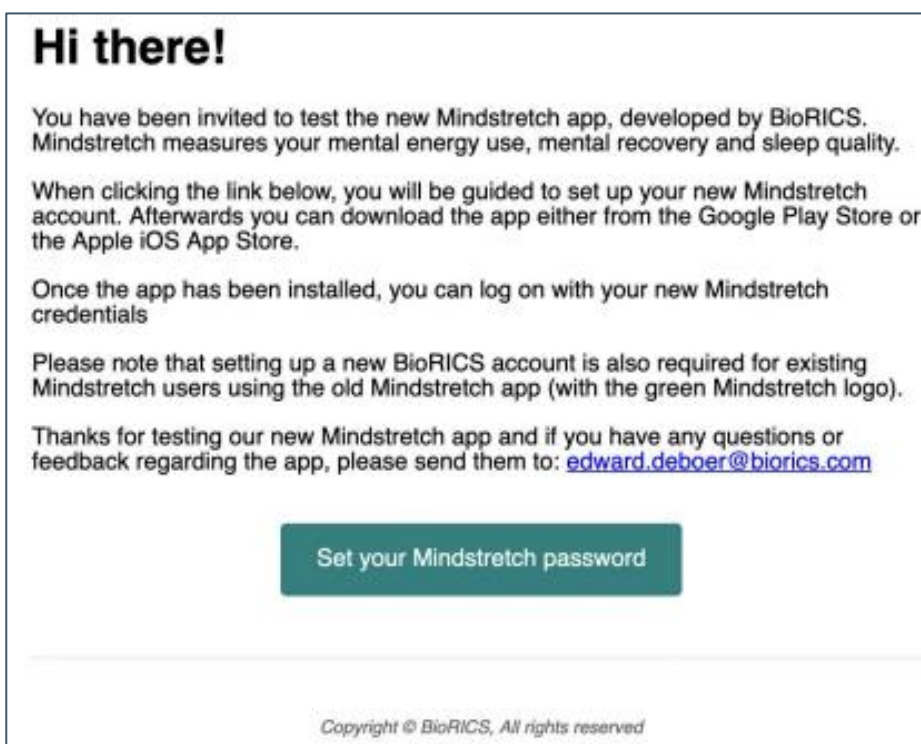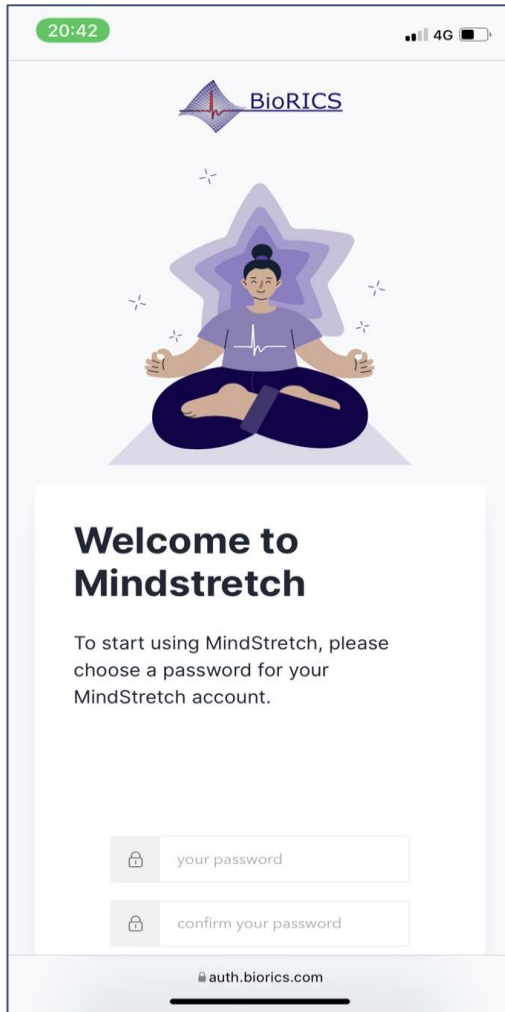Welcome to the Mindstretch installation manual. To start with Mindstretch, you require an invitation link which you should receive once your employer has signed you up for a Mindstretch license. Without the invitation link it is not possible to start with Mindstretch.

Before starting with the underneath steps, please make sure that you have installed the Fitbit app on your phone and created a Fitbit account. Keep your Fitbit credentials available as you will need them during the installation proces. Note that Mindstretch can also be installed on a tablet and used with the Fitbit app installed on your phone.
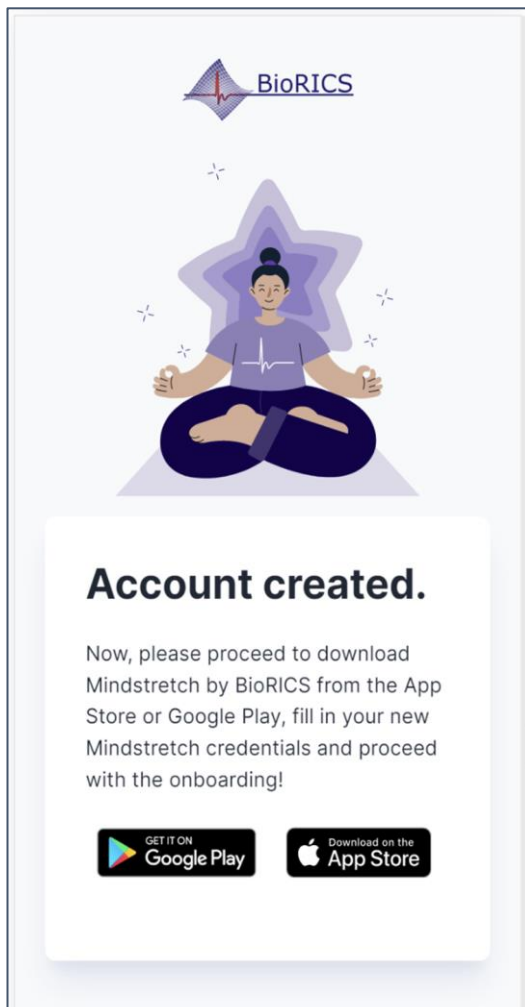
Underneath, you find an example of an invitation e-mail. The e-mail address to where this e-mail was sent will also be your new Mindstretch login e-mail address. Please open this e-mail on your **smartphone** as it will lead you to the AppStore (Apple) or Google Play (Android).
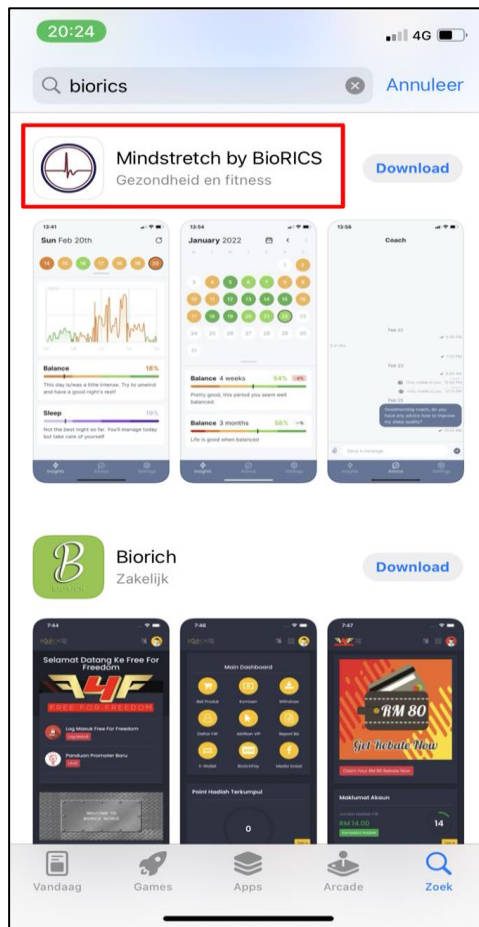
Hi there!

You have been invited to test the new Mindstretch app, developed by BioRICS. Mindstretch measures your mental energy use, mental recovery and sleep quality.

When clicking the link below, you will be guided to set up your new Mindstretch account. Afterwards you can download the app either from the Google Play Store or the Apple iOS App Store.

Once the app has been installed, you can log on with your new Mindstretch credentials

Please note that setting up a new BioRICS account is also required for existing Mindstretch users using the old Mindstretch app (with the green Mindstretch logo).

Thanks for testing our new Mindstretch app and if you have any questions or feedback regarding the app, please send them to: edward.deboer@biorics.com

Set your Mindstretch password

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Click the green button "Set your Mindstretch password" and you will be asked to set a password for your new Mindstretch account.
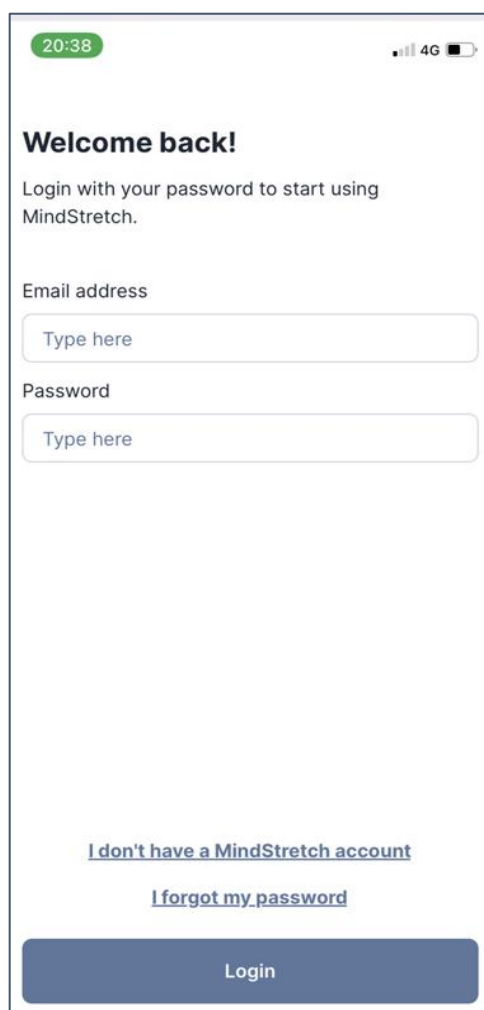
Now that your account is created, choose the correct AppStore (Apple or Google Play) for your phone .
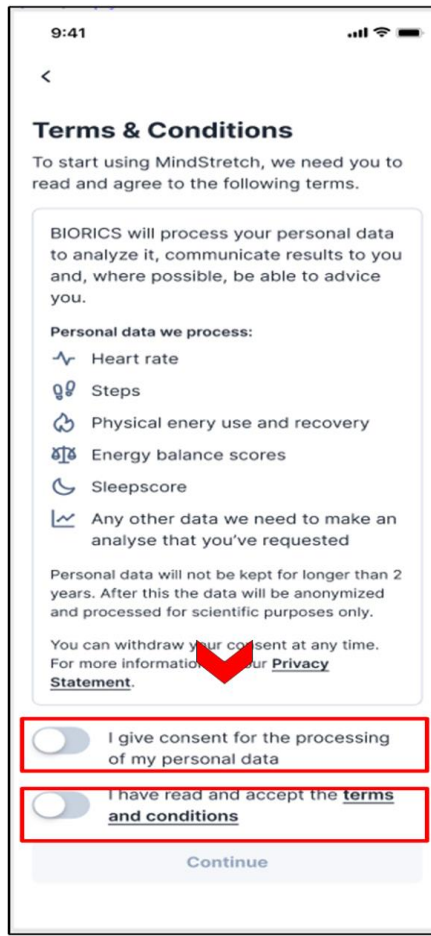
Search for the new Mindstretch app using the search term "BioRICS".
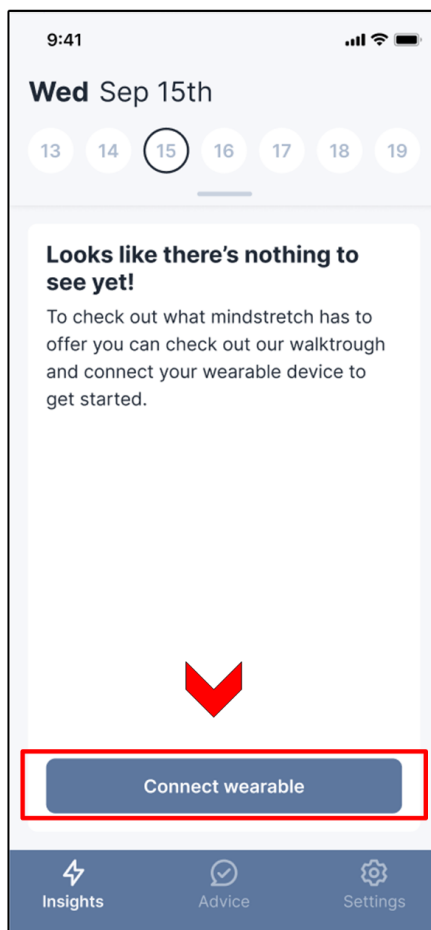Choose the app "Mindstretch by BioRICS".

Fill in your e-mail address (the one on which you received the invitation e-mail) and your new password.
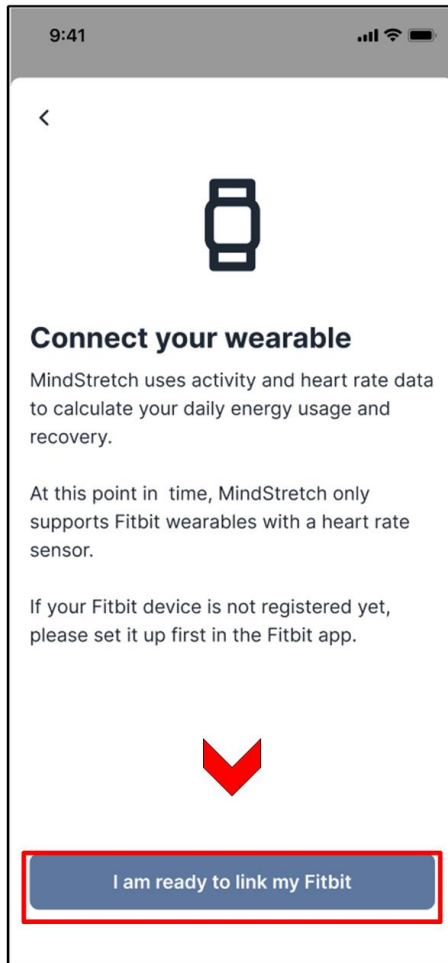
During installation, you will be asked to accept that Mindstretch processes your data in order to be able to show the measurement results. Please also read our Privacy Statement on https://www.biorics.com/privacy-statement/

After this first log in, you need to link your Mindstretch account to your Fitbit account. Please have your Fitbit credentials ready.
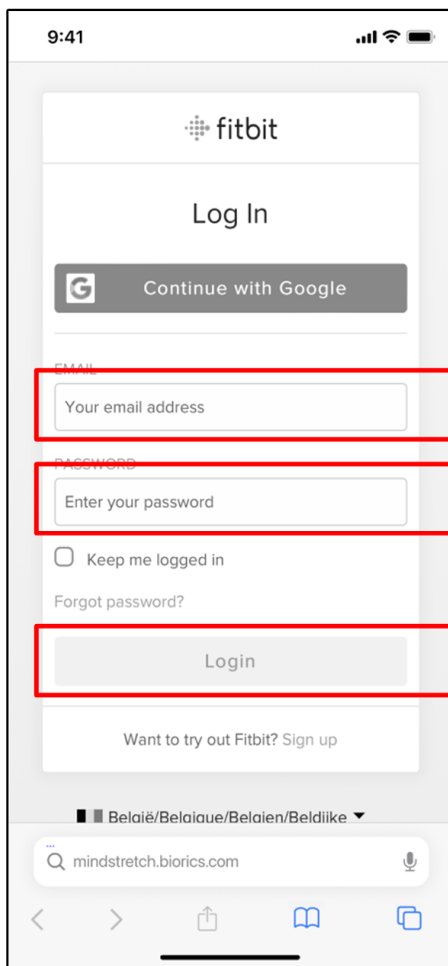
By clicking "I am ready to link my Fitbit", you will be directed to the Fitbit app.
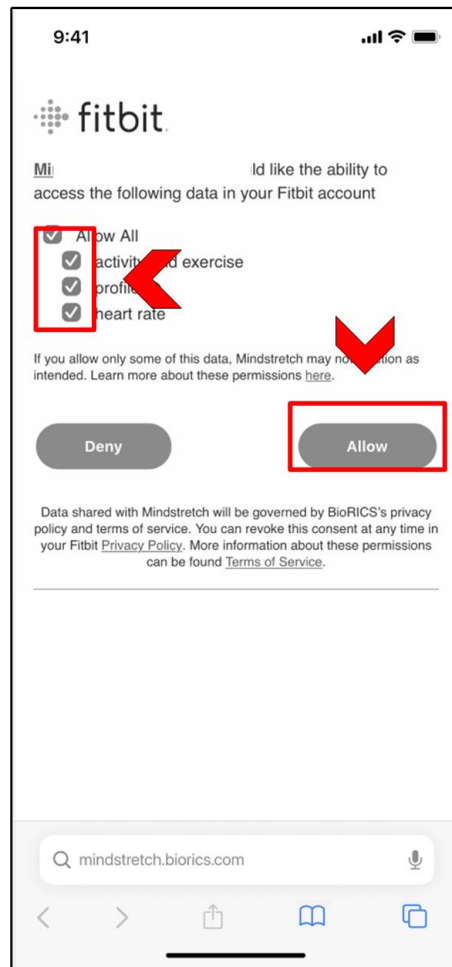

Enter your Fitbit credentials.
Note in case you activated two-factor authentication through sms: after checking the code in the message app, you will need to return to your browser (Safari/Chrome) to complete the Fitbit login.

Click "Allow All". This implies that you give consent to Fitbit for sharing the Fitbit data with BioRICS. Without the Fitbit data, Mindstretch will not be able to function.
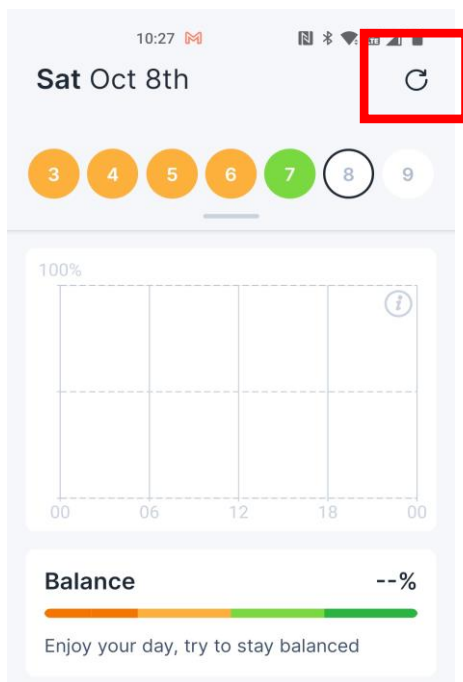

You're all set now!

Note: If you were already wearing a Fitbit Inspire 2, Mindstretch will start retrieving your last month's data.

How to recieve your latest results?

Always first open the Fitbit app on your phone and let it sync BEFORE opening the Mindstretch app.
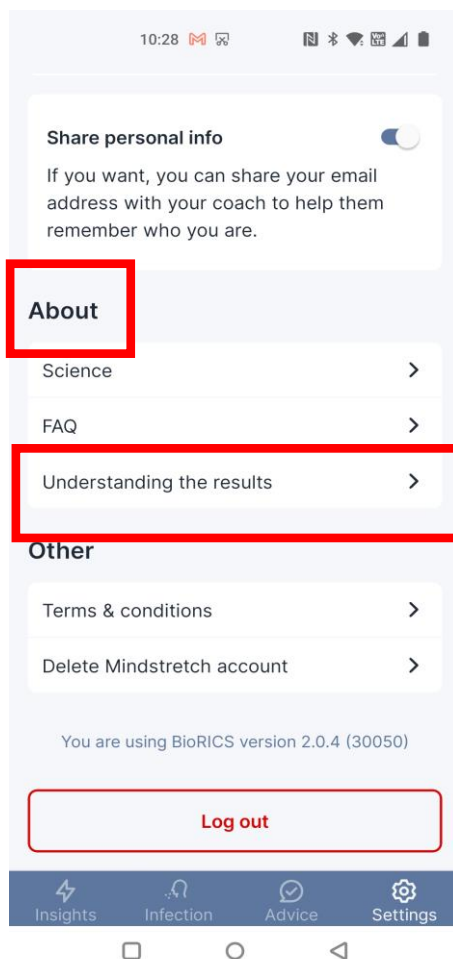
Open the Mindstretch app. Press the top right circle in the daily graph - which is the first screen shown - to activate the syncing. The app also automatically syncs once every hour.

Important!
Don't forget to check the **Settings** in order to activate "**Personal advice**" and other personal preferences**.**

More details on what "**personal advice"** is about as well as on other topics can be found in the "**About**" section –> "**Understanding the results"**.

Any questions? Drop us a line: support@biorics.com