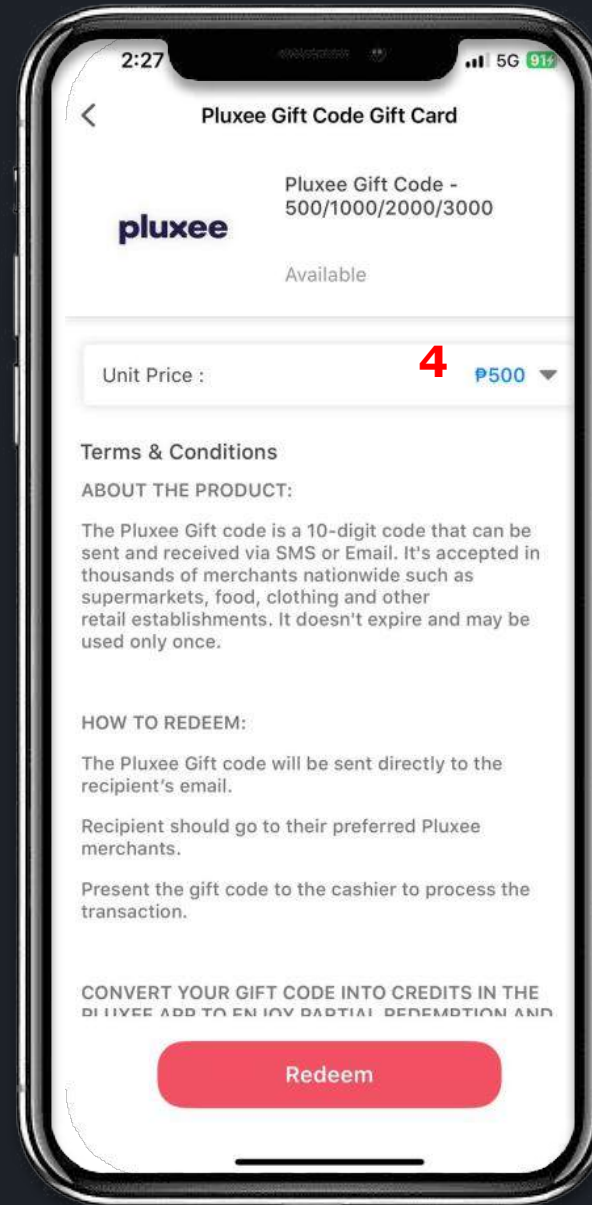
To redeem:

1. Click redeem points
2. It will be redirected to the gift code catalogue
3. Browse and select a gift code of your choice



Vantage points

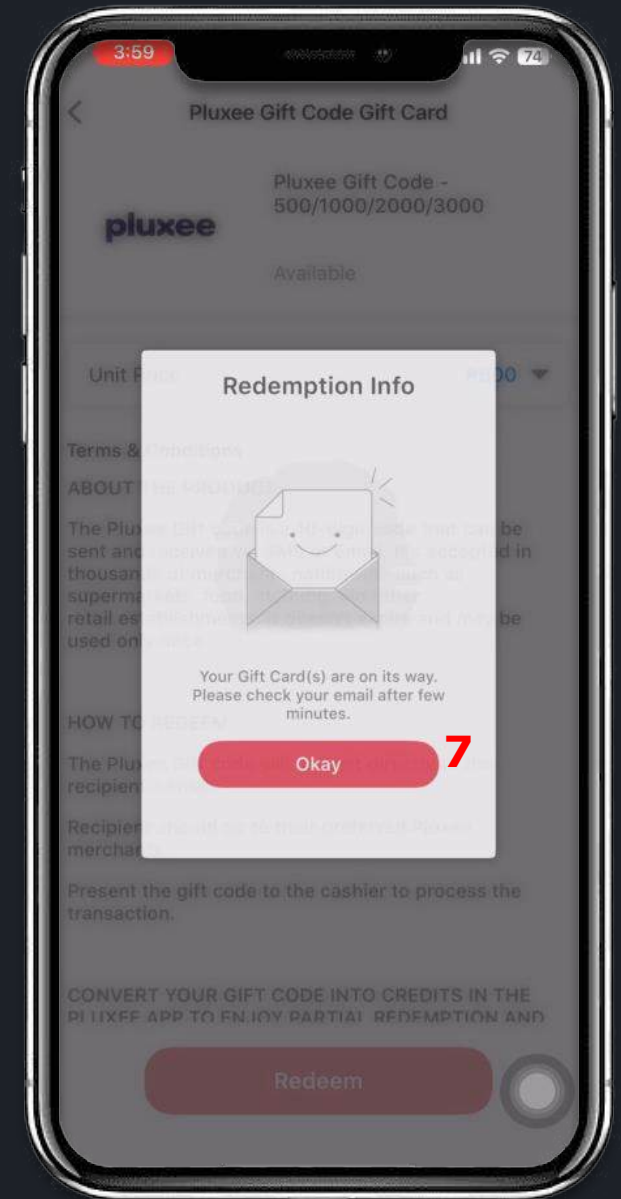
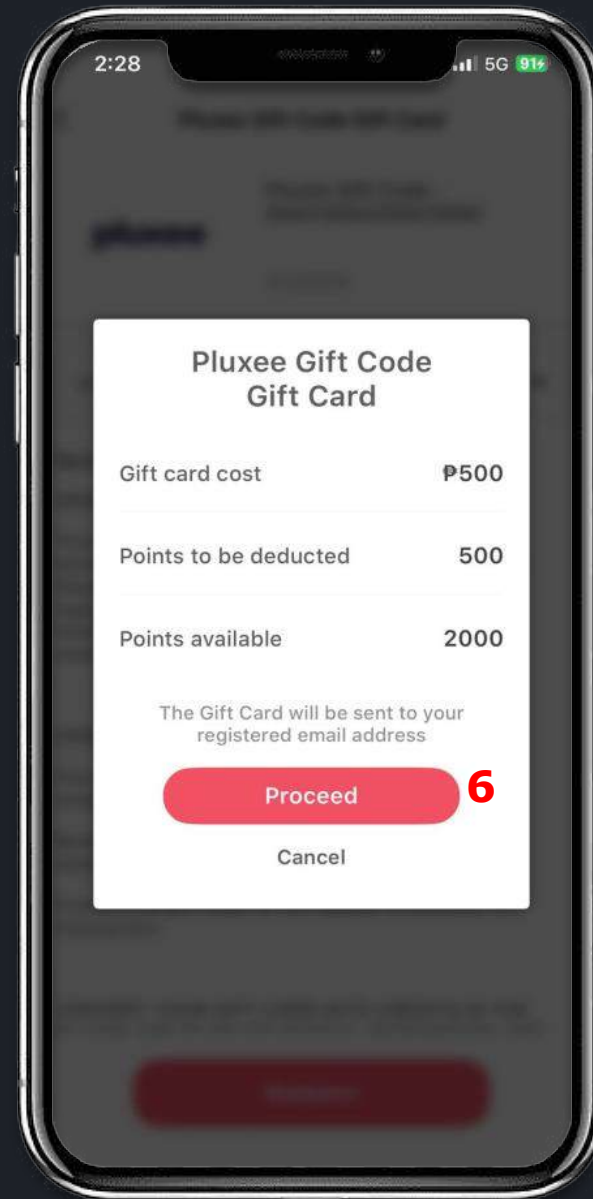
4. After selecting the gift code of choice, select the unit price.
5. Choose your desired unit price then click 'Proceed'. Review details then click 'Proceed'



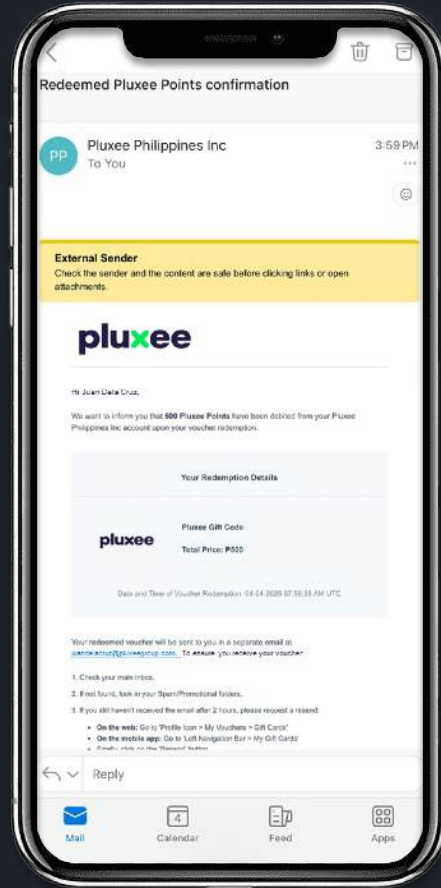
Vantage points

6. Review details then click 'Proceed'
7. A confirmation or redemption info will display once purchased. Code will be sent directly to your registered email.

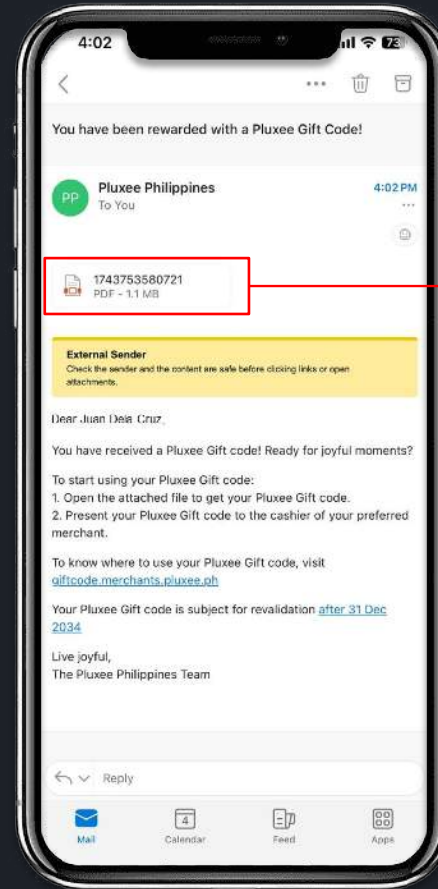
Note: Terms and Conditions and product descriptions can be reviewed before confirming the redemption of the product.



Sample notifications and code



A confirmation email will be received once purchased successfully.



Another email will be received containing the code purchased.

Sample of code received

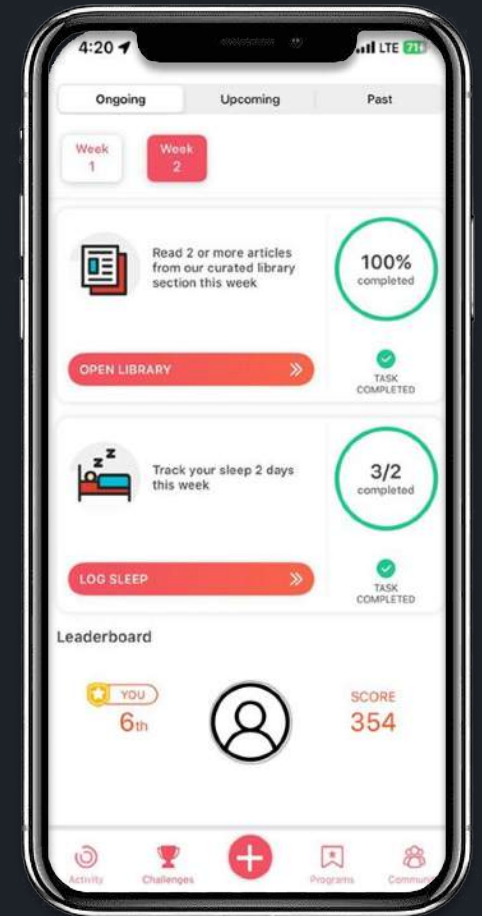
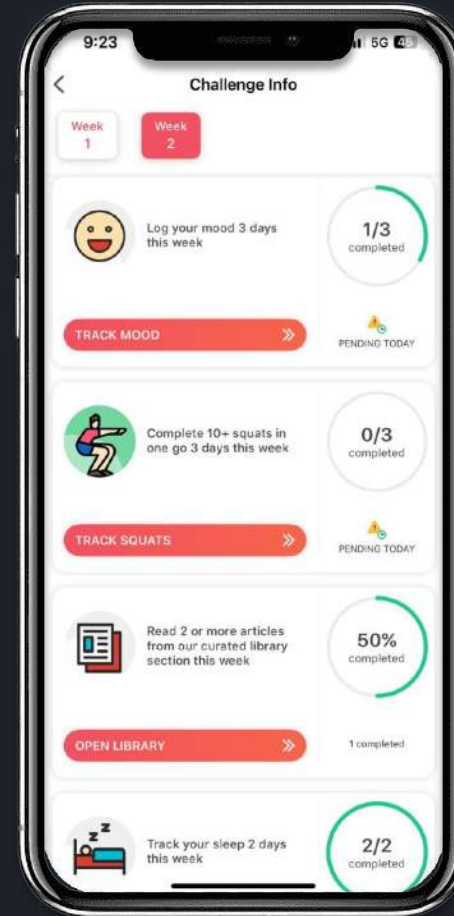
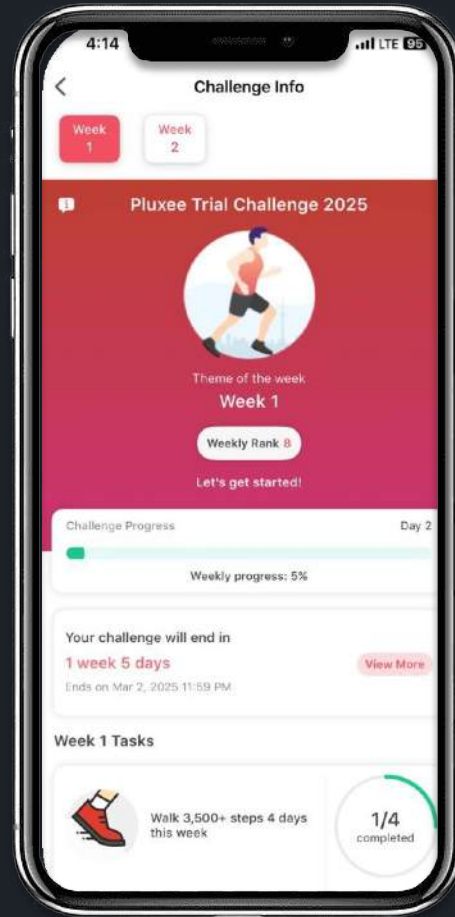


Challenges



Challenges

This feature is only **upon configuration** by the Administrators. It involves challenges that employees need to complete to earn ranking points, if there are any. Winners can also receive vantage points, depending on the set-up.

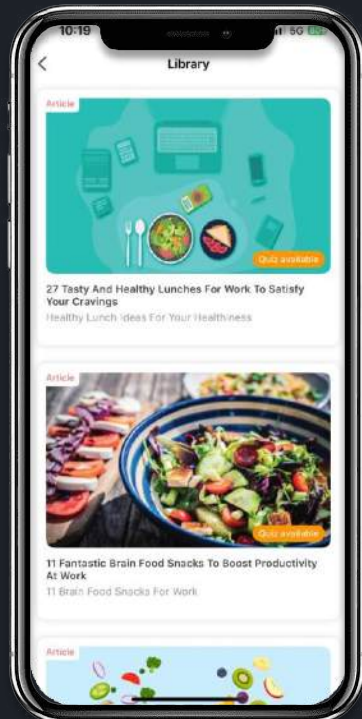


Sample Vantage Fit Tasks

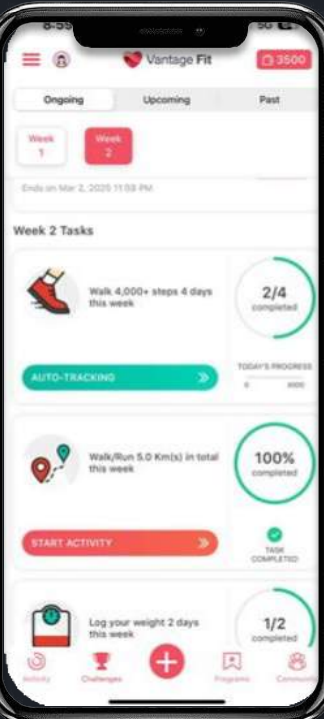
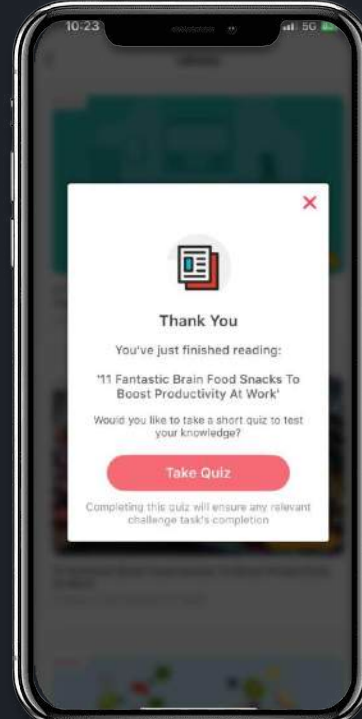
The following are samples of tasks to complete for the challenge



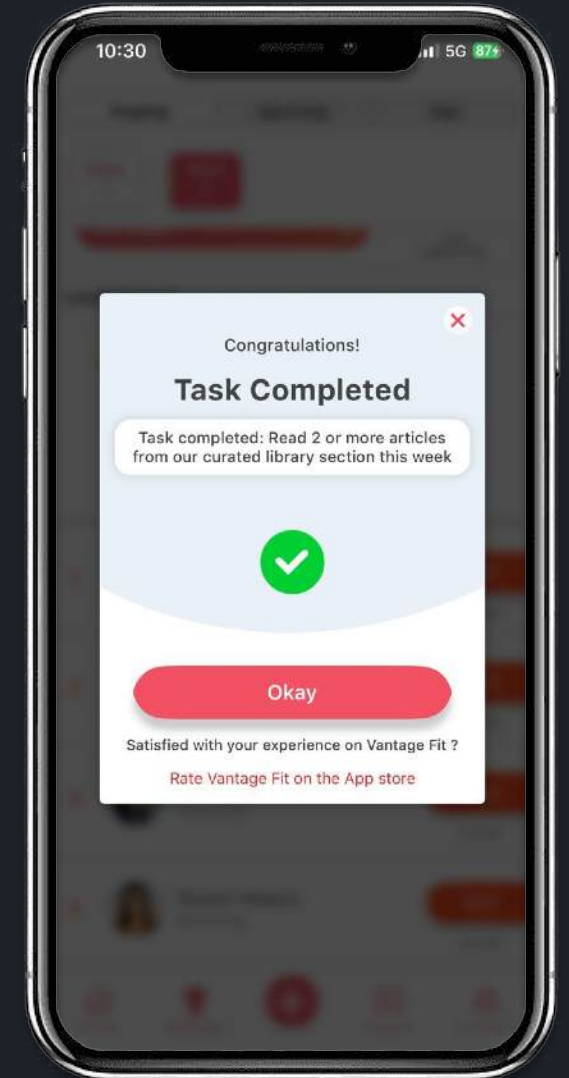
Updating weight



Reading articles and answering quizzes



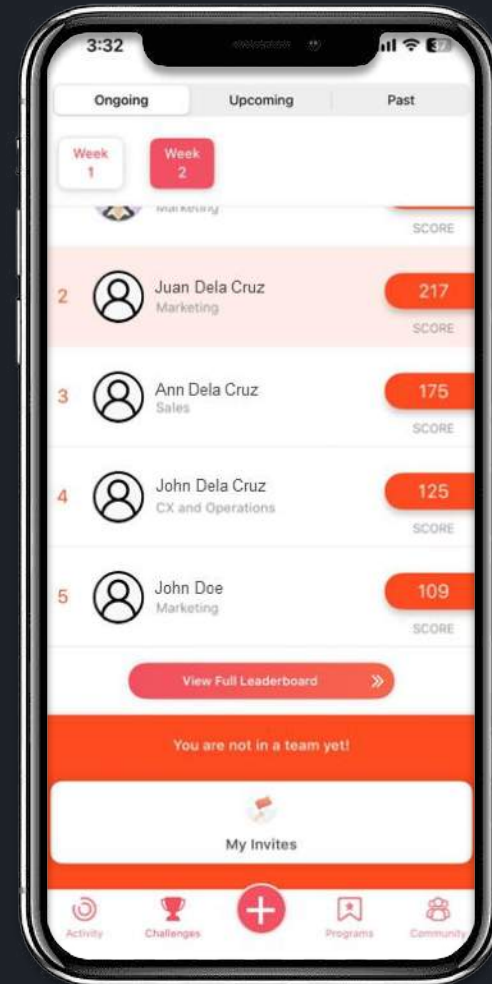
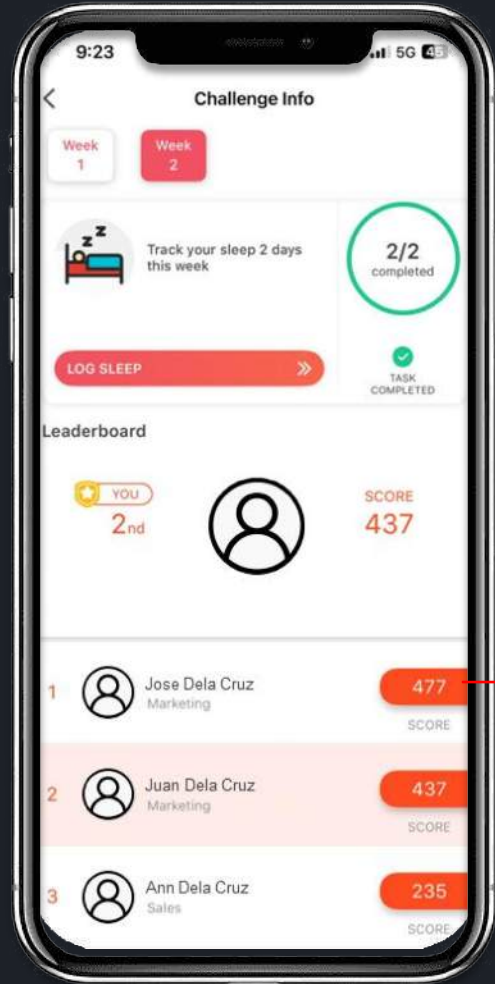
Completing a walk/run



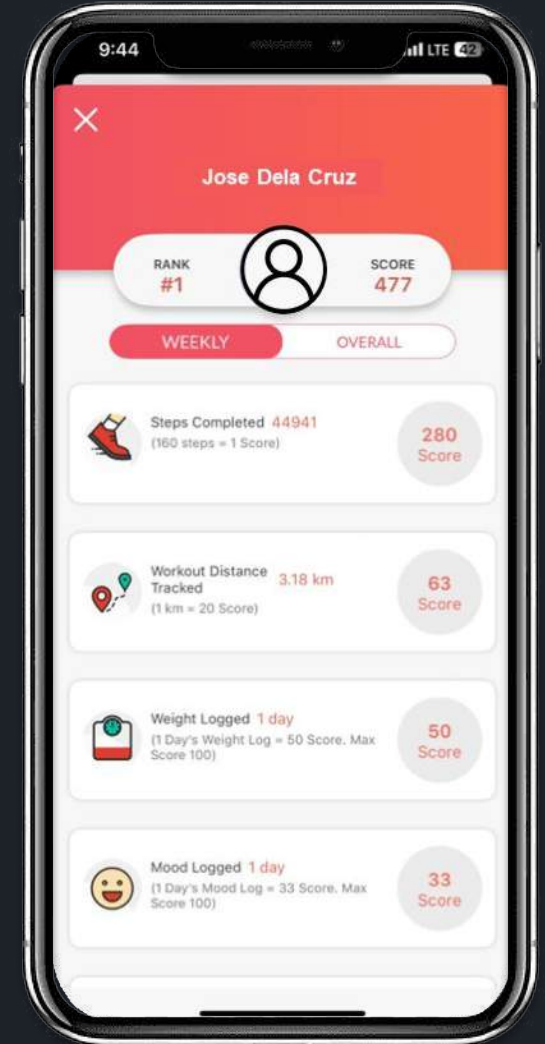
Displays when a specific task has been completed

Leaderboard

Rankings from the challenge are also available, allowing users to view their own rank and that of their colleagues, along with the score.



The user can also view each task score of their colleague.



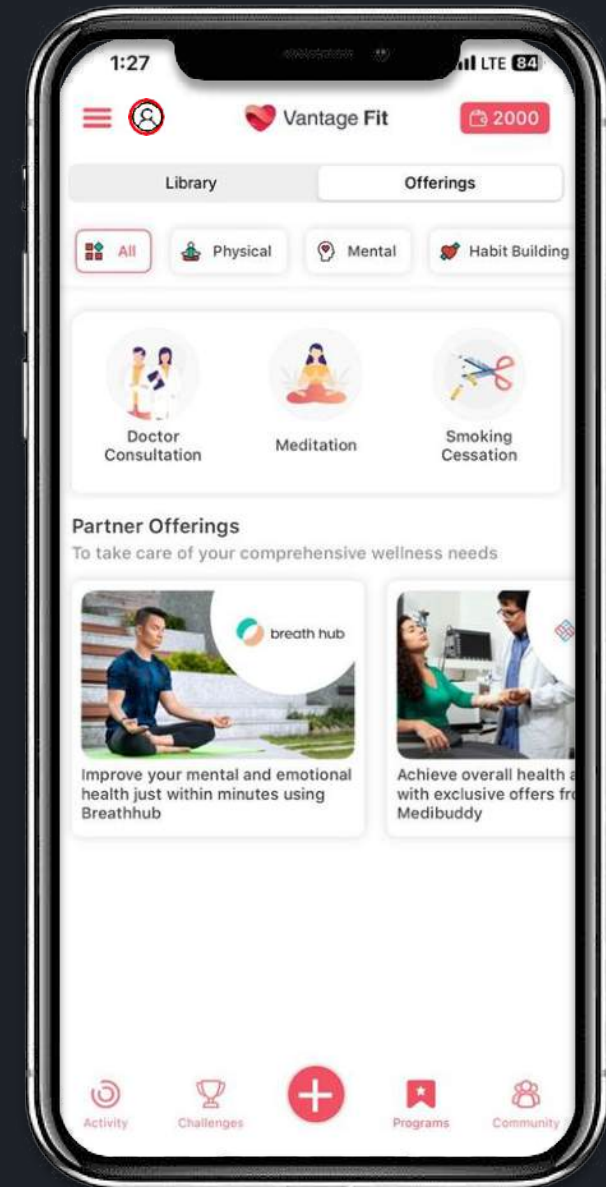
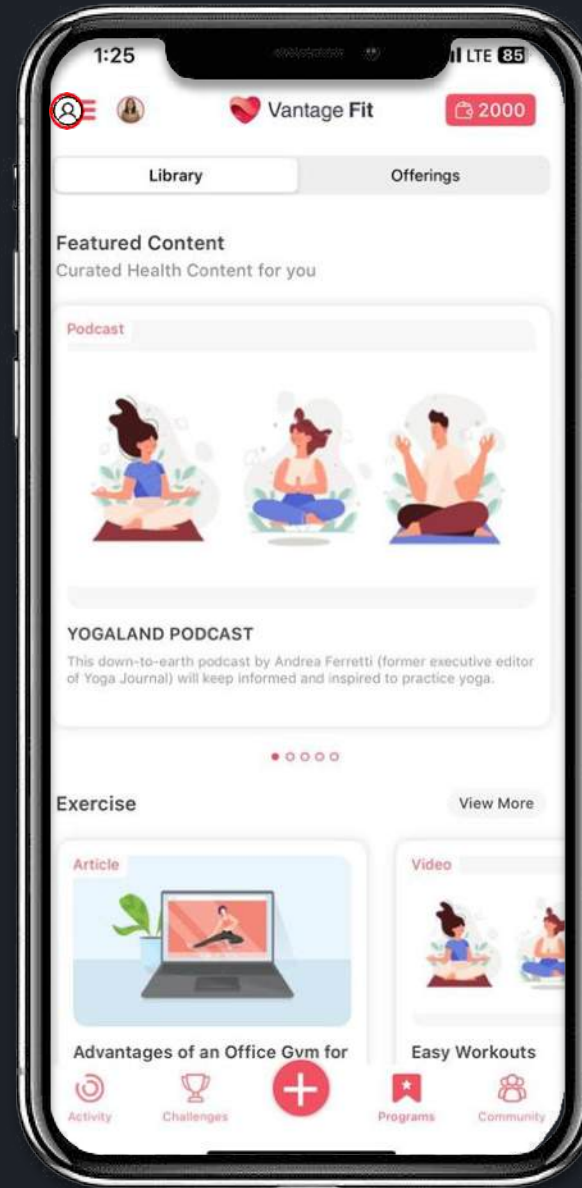
Programs



Programs

Health related contents such as doctor consultations, meditations, podcast, etc. are featured in this menu.

This is configurable upon set-up of the admin.

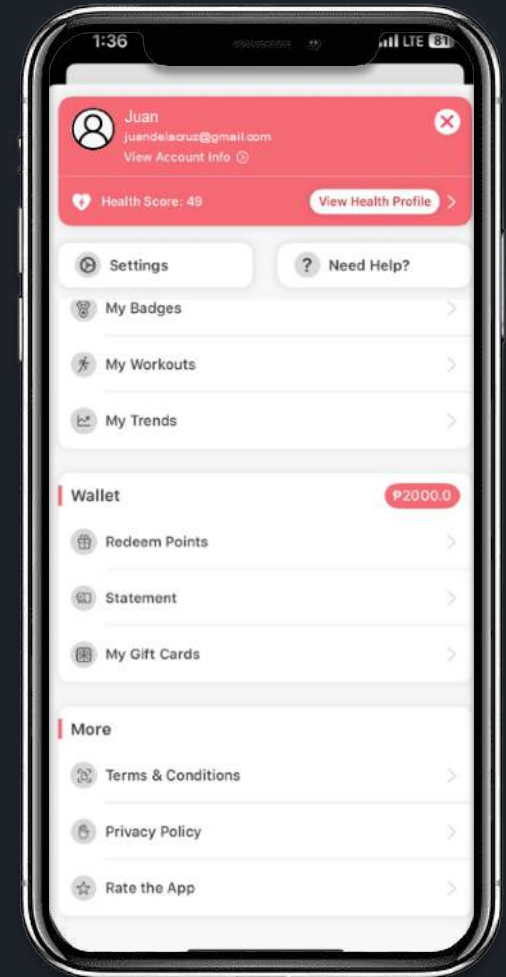
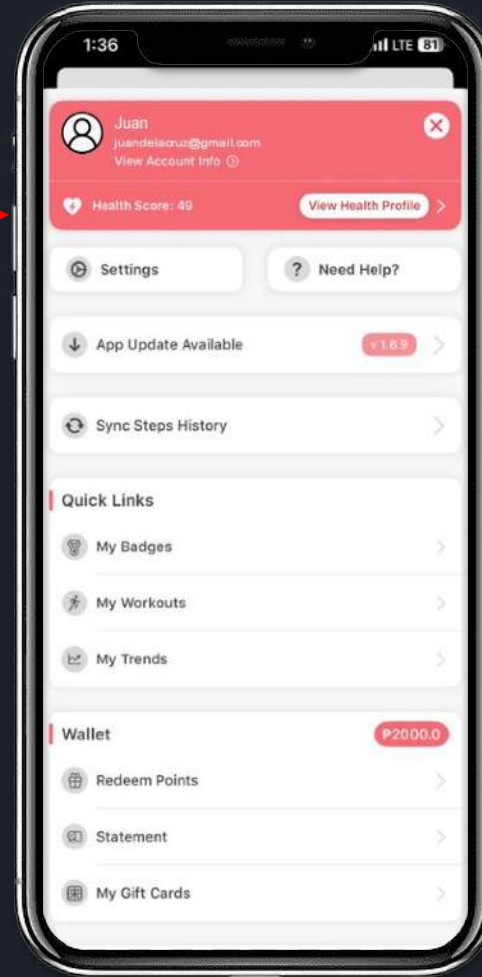
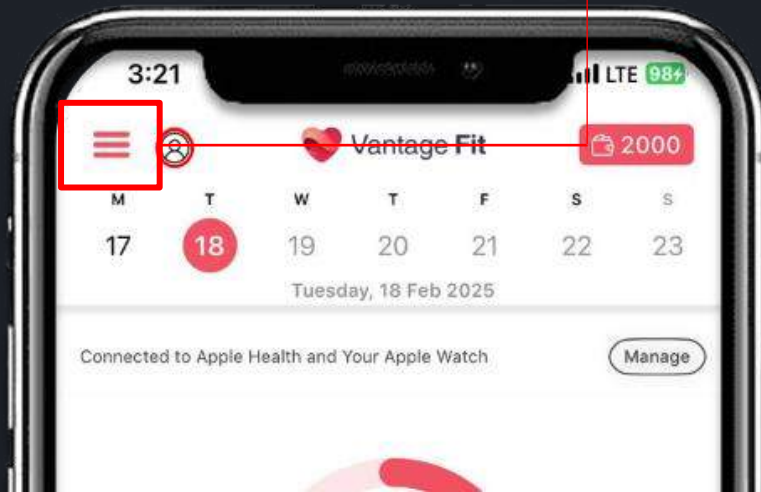


User Profile and Settings



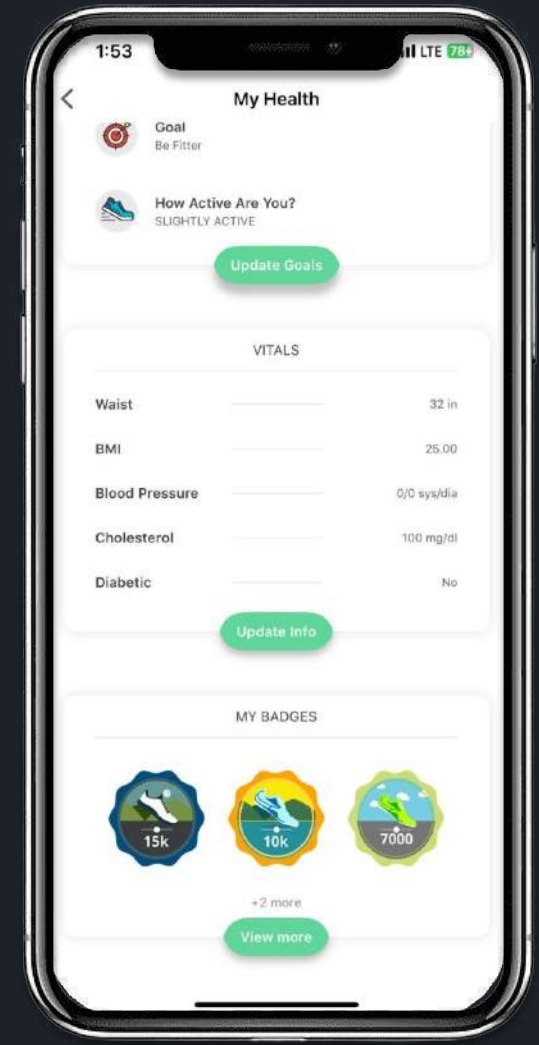
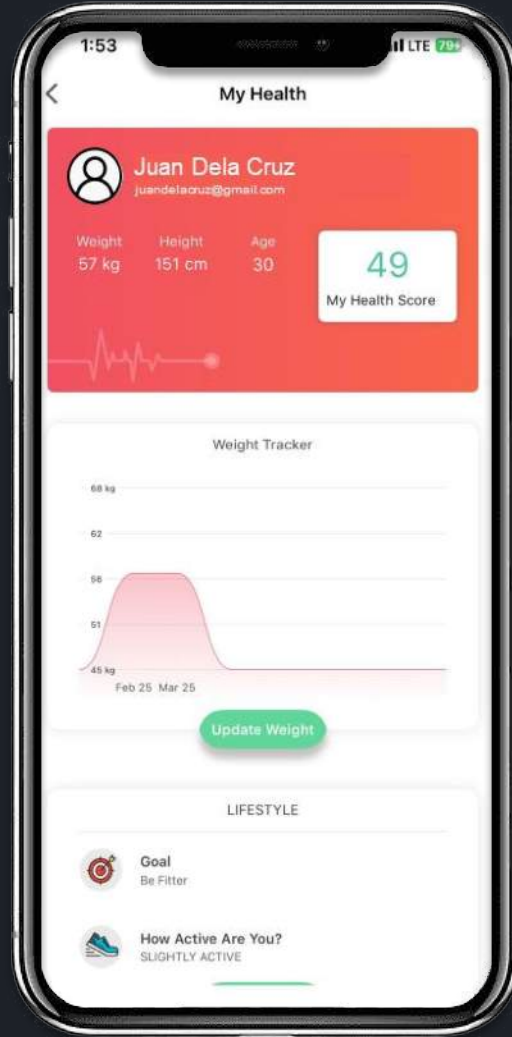
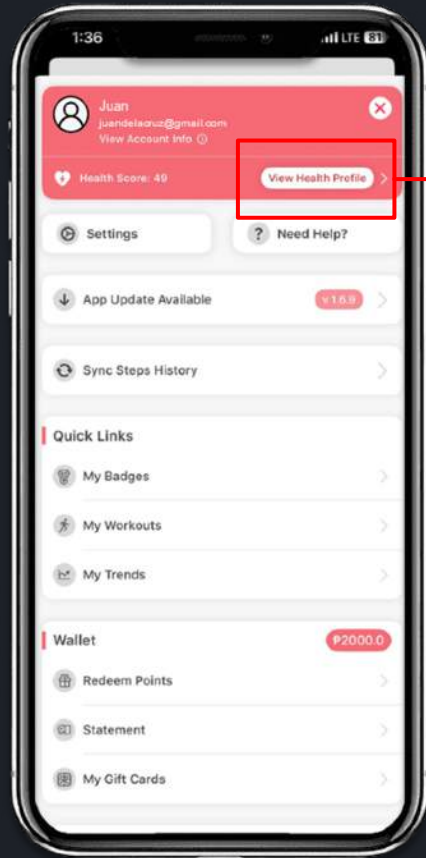
User Profile

Click on the hamburger menu to view user profile, settings, terms and conditions, and more.



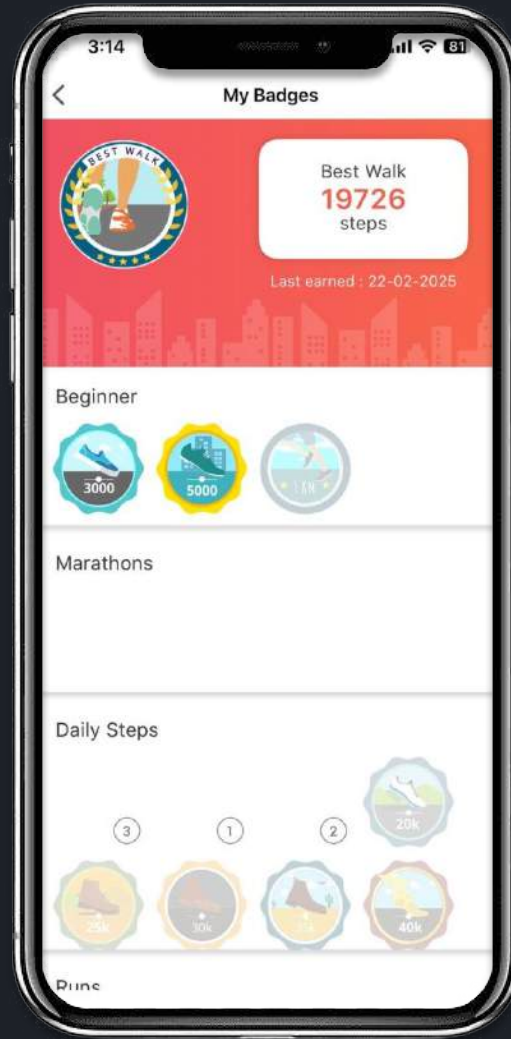
Health Profile

To view summarized health profile, click on 'View Health Profile'

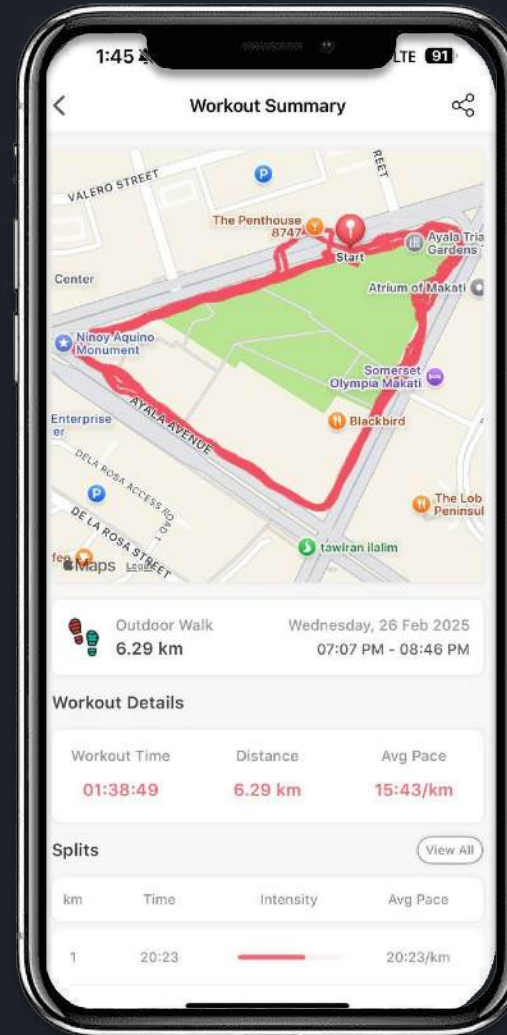


Quick Links

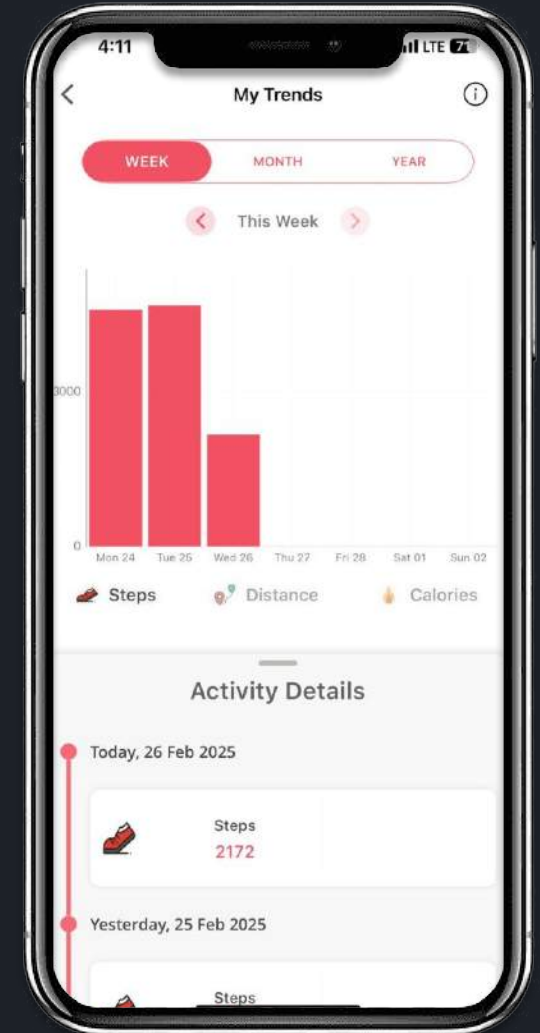
User badges, workout details, and daily trends/ steps is available at profile quick links



My Badges



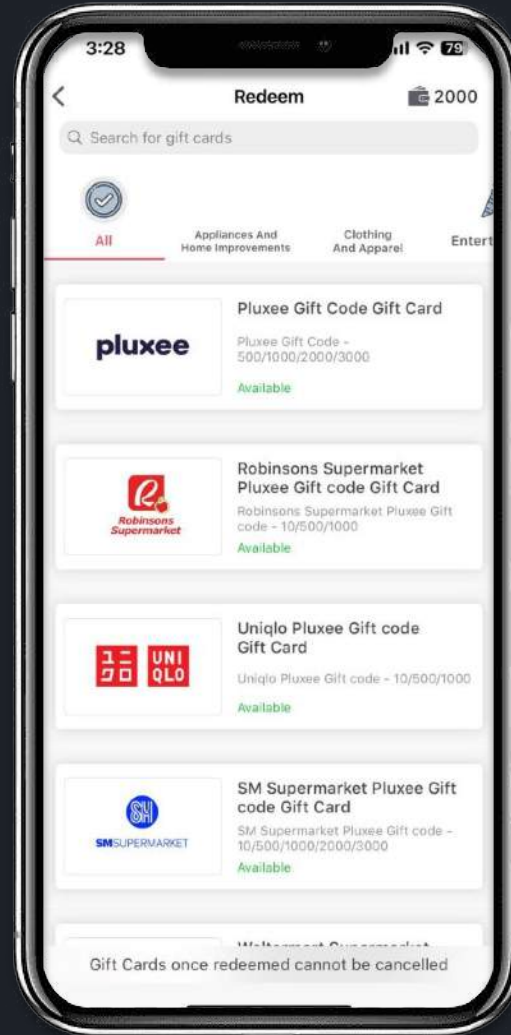
My Workouts



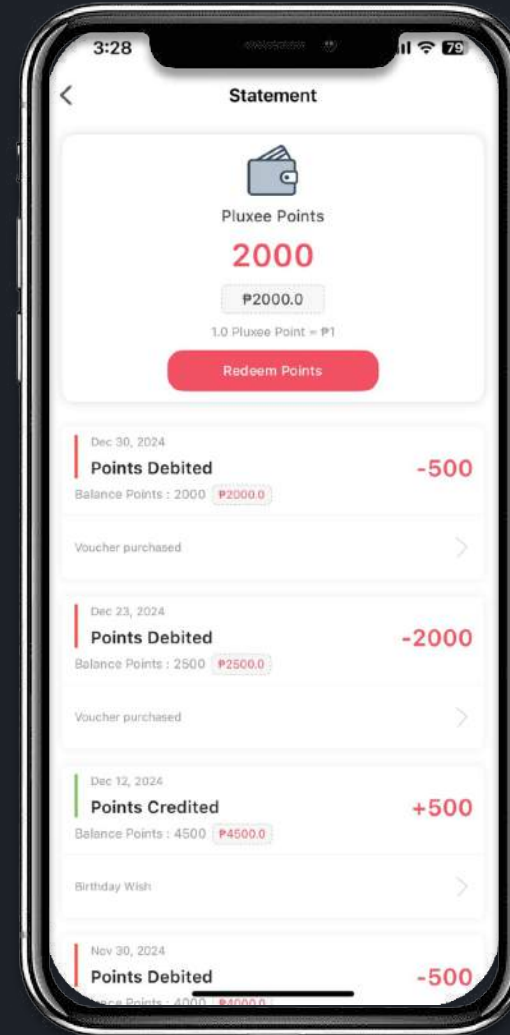
My Trends

Wallet

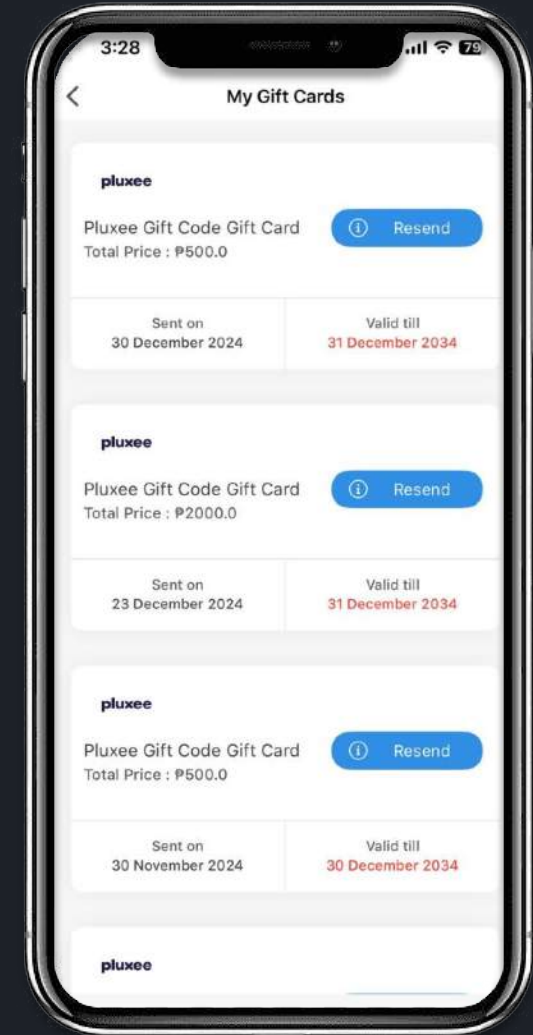
User badges, workout details, and daily trends/ steps is available at profile quick links



Redeem Points



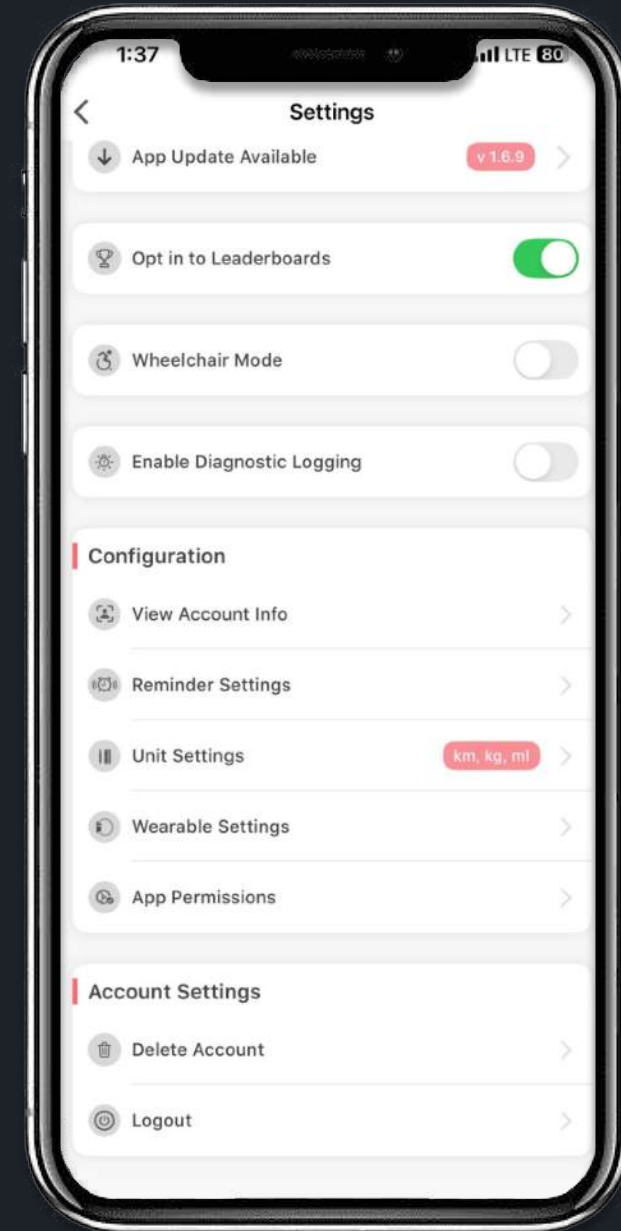
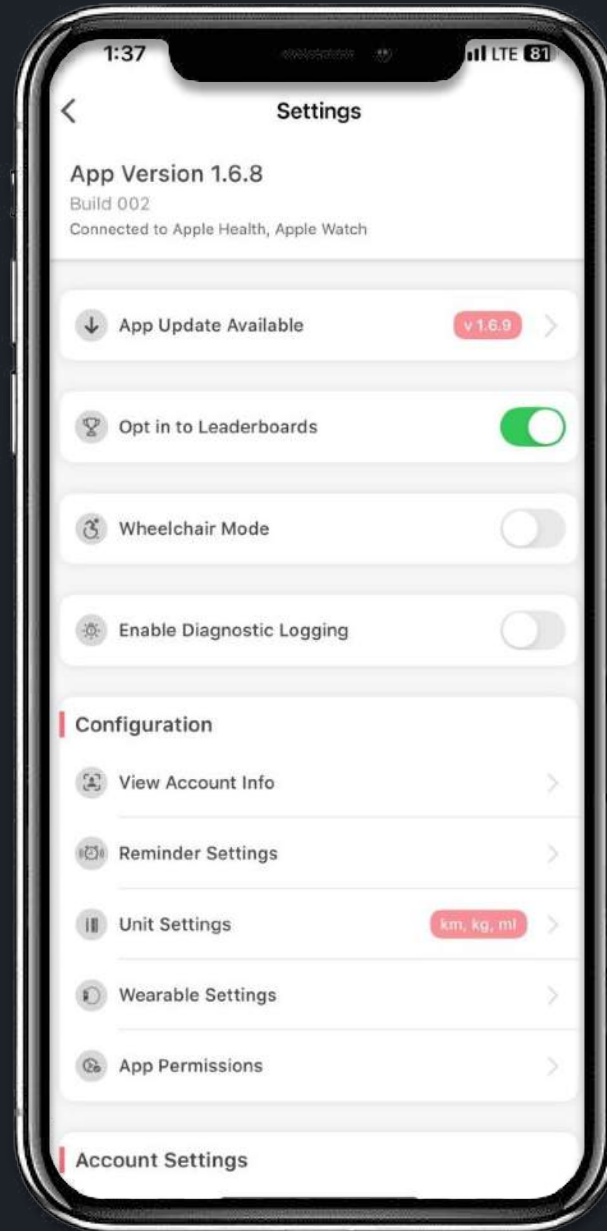
Statement



My Gift Cards

Settings

In the settings menu, client can be able to configure or modify their account information, unit settings, modes, set reminders, app updates, and logout.



Diagnostic logs helps developers and customer support staff investigate issues.

Client Reviews



Vantage Fit provided a smooth experience for us with its virtual and cost-effective nature. The other platforms we looked into did not have the app feature and were comparatively expensive. The fact that our employees could easily download the application on their phones and sync it with their fitness wearables motivated them to participate in the program.

-Michelle (Shaw) Metivier
HR Manager at SRS Medical, US



The Vantage Fit app is an effective tool for corporate walking challenges, offering a range of features to help participants stay motivated and connected throughout the challenge.

-Elsa Robertson
Senior Associate at Heidrick & Struggles



I've seen a significant increase in engagement and participation due to the step challenges.

-Pyry Liukkonen
Coach Pyry



The app worked out great, it was straight forward and easy to use.

-Beth Kalbach
Marinus Pharma



Overall we really love how fun and motivating the app has been for us all here at Ruby Digital. It sure brings out a person's competitive nature in a healthy manner.

-Jayson Ho
Ruby Digital

Onboard with us!

Enhance your corporate wellness initiatives by implementing a comprehensive employee wellness program.



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