

Welcome to the Mindstretch installation guide. Before starting the Mindstretch installation, you must first be in possession of a Google or Fitbit account. You can create one through this <u>link</u>. If you already have a Google or Fitbit account and have received an invitation link for Mindstretch or a QR code, you can get started with it right away. Keep the Google or Fitbit account information at hand because you will need it during the installation process.

A example of an invitation link (by mail) or QR code is shown below:



You have been invited to use Mindstretch, a

mental health app, developed by BioRICS. Mindstretch measures your mental energy use & recovery, sleep quality and helps you to manage your mental energy balance day by day.

Before you can get started with Mindstretch, you must first create a Fibit (Google) account or you can use your existing Google-account. You can then create a Mindstretch account via the button at the bottom of this e-mail. <u>Please note: this</u>

We wish you much success and fun using Mindstretch!





If you received an invitation link, your e-mail address is already filled in. However, you can still change it here. If you scanned a QR code, you need to choose an e-mail address here.





### **Setting-up Mindstretch**

### Version 1.1 Nov. 2023



**Congratulations!** You have now created a Mindstretch account. You will also receive a confirmation email.

The next step is to download and install the Mindstretch app from the Google Play Store or the iOS App Store.





Open the Mindstretch app you just downloaded. Enter your email address and the password you just created.

Please read the consent form "use of personal data" carefully. While doing so, also scroll to the top. Check both options if you agree.

Consent use of your personal				
data	a			
To start using Mindstretch, we need you to				
read and agree to the following terms.				
BIORICS will process your personal data to				
analyze it, communicate results to you and,				
where possible, be able to advice you.				
Personal data we process (amongst others, but not limited to):				
-∿-	Heart rate			
12	Steps			
ŵ	Physical energy use and recovery			
аŢа	Energy balance scores			
S	Sleep score			
pt;;t)	$\epsilon$			
	consent for the processing of			
	read the privacy statement			
	i i i i i i i i i i i i i i i i i i i			
	conditions			
2	Continue			

16:45

<



# **Setting-up Mindstretch**

16:45 🕸

#### Add your profile data

Jender *		Birth year *
Choose one	~	Type here
Neight *		Length *
	kg	cm
irst name	st name	
Type here		Type here
Nork sector		
Select		~
Country		City
Country Choose one	~	City Type here
Country Choose one Language	~	City Type here

Here you will be asked to fill in some additional information about yourself. Some of this is voluntary. The purpose is to compare your data with a similar group of anonymous users and show those results in the app.

So these data are only used in a group context.

17:04 🔌	.ul 🗢 🖬
<b>Tue</b> Nov 21	С
20 (21) 22 23 2	24 25 26
Looks like there's not yet!	ning to see
Why don't you go ahead and wearable?	d connect your
Connect weara	ble
h	
Insights	Settings

We are now going to link to your Fitbit account. If you still have a Fitbit account then you can enter it here. If you have a Google account, then click "Continue with Google". You will now be prompted once to link your Google account to your new Fitbit account.



## **Setting-up Mindstretch**



### Version 1.1 Nov. 2023



Click "allow all." This means you give Fitbit permission to share only these data with Mindstretch. Without these data, Mindstretch won't be able to calculate a balance score nor a sleep score.

You are now ready to start using Mindstretch!





For more information about the use of Mindstretch, please check the "settings" and "more info about".

If you have questions about your data or are experiencing technical difficulties, please contact us via the chat button "Questions? Chat with us!" or send an email to support@biorics.com.

17:06 🔌				
About				
Science	>			
Tutorial videos	>			
FAQ	>			
Understanding the results	>			
Other				
Terms & conditions	>			
Privacy statement	>			
Delete Mindstretch account	>			
You are using BioRICS version 2.5.0 (1699971515)				
Questions hat with	h us!			