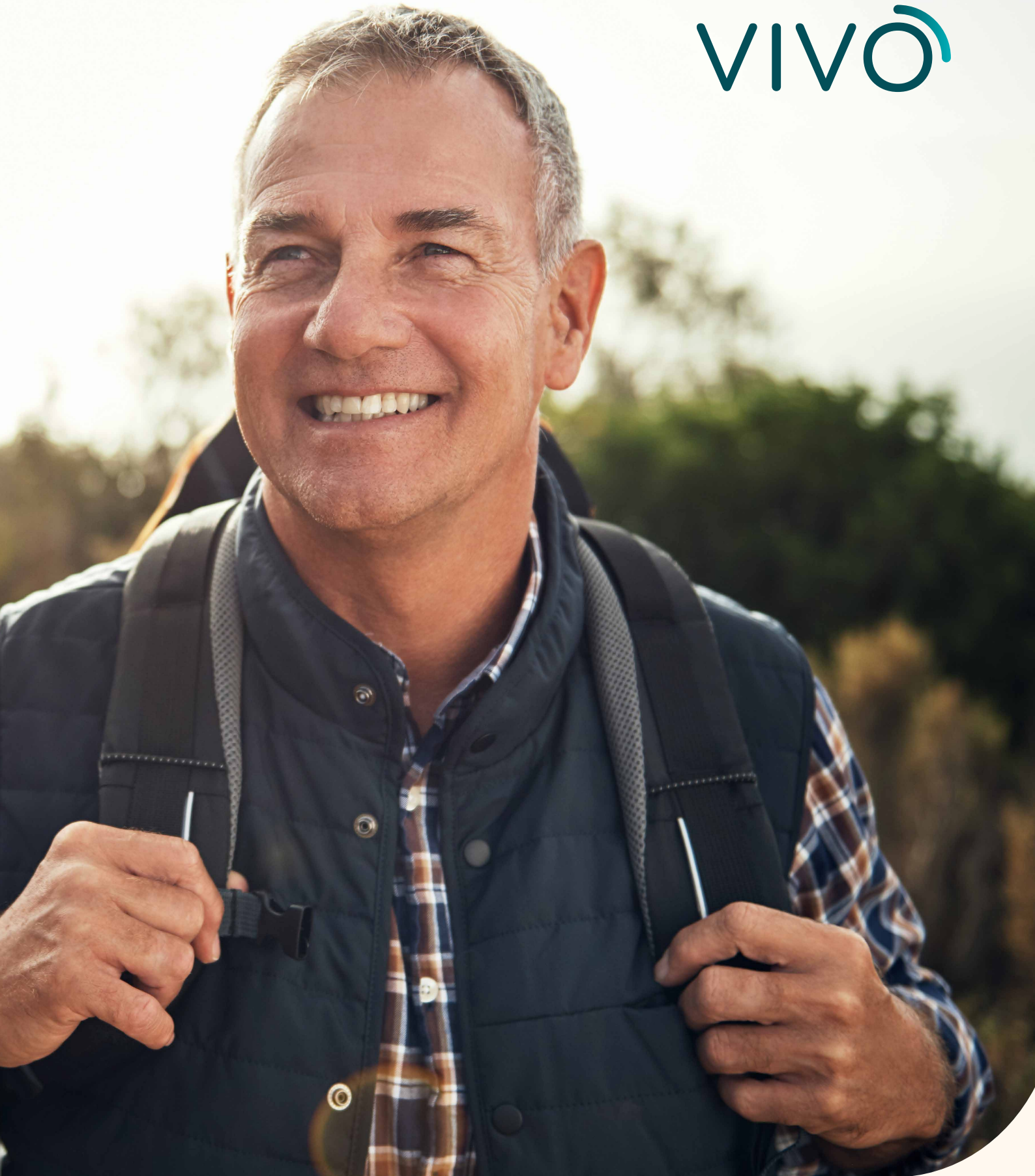


VIVO



User Guide Vivo Companion

# Get started in three easy steps

Take charge of your health and recovery journey with Vivo Companion.

1

## Download the app

Vivo Companion is available for download on iOS and Android mobile devices.



Download on iOS



Download on Android

2

## Sign-up

Open the app and tap **Sign up**. Enter your access code and provide your phone number, full name, and email.

If you don't have an access code, talk to your Acenda Case Consultant or Recovery Specialist, or email [support@vivowellbeing.com.au](mailto:support@vivowellbeing.com.au)

3

## Connect your wearable device or app

Get the best Vivo Companion experience by connecting your wearable device or your phone's health app.

You can easily connect by going to **Track > Tracking Devices/Apps**.

You can manually add your activity data if you don't have a compatible device or app.

See the **Frequently Asked Questions** for more information.

## If you need support

For any questions, please reach out to your Acenda case consultant or contact the Vivo team at [support@vivowellbeing.com.au](mailto:support@vivowellbeing.com.au)

# Your fast guide to using Vivo Companion

This guide will walk you through the main features you can use in the app.



## Me

The **Me** screen is all about you! You can check your Health Score, track your goals, view upcoming events, and explore everything the app has to offer. Here's a quick look at what you can do from the Me screen.

### Health Score

Your Health Score helps you track your overall well-being in real time. It ranges from 1 to 1,000 and is based on your body, mind, and lifestyle.

The more consistently active and healthy your habits are over time, the higher your score - and the healthier you're considered to be.

	Poor (0-479)
	Fair (480-549)
	Good (550-609)
	Very good (610-679)
	Excellent (680-1000)

The score includes seven components: Sleep, Nutrition, Physical Activity, Self-control, Mindfulness, Physical Health, and Mental Wellbeing. You can tap on any domain of health for detailed insights and tips to improve your score.

### What's next

This section will let you know if there's any tasks awaiting your completion.

### Goals

You can choose from a range of goals designed to help you make daily improvements to your health and lifestyle behaviours. For example, increasing your step count, improving your sleep, or activating daily reminders to take your medication.

You can add and start goals by going to **My Ongoing Goals** on the Me screen. Select **See all goals** and choose the goal you wish to add.

Once you have started a goal, it will be displayed in the goals overview section on the Coach screen.

You can have a maximum of three active goals at a time. If you already have three active goals and wish to start a new one, you will need to either complete or remove one of your current goals.

### Dashboard

The dashboard provides a quick overview of your activity data and body values, including steps, distance, calories burned, and weight.

You can select **Edit** beside your dashboard to add, remove, or reorder the data points on display.

### Challenges

Participating in challenges can give you the extra encouragement you need to reach your goals and improve your Health Score.

When challenges are available, you can join them by tapping **See all Challenges** on the Me screen. New challenges will be displayed under **Pending** and you can tap **Join** to join the challenge.

Once you have joined a challenge, it will be displayed in the challenge section on the Social screen.

## Achievements

Achievements are automatically activated milestones. There are general achievements and activity-based achievements.

To check your status and progress towards attaining an achievement, you can tap on the specific achievement to see your results. Earned achievements are communicated via your news feed on Vivo Companion. Achievements can also be accessed in the Coach screen by tapping on Achievements.

## Events

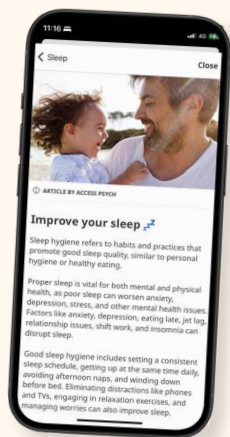
Attend live webinars to hear from health and medical professionals on a range of topics. Learn ways to better manage your recovery, improve your health and achieve your goals.

Select **Browse events** to see all upcoming events. And to learn more or register to attend an event, simply tap on the one you're interested.

## Articles

Browse through a range of articles that dive into health improvement tips across the seven Health Score components.

These articles have been written by our experts and will be recommended to you based on your needs.



## Coach

The Health Coach is designed to keep you motivated and suggest actions based on your activity, health, and goals.

Check the Coach for regular updates on your progress and recommendations on how you can improve.

## Track

Tracking your physical activity is a great way to measure progress and improve the accuracy of your Health Score.

Most fitness devices and apps sync with Vivo Companion so you can track your activity automatically. If you don't have a compatible device or app, you can manually log your activity - just tap the activity icon on the map.

Some activities are GPS-based. You can turn GPS tracking on or off by tapping the label - when it turns grey with a cross, tracking is off.

Rest assured, no location-based data is ever shared with Acenda.

## Social

Your news feed will give you a summary of your recent activities and achievements. If you're looking for some extra motivation, you can celebrate both small and big wins by sharing them on social media or sending them as messages to those who are supporting you on your health journey.