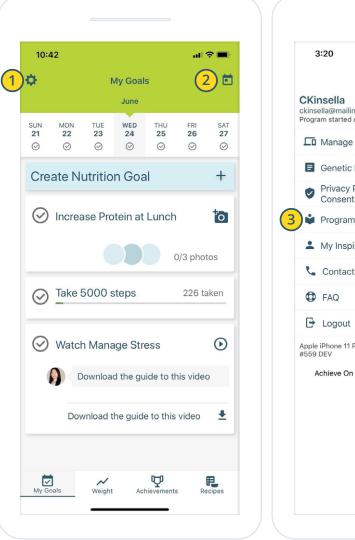


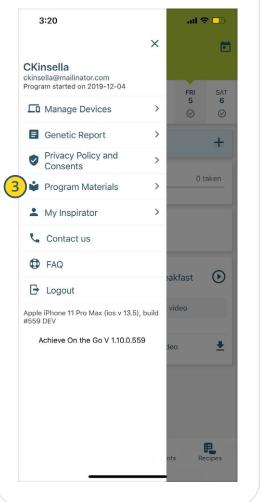
Newtopia App User Guide

Version 1.10.0 June 2020 Release



New Features





Updates at a Glance for Version 1.10.0

1. Settings Menu

The updated **Settings** icon allows you to manage your connected devices, complete consent forms to get incentives, access information about your genetic report, and much more.

2. Streamlined Self-scheduling

Book, reschedule, or cancel coaching calls with your Inspirator from the app, 24/7/365. If your Inspirator is not available when you are, try **More Options** to check the availability of other Inspirators.

3. Program Materials

You can now access videos or lesson guides at any time from the **Program Materials** library.

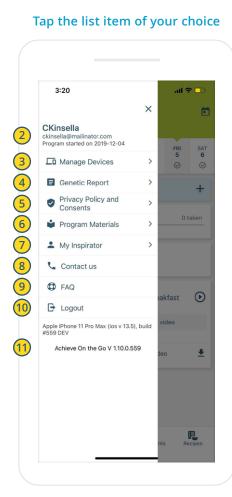
new

1. Settings Menu Update

Access profile settings, consent forms, and more.

10:42 al 🕆 🗖 Ċ My Goals SAT 27 21 22 23 24 25 26 \odot \odot \odot \odot \odot \odot \odot Create Nutrition Goal + Increase Protein at Lunch ю 0/3 photos Take 5000 steps 226 taken \odot Watch Manage Stress Download the guide to this video Download the guide to this video + My Goals φ P.

Tap the gear icon



- 1. Tap on the gear icon 🌞 to access profile settings and more content
- 2. Your personal contact information and program start date
- 3. Connect and manage devices like your Fitbit or Apple Watch
 - limit View your genetic report (if applicable)
- 5. View consent forms for privacy, incentives, genetics (optional)
 - Access program materials like videos and lesson guides
- 7. 📥 Learn more about your Inspirator
 - Call or email the Client Care team
- 9. 😳 Access answers to frequently asked questions
- 10. 🕒 Log out of the app
- 11. View the current version you're using of the app

4.

6.

8.

2. Streamlined Self-Scheduling

Book, reschedule, and cancel coaching calls with an Inspirator.

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28 29 30

9:00 AM

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Available

Available

Available

Available My Inspirator - Tracy Wang

Available

Available

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Tap calendar icon for the scheduler

Tap preferred time or More Options

Calendar

Tuesday, 16 June 2020

June

10 11 12 13

18 19 20

16

23 24 25

* My Inspirator - Tracy Wang

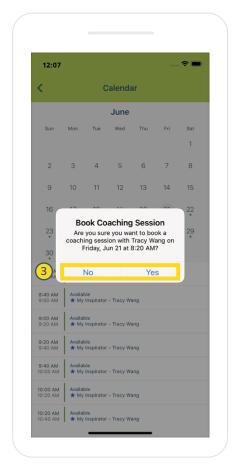
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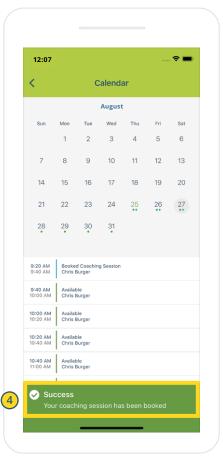
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Confirm Yes or No

'Success' will appear when booked





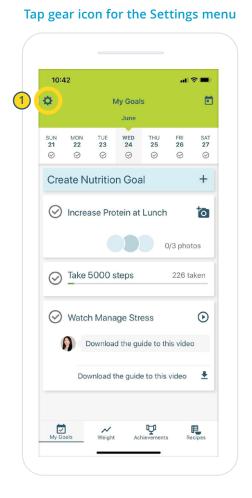
new

Book a call with your Inspirator or find an Inspirator who is available when you are:

- 1. Tap the calendar icon 🛅 on the upper right corner to launch the scheduler.
- 2. Select the day that you're available for a coaching session and pick a time with your Inspirator that works for you. To check the availability of other Inspirators, tap **More Options**. Tap your preferred coaching session.
- 3. Confirm **Yes** or **No** in the pop-up window.
- 4. Once confirmed, a message will appear indicating that your session has been successfully booked.

3. Program Materials

Access videos and lesson guides on nutrition, exercise, well-being, and other important health topics.



Tap Program Materials

×

3:20

CKinsella

ckinsella@mailinator.com

Manage Devices

Genetic Report

Consents

My Inspirator

Contact us

G FAQ

E Logout

#559 DEV

Privacy Policy and

Program Materials

Apple iPhone 11 Pro Max (ios v 13.5), build

Achieve On the Go V 1.10.0.559

Program started on 2019-12-04

Scroll and select filters

Program Materials

General (Nutrition) (Exercise) (Wellbeing)

Program Orientation

Track Your Food

Tracking Your Exercise

Get Support

Learn why and how to track your

Eat Well to Prevent Type 2

Welcome to your first coaching

session. Review the program outline

Learn why and how to track your food

PDF Guide

PDF Guide 坐

PDF Guide

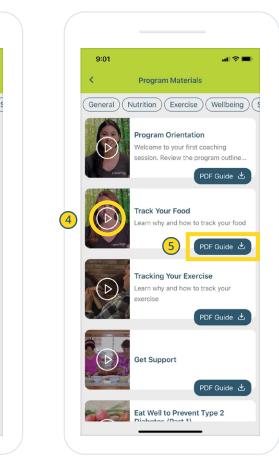
PDF Guide 🕁

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View videos and PDF Guides



How to access videos and PDF lesson guides:

- 1. Tap the gear icon 🔹 in the upper left corner of the screen to open the **Settings** menu.
- 2. Select **Program Materials**. By default, no content filters are selected.
- 3. Select or combine filters (general, nutrition, exercise, well-being, stress management, medical conditions, mindset, sleep) to view preferred content.

Recipe

- 4. To watch a video, tap the play icon 💿 on the image to open the video in Vimeo.
- 5. To view a lesson guide, tap the PDF Guide button (PDF Guide 🕹) to open the guide in the app. Press the back arrow to return to the Program Materials screen.