

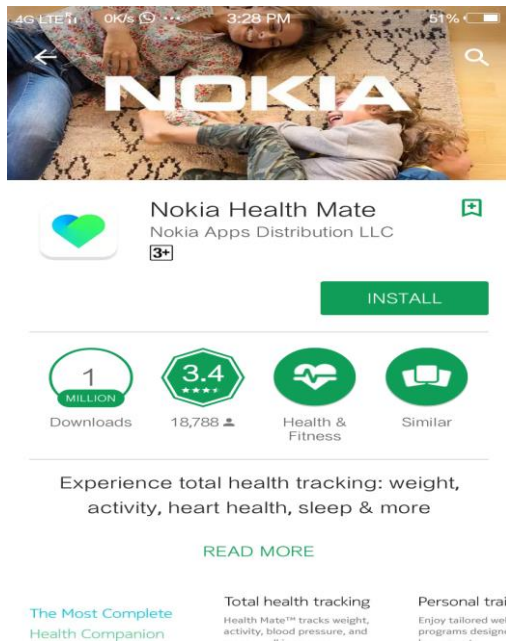
### **We have mentioned the steps to Login on Nokia Health Mate App**

- (1) Download the App Nokia Health Mate on your phone from the Play Store (Android)/ App Store (Iphone)
- (2) After successful download click on Get Started
- (3) Click on "USE YOUR APP TO MANUALLY TRACK DATA"
- (4) Enter the Email and Password and LOGIN
- (5) Enter First and Last name, Gender and Date of Birth, then NEXT
- (6) Also enter the Height and Weight, then NEXT
- (7) There will be a page that appears, click on Dashboard (It is at the bottom beside Home Icon)
- (8) Click on "START TRACKING YOUR ACTIVITY"
- (9) Click on "ACTIVATE NOW"
- (10) Choose the account, and click on ALLOW, then DONE
- (11) Number of steps as 10000 will be by default, SAVE IT

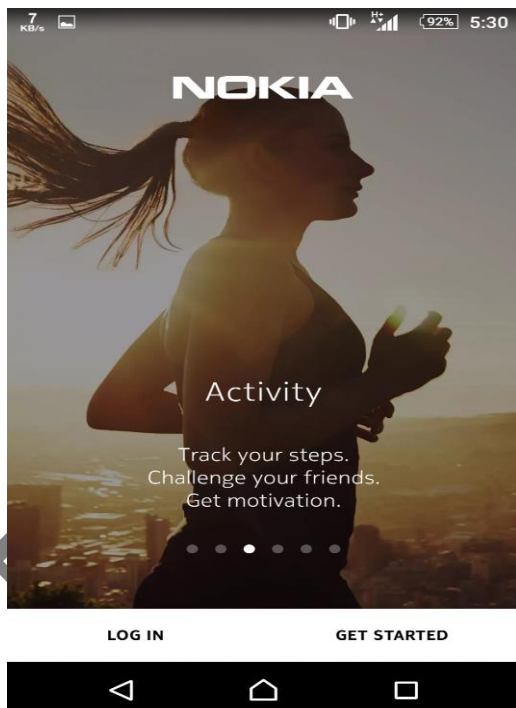
### **Connecting Nokia Health Mate App to Activ Health App.**

- (12) Download the Activ Health App from the Play Store (Android)/ App Store (Iphone)
- (13) Go the Profile section (5<sup>th</sup> Section at the bottom)
- (14)(a) You will have to enter your user details, if you have already registered yourself then go to Login to enter Username/Member ID and Password
- (b) Or you will have register if you have not done yet, steps of the same are as follows,
  - Click on Register
  - Enter your Member Id to generate an OTP
  - Enter the OTP
  - Verify your information and set Username and Password, then click on the checkbox of "I agree to the Terms and Conditions" Click on Register
- (15) You will get a pop up confirmation for the same, and you will be logged in to the App
- (16) Click on Dashboard (circled in Blue), then on Active Dayz
- (17) Click on the Device symbol on the upper right hand side (circled in Blue)
- (18) Select the App Name i.e. Nokia. Enter Email and Password, Sing in. It should be the same which is used for the Nokia Health Mate App
- (19) Click on Allow, you will get a pop up "Access granted"
- (20) You can recheck by again clicking on the device symbol on the upper right, you will be able to see the linked symbol

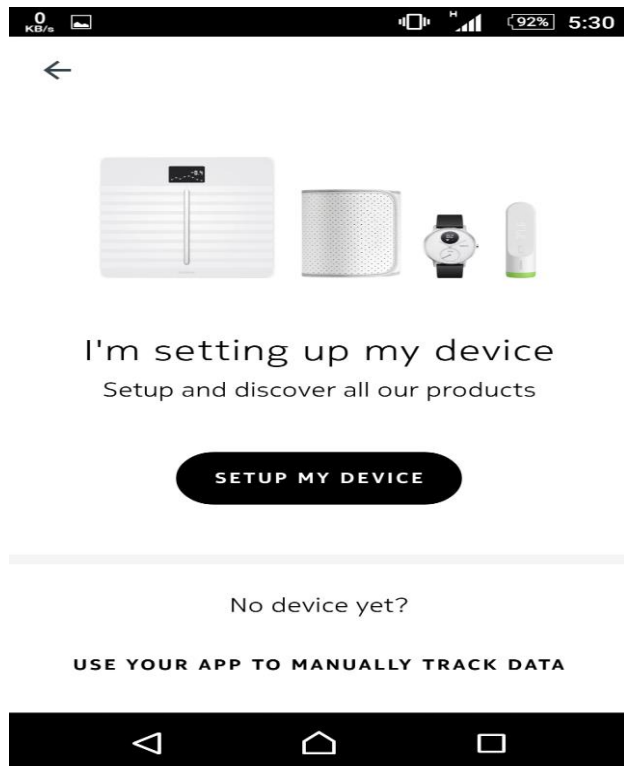
(1) Download the App Nokia Health Mate on your phone from Play Store/ App Store



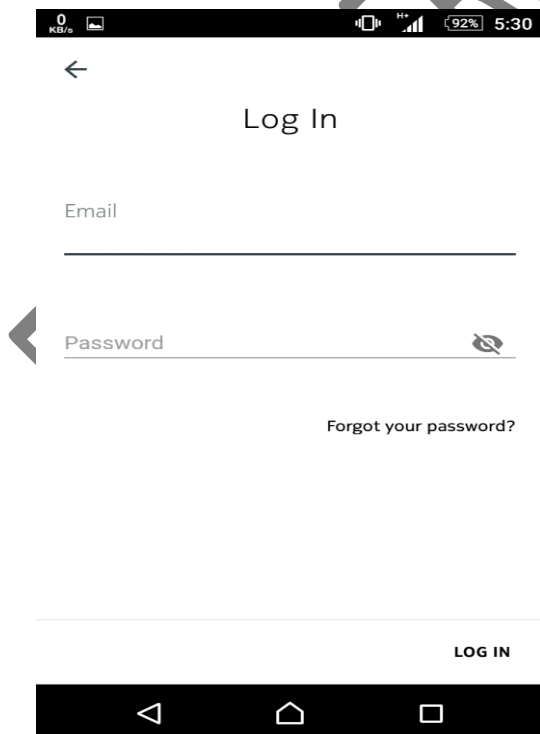
(2) After successful download click on Get Started



(3) Click on "USE YOUR APP TO MANUALLY TRACK DATA"



(4) Enter the Email and Password then on Login



(5) Enter First and Last name, Gender and Date of Birth, then on Next

0 KB/s 93% 3:32

First name  
Pooja

Last name  
Gohil

The information below helps us precise the way health metrics such as body fat or BMI are computed.

Gender

Birthday  
18 / 07 / 1991

NEXT

(6) Also enter the Height and Weight, then Next

0 KB/s 93% 3:33

←

Tell us more

We'll use this information to give you personalized advice.

Height  
05 ' 01 " ft ▾

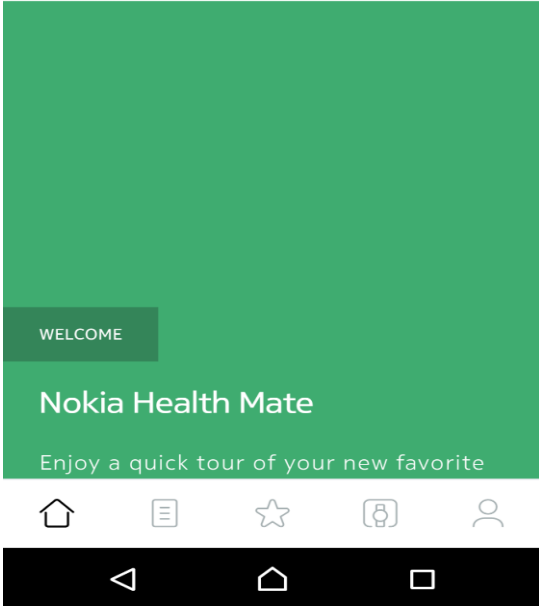
Weight  
60 kg ▾

PREVIOUS NEXT

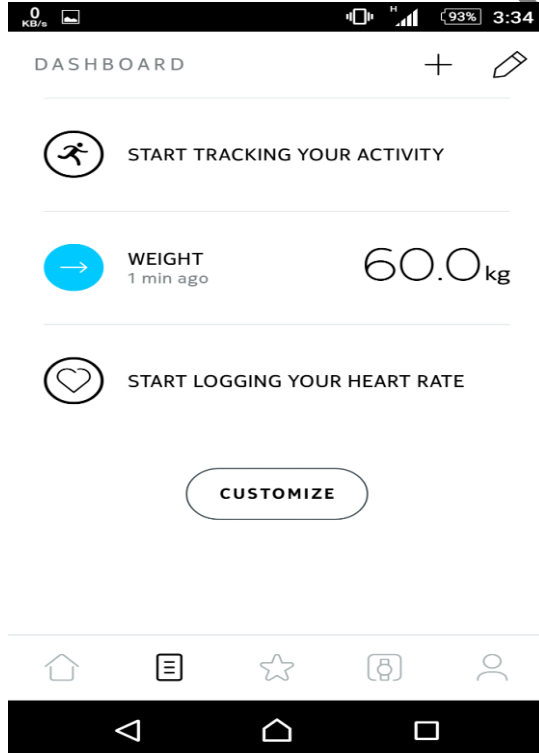
(7) This is the page that appears, click on Dashboard Icon (It is at the bottom beside the Home Icon)



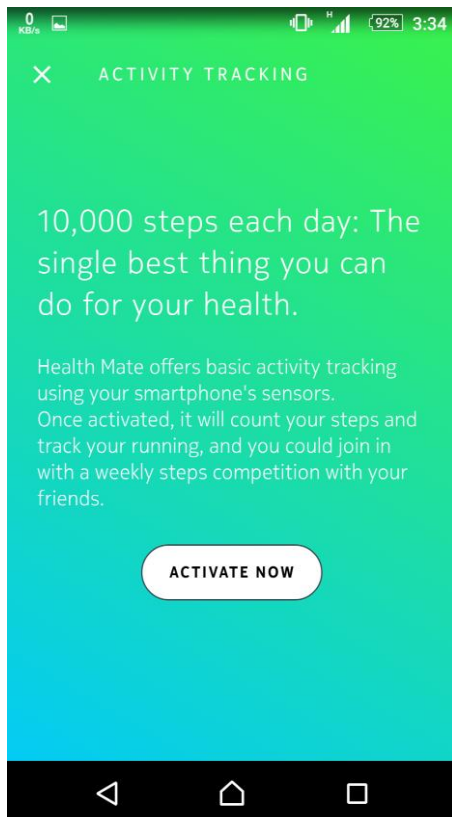
Good afternoon Pooja!



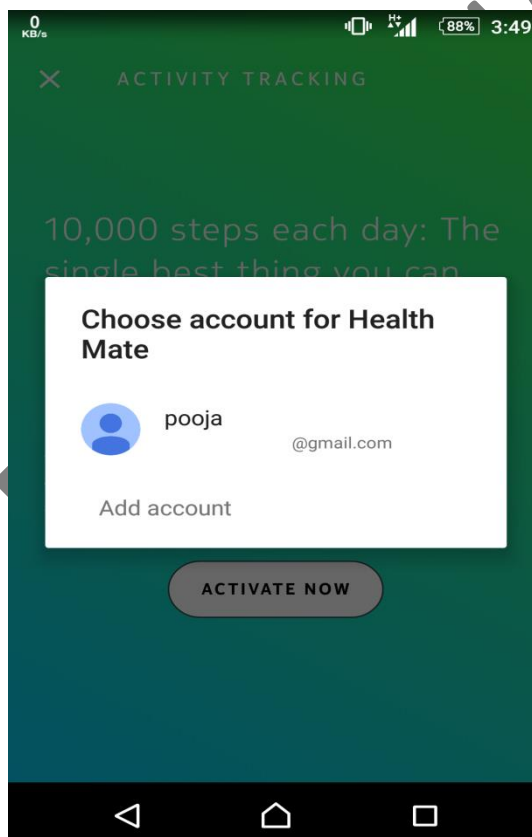
(8) Click on "START TRACKING YOUR ACTIVITY"

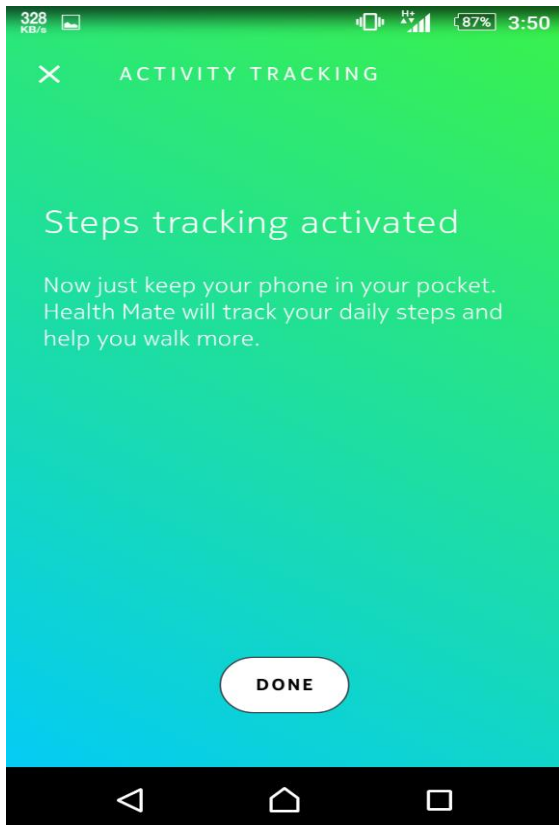
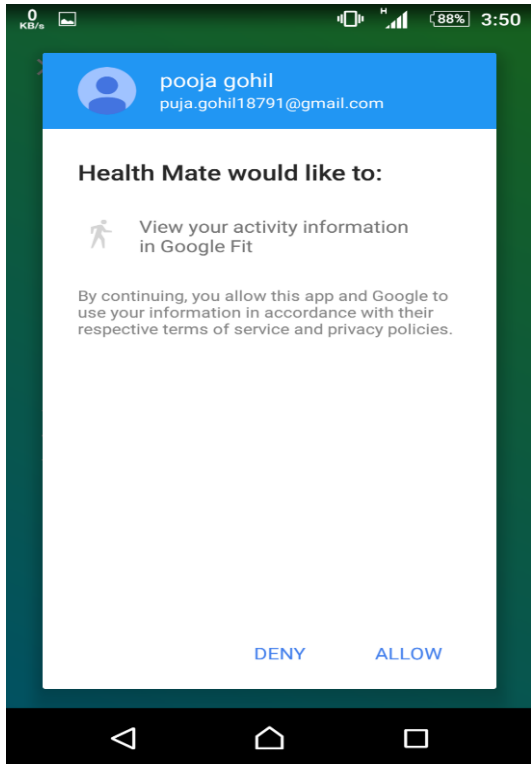


(9) Click on ACTIVATE NOW

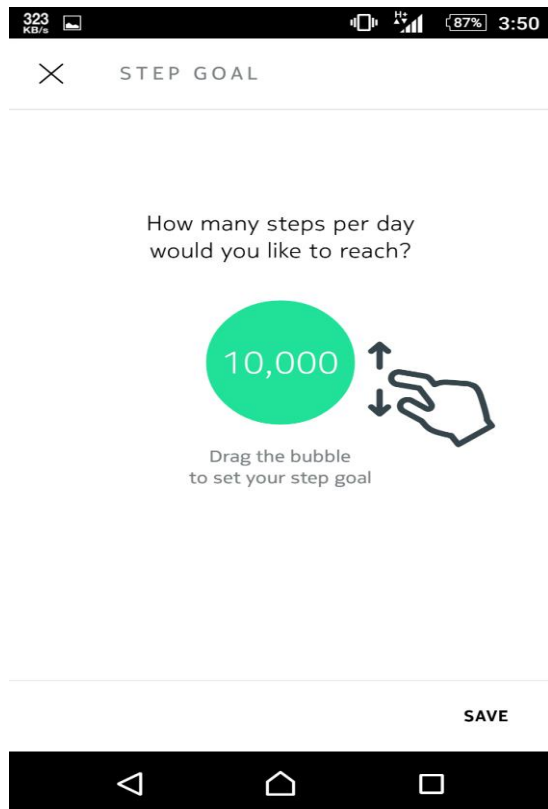


(10) Choose the account, and click on ALLOW, then DONE

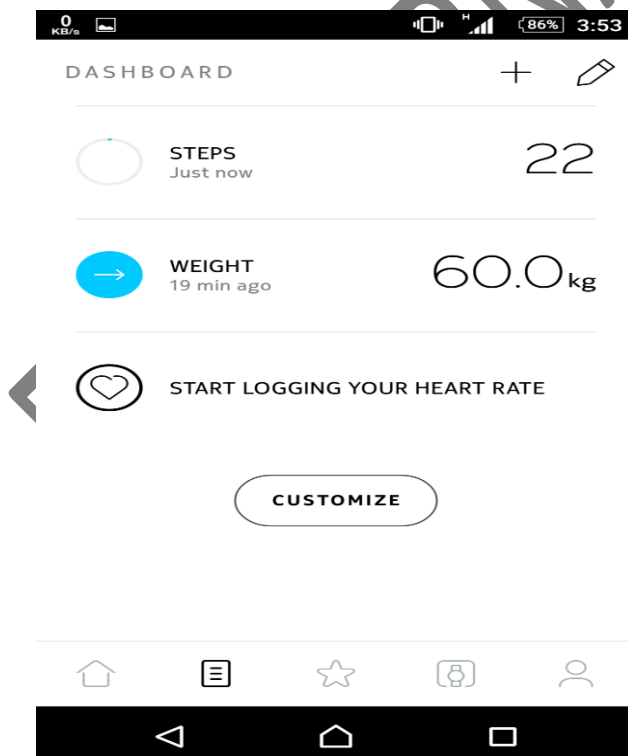




(11) Number of steps as 10000 will be by default, click on SAVE



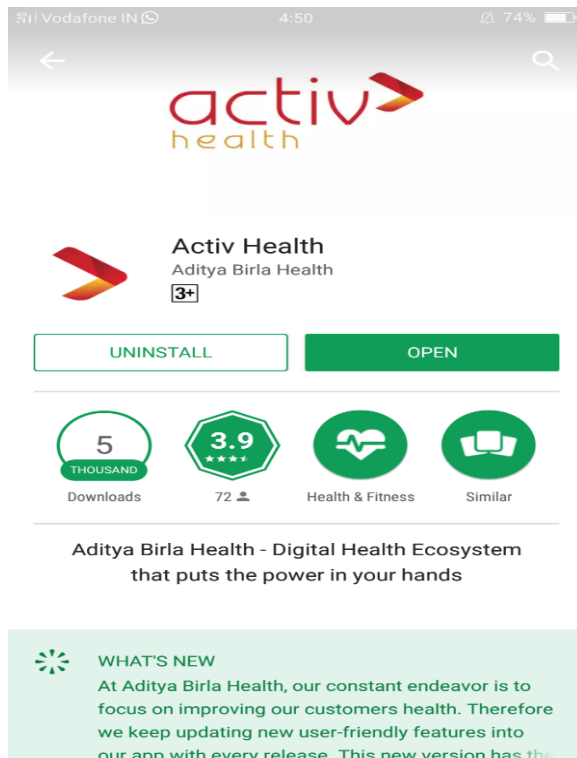
This way you successfully Login, The Dashboard appears and you can track your steps



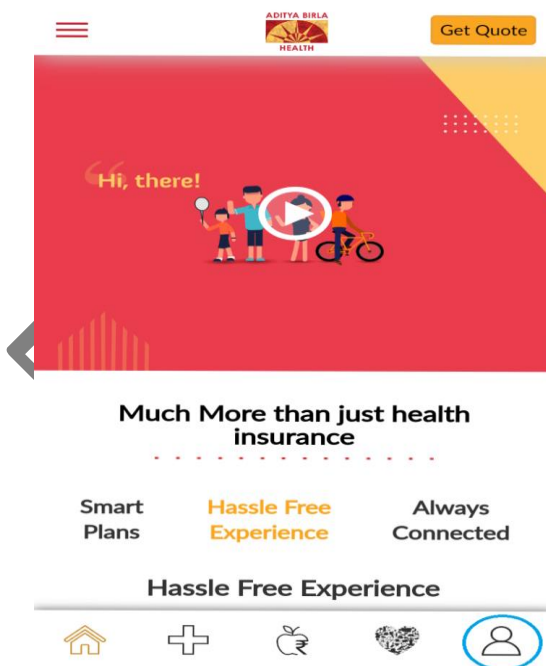


## Connecting Nokia Health Mate App to Activ Health App.

(12) Download the Activ Health App from the Play Store (Android)/ App Store (Iphone)



(13) Go the Profile section (5<sup>th</sup> Section at the bottom)



(14) (a) You will have to enter your user details, if you have already registered yourself then go to Login to enter Username/Member ID and Password



[Login](#) / Register

Username/Member ID\*



Password\*



Login

[Forgot/Change Password?](#)

[Forgot Username?](#)

\*Username and password are as registered by you.

[Login Later](#)



(b) Or you will have register if you have not done yet, steps of the same are as follows,

- Click on Register
- Enter your Member Id to generate an OTP
- Enter the OTP
- Verify your information and set Username and Password, then click on the checkbox of "I agree to the Terms and Conditions" Click on Register



Login / [Register](#)

Member ID



Submit

\* Member ID is communicated to you in welcome email.


[Back to Home](#)





Login / [Register](#)

Member ID

 702\*\*\*\*

Submit

\* Member ID is communicated to you in welcome email.

[← Back to Home](#)



Login / [Register](#)

Enter OTP

 97\*\*

[Resend OTP](#)

Submit

[← Go Back](#)




INTERNAL USE ONLY

HEALTH

Login / [Register](#)

Name

 Mrs Manasvi Tolia

Date of Birth

4/12/1991

Gender

Female

E-mail ID

 manasvi.tt@gmail.com

Mobile Number

 112002300

Username

 Manasvi

\*This username will be used for future logins.

Password

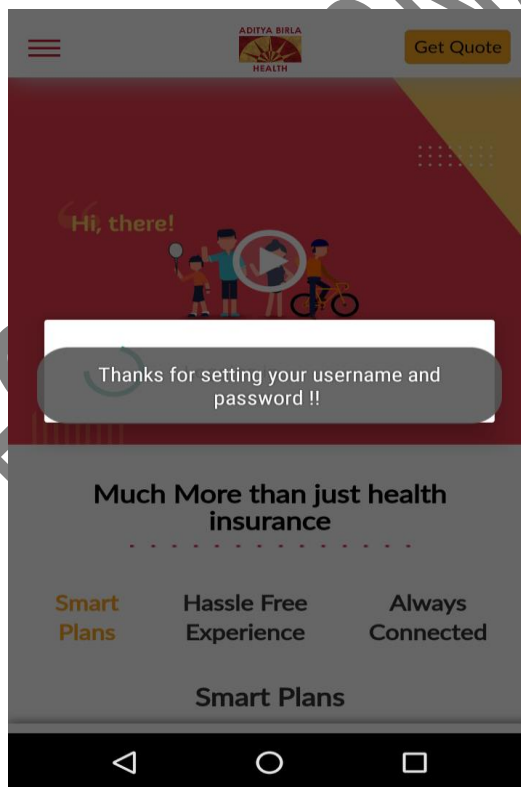
 ●●●●●●

\*Password should be minimum 6 chars including atleast 1 uppercase, 1 number, 1 special char.

I agree to the Terms & Conditions

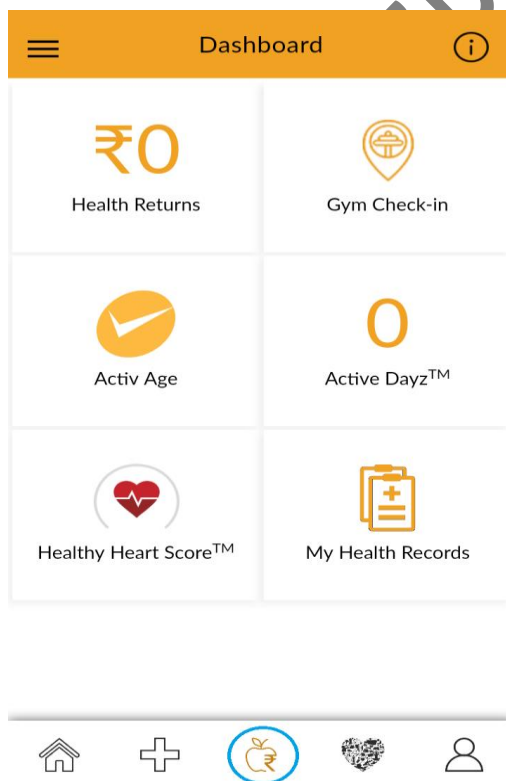
Register

(15) You will get pop up confirmation for the same, and you will be logged in to the App





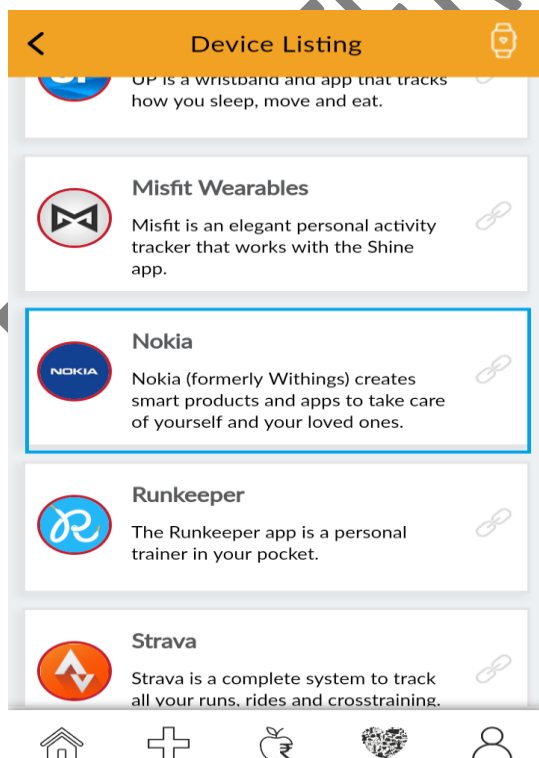
(16) Click on Dashboard (circled in Blue), then on Active Dayz



(17) Click on the Device symbol on the upper right hand side (circled in Blue)



(18) Select the App Name i.e. Nokia. Enter Email and Password, Sing in. It should be the same which is used for the Nokia Health Mate App





# NOKIA

## My account

Don't have an account yet?

Email address

Password

[Forgot your password?](#)

Sign in



(19)Click on Allow, you will get a pop up "Access granted"



VALIDIC

## Authorize Validic Test Organization to access your data?

The authorization will apply for :

This partner **will be allowed to** :

- Read your data
- Read your profile

This partner **won't be allowed to** :

- Modify or delete your data
- Add data
- Modify or delete some profile information

Allow this partner to access your data?

Allow





NOKIA



Access granted

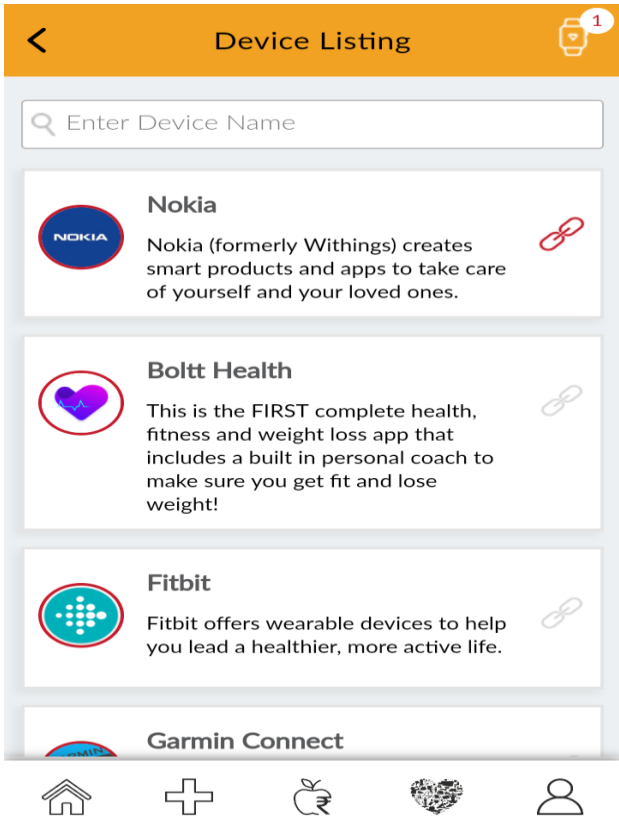
You are going to be redirected...



(20) You can recheck by again clicking on the device symbol on the upper right, you will be able to see the linked symbol







FOR INTERNAL USE ONLY