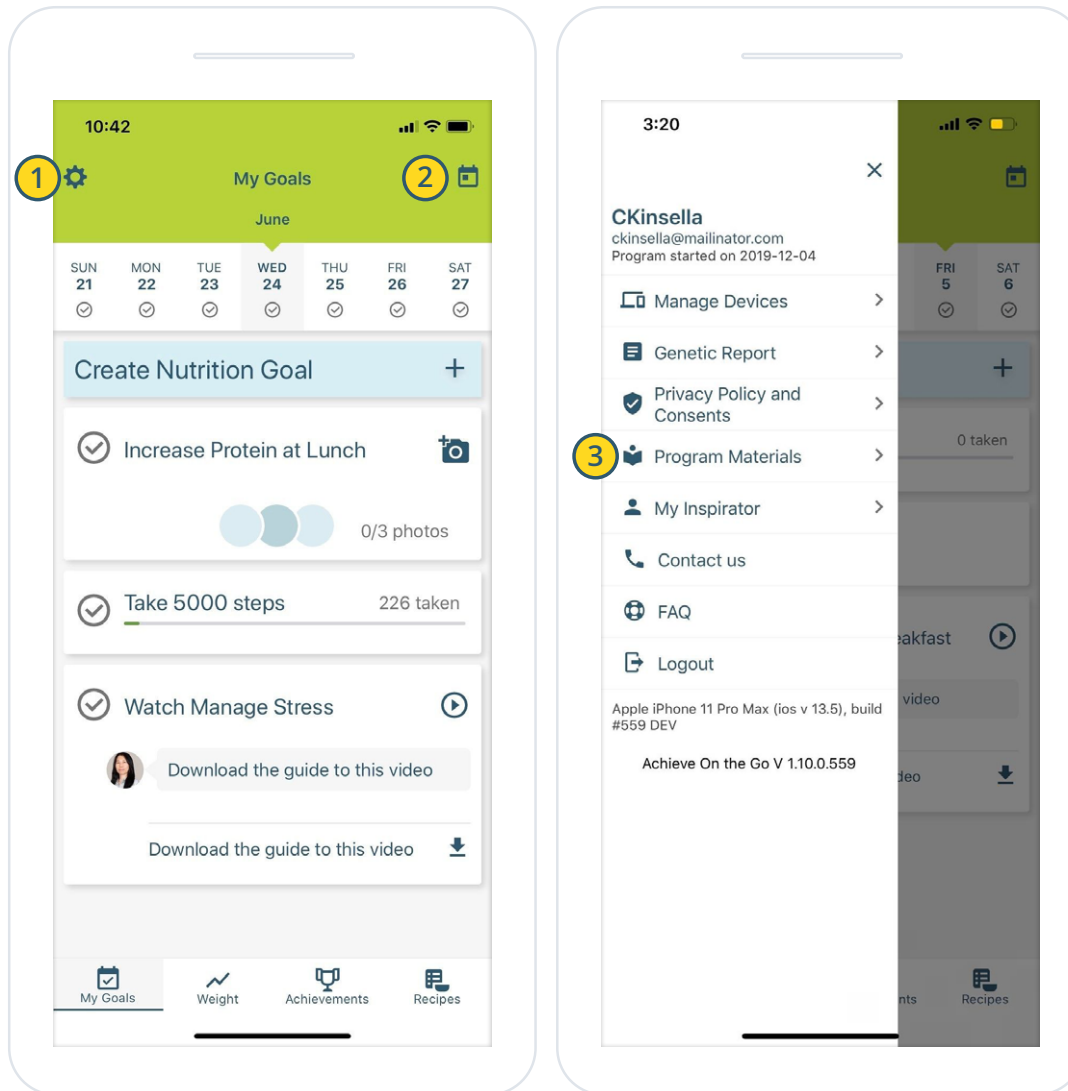


# Newtopia App User Guide

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.

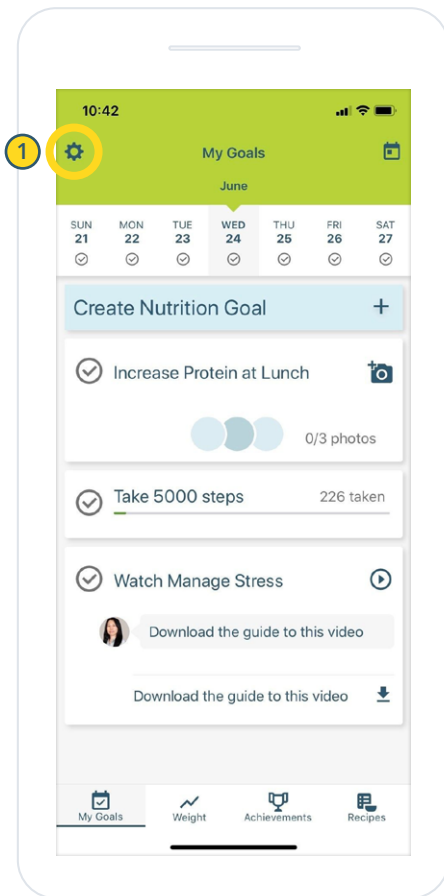
### 3. Program Materials

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

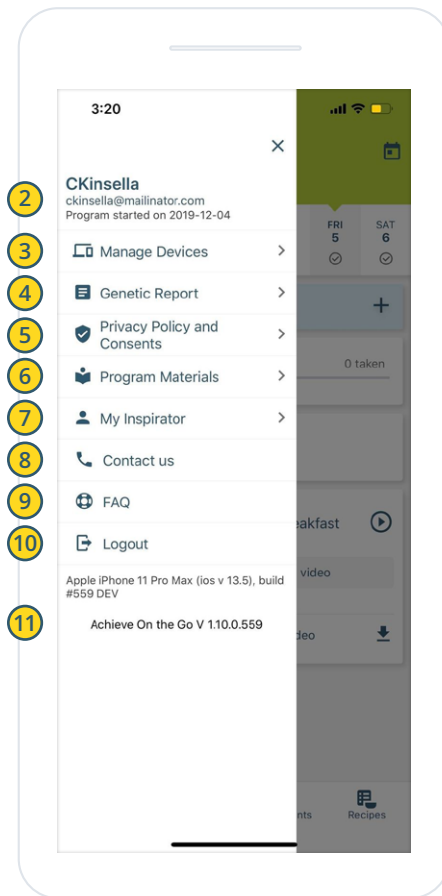
# 1. Settings Menu Update










Access profile settings, consent forms, and more.

Tap the gear icon



Tap the list item of your choice

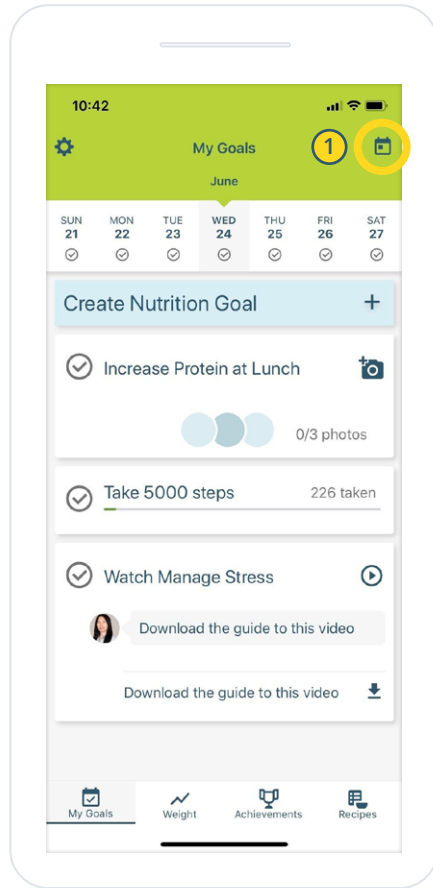


1. Tap on the gear icon  to access profile settings and more content
2. Your personal contact information and program start date
3.  Connect and manage devices like your Fitbit or Apple Watch
4.  View your genetic report (if applicable)
5.  View consent forms for privacy, incentives, genetics (optional)
6.  Access program materials like videos and lesson guides
7.  Learn more about your Inspirator
8.  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

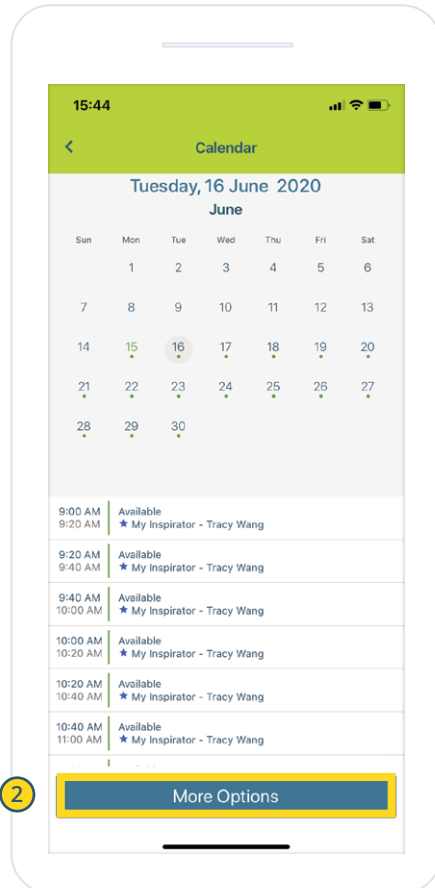
# 2. Streamlined Self-Scheduling

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

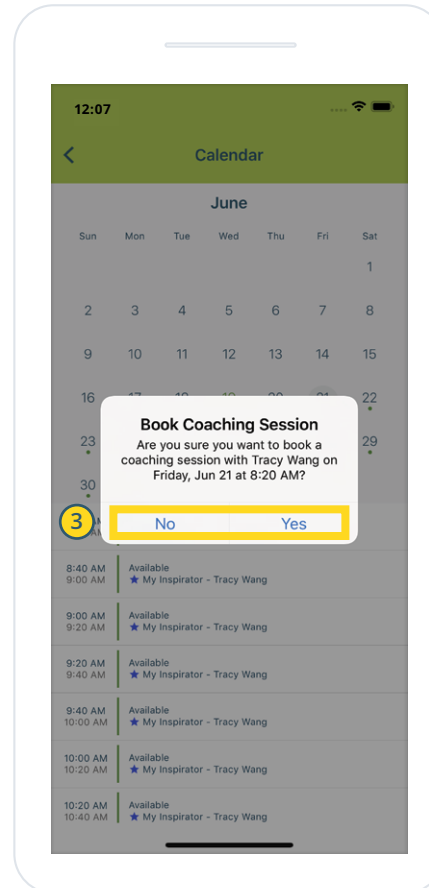
Tap calendar icon for the scheduler



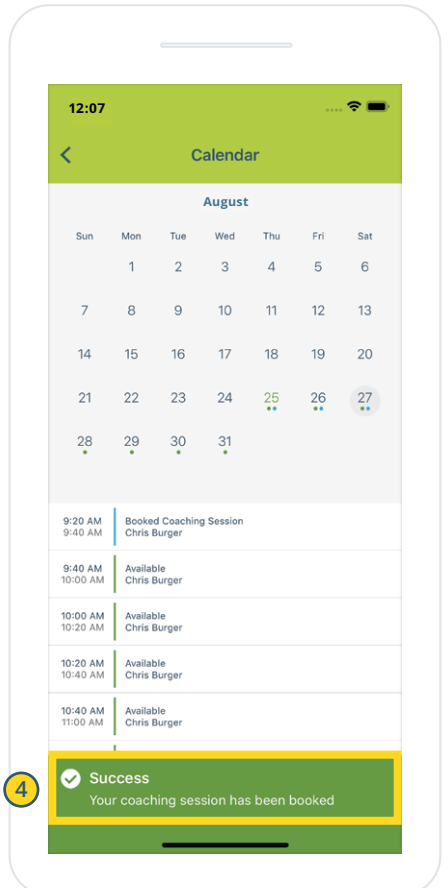
Tap preferred time or More Options




Confirm Yes or No



'Success' will appear when booked



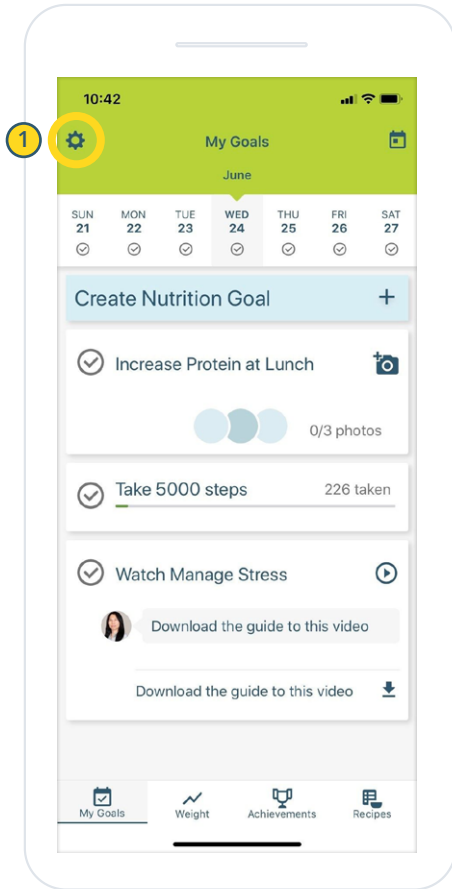
**Book a call with your Inspirator or find an Inspirator who is available when you are:**

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.

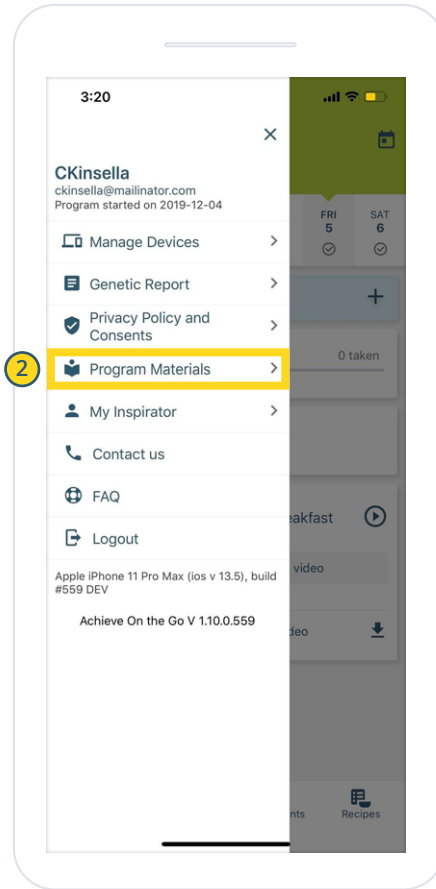
# 3. Program Materials

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

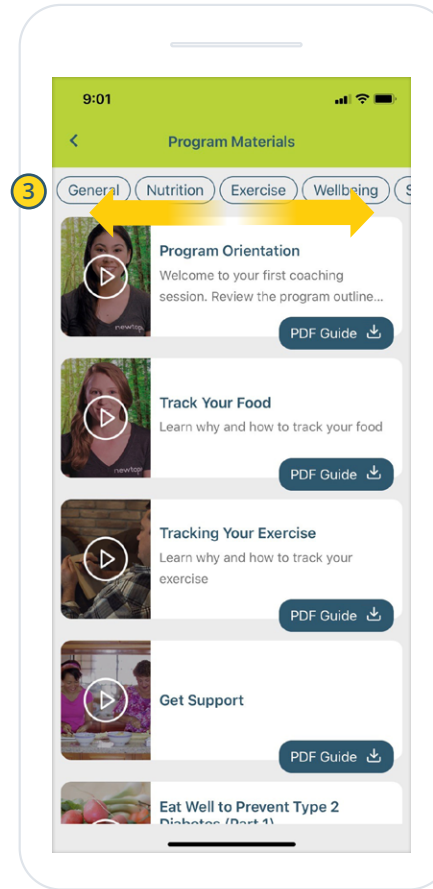
Tap gear icon for the Settings menu



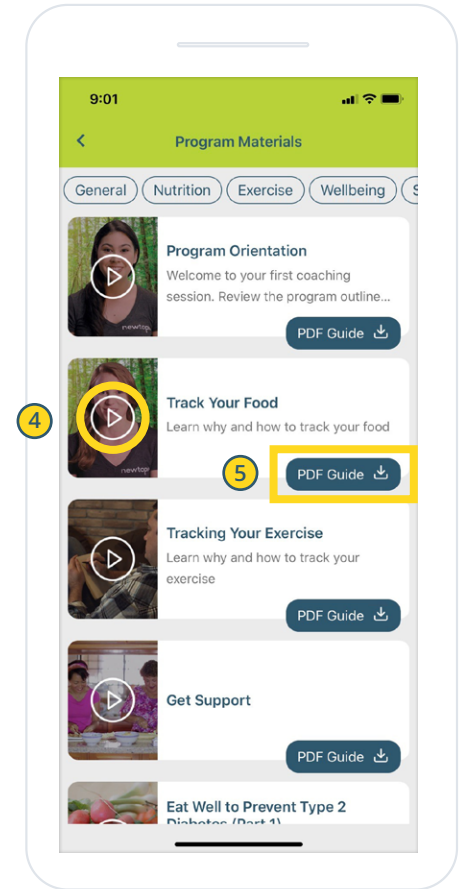
Tap Program Materials






Scroll and select filters



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.
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  to open the guide in the app. Press the back arrow to return to the Program Materials screen.