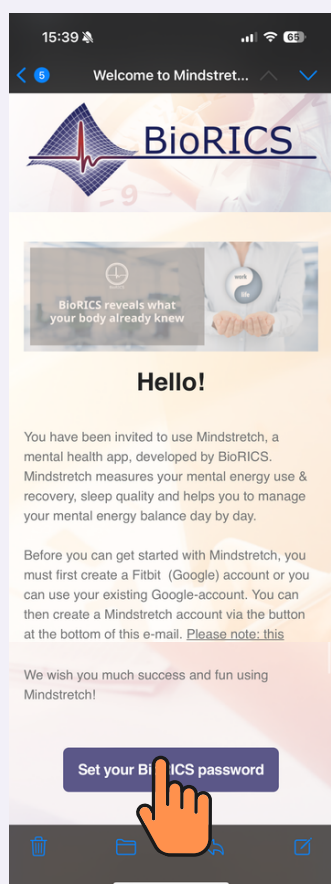


Welcome to the Mindstretch installation guide. Before starting the Mindstretch installation, you must first be in possession of a Google or Fitbit account. You can create one through this [link](#).

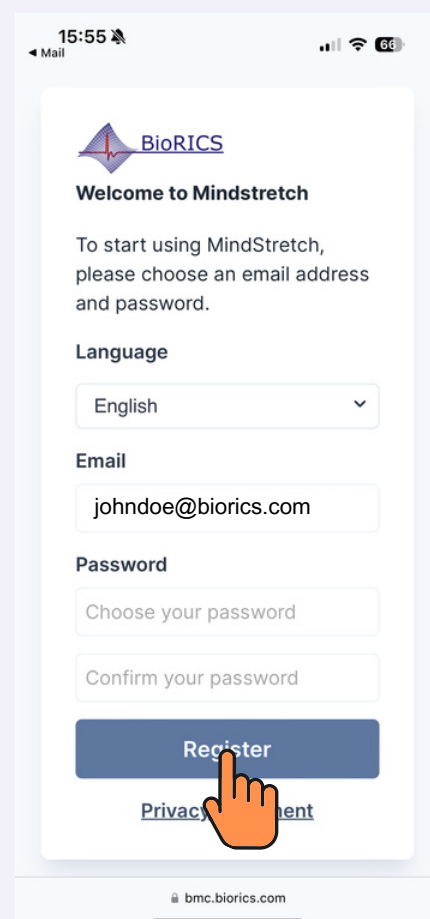
If you already have a Google or Fitbit account and have received an invitation link for Mindstretch or a QR code, you can get started with it right away. Keep the Google or Fitbit account information at hand because you will need it during the installation process.

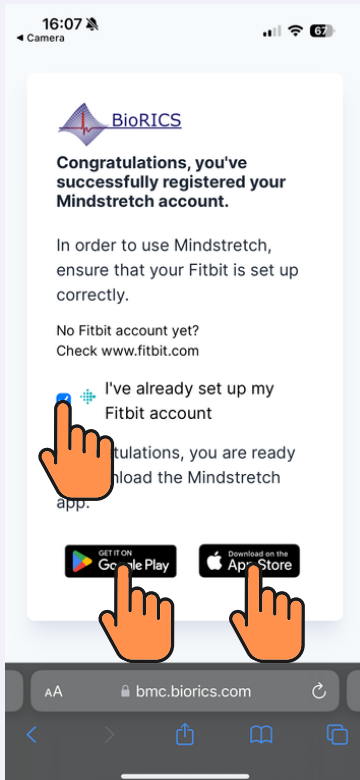
An example of an invitation link (by mail) or QR code is shown below:



If you received an invitation link, your e-mail address is already filled in. However, you can still change it here.

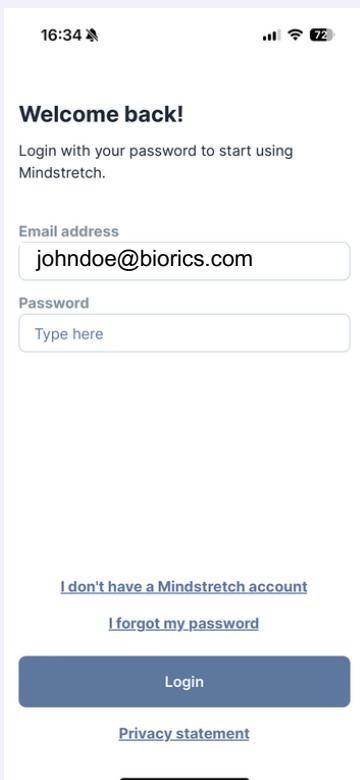
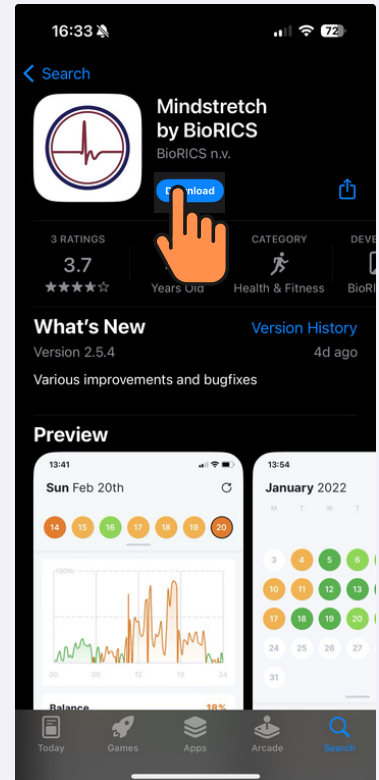
If you scanned a QR code, you need to choose an e-mail address here.





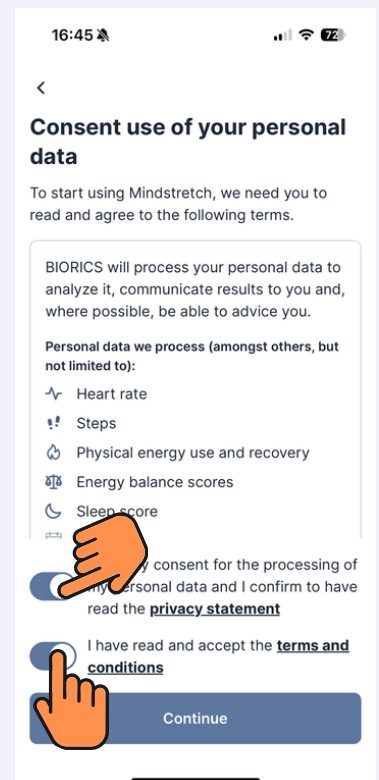
Congratulations! You have now created a Mindstretch account. You will also receive a confirmation email.

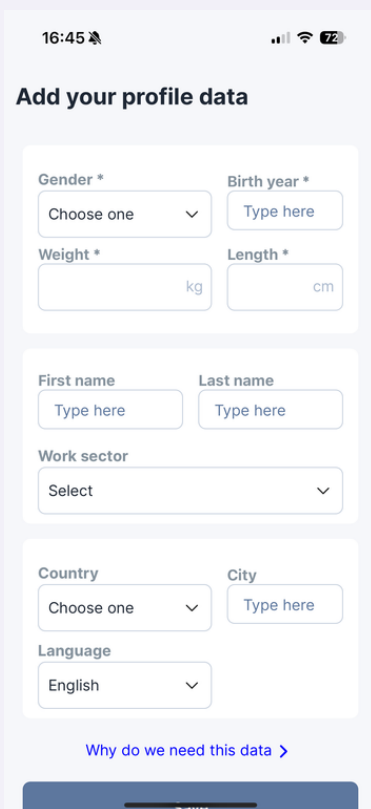
The next step is to download and install the Mindstretch app from the Google Play Store or the iOS App Store.



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.





16:45

Add your profile data

Gender *
Choose one

Birth year *
Type here

Weight *
kg

Length *
cm

First name
Type here

Last name
Type here

Work sector
Select

Country
Choose one

City
Type here

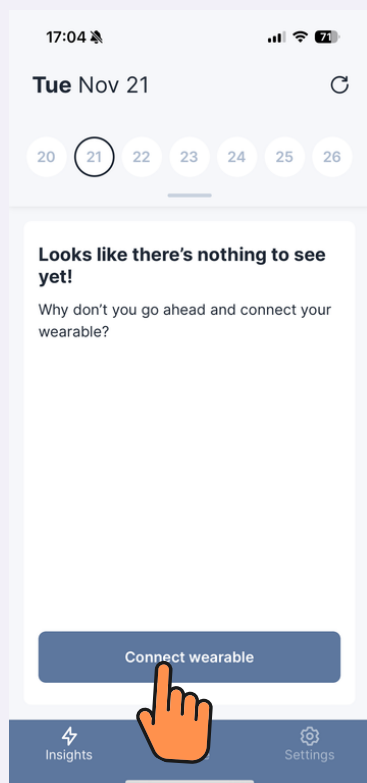
Language
English

[Why do we need this data >](#)

Save

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

Tue Nov 21

20 21 22 23 24 25 26

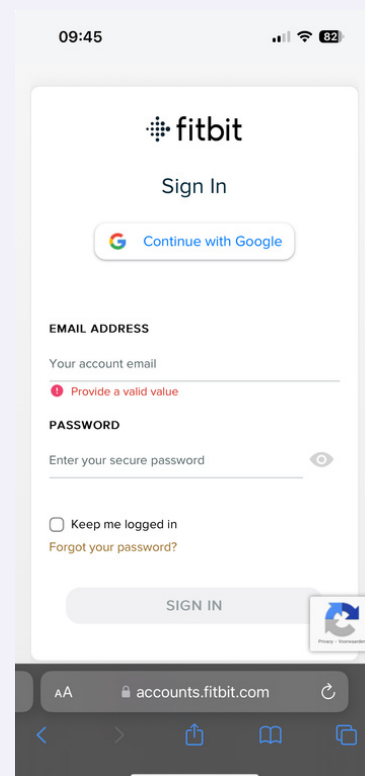
Looks like there's nothing to see yet!

Why don't you go ahead and connect your wearable?

Connect wearable

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.



09:45

fitbit

Sign In

[Continue with Google](#)

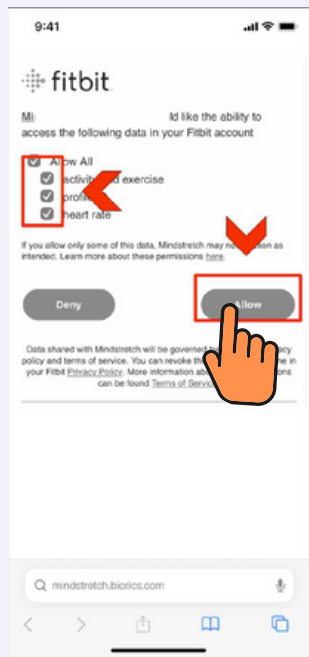
EMAIL ADDRESS
Your account email
Provide a valid value

PASSWORD
Enter your secure password

☐ Keep me logged in
[Forgot your password?](#)

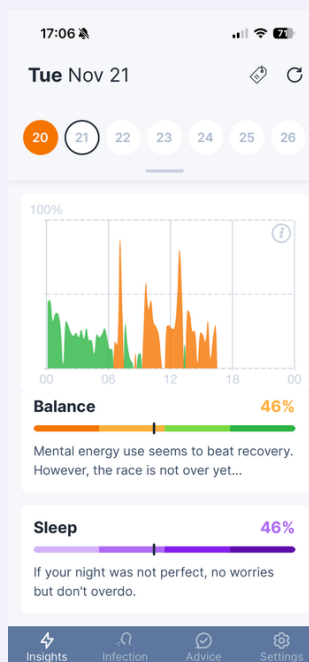
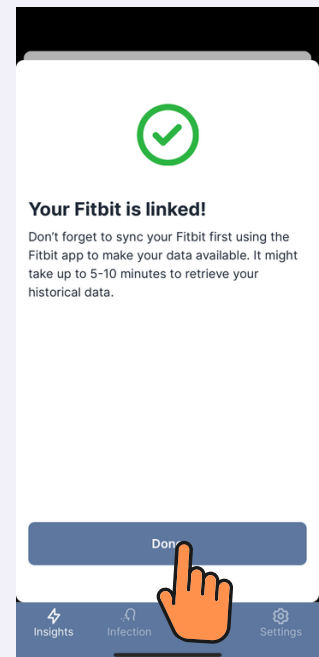
SIGN IN

accounts.fitbit.com



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.

