

CIBC Run for the Cure Mobile App User Guide

What it does

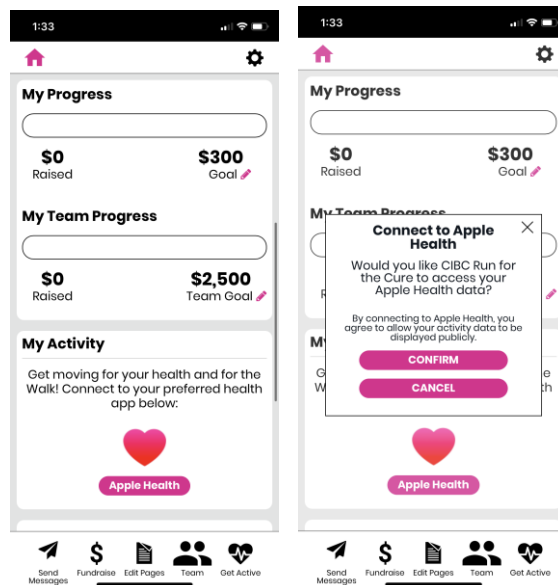
The mobile app allows fundraisers to engage in and track their physical activity while they raise money for their favorite cause. Depending on their event registration, users can track their run, activity leading up to and including event day.

Users can also compare how their activity compares to other fundraisers and, if they are part of a team, they can see where their team ranks in the event.

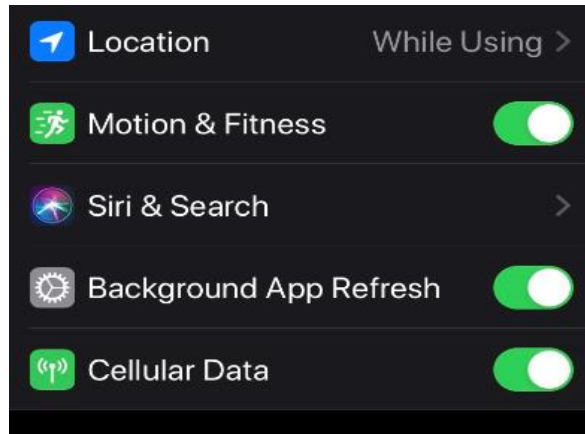
How to connect

To start using the CIBC Run for the Cure App, follow these steps:

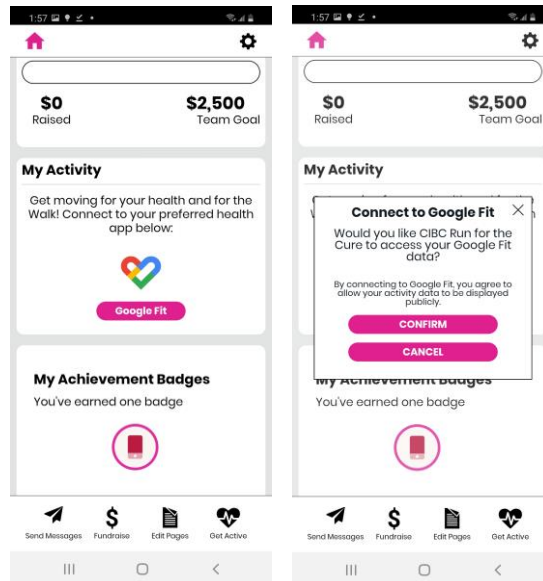
1. Apple devices - Click on the “Connect to Apple Health” icon



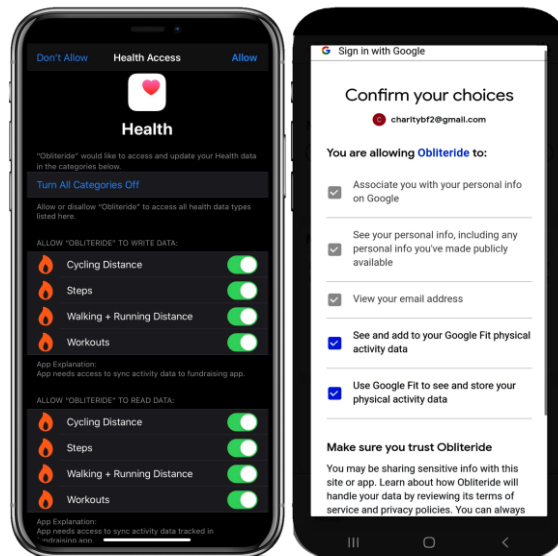
NOTE: For best results, ensure that the Motion & Fitness toggle is enabled under the app settings on your device. The app will ask you if you want to enable it.



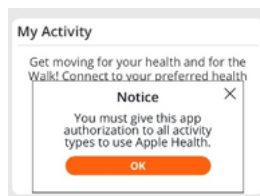
2. Android – Click on the “Connect to Google Fit” icon



3. Provide authorization to retrieve your activity data

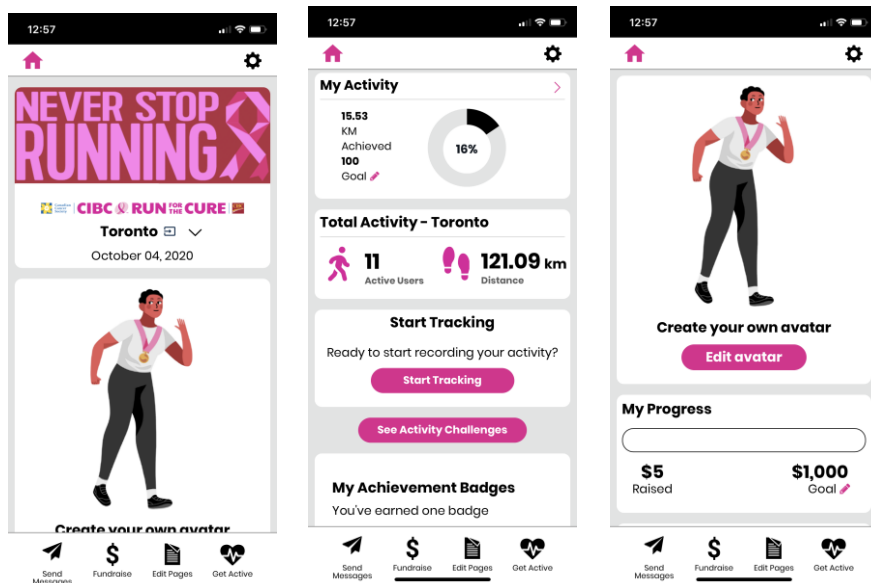


Note: If you don't allow all categories to sync on iPhone, you may receive the following message and will need to sync all health data. Go to Settings from your home screen > Scroll down to the Health app > Select "Data Access & Devices" > Select [App Name] > Select "Turn all Categories On".



Home Screen

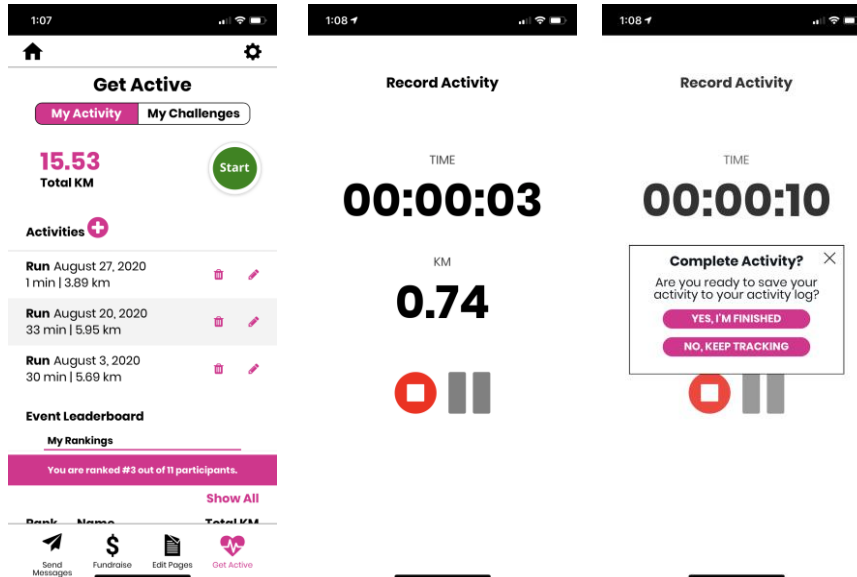
Your activity progress can also be easily accessed on your Home Screen. In addition to seeing your personal and team progress, you can access your avatar to edit and customize them and quickly track activity from this screen and edit your goals as well.



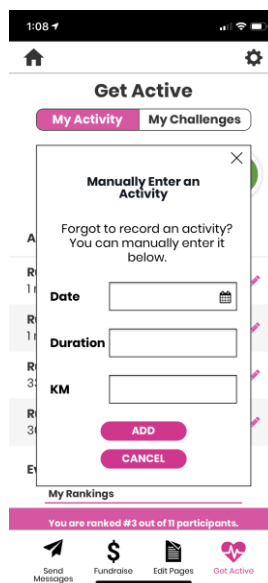
My Activity

1. If you already have an activity tracking device, such as an Apple Watch or Garmin, and the device is connected to either Apple Health or Google Fit, your historic activity data will automatically be retrieved for the period of time that is defined for your event. For example, if you've been walking for the past 3 weeks and your event has been configured to retrieve data from the past 2 weeks until event day, then every walk of yours from the past 2 weeks will import into the mobile app.

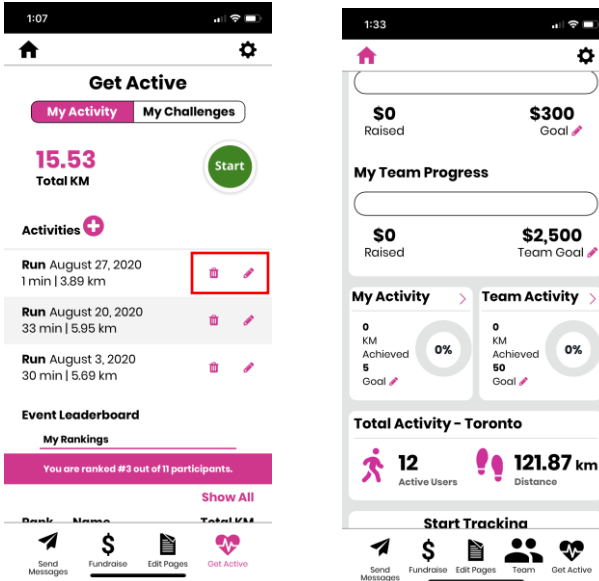
- If you do not have an activity tracking device, you can record your activity from within the app by clicking the green “Start” button. When you’re done with your activity, you can press the red “Stop” button to save your walk or run.



- If you forget to track an activity with a device, you can manually add your activity by clicking the “plus” button next to activities.



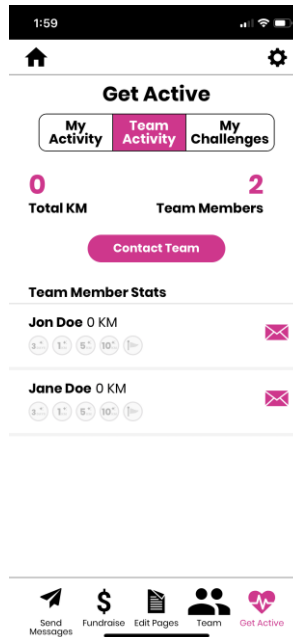
4. If you need to change or delete an activity, you can do so by clicking the pencil or trash bin icons.



5. My Account > Resync Activity Data. A resync feature is available under the settings cog in the top right corner of the app.

Team Activity

If you're a team captain, you can see all team members activity, the challenges they've achieved and the ability to contact them via email or the entire team. There are also team stats at the top of the page to show you your team progress.



Challenges

As you continue tracking your activity, you will be awarded challenge badges to recognize your achievements. These challenge badges are typically based on a streak of activity, total distance of an activity and/or percent of activity goal you've achieved. Also, once you've been awarded a challenge badge you can share your achievement on various social feeds.

