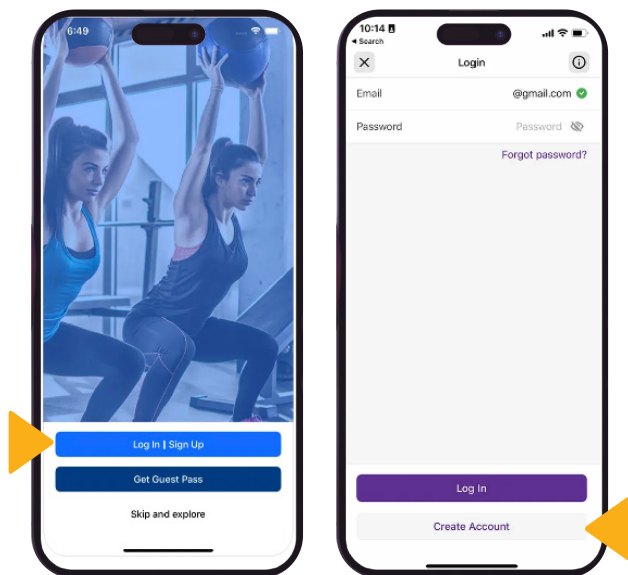


# NEW YMCA MOBILE APP GETTING STARTED

## 1. DOWNLOAD AND SETUP

The YMCA Columbia Mobile app is available for both Android and iOS devices. In your device's app store, follow the prompts to download the app.

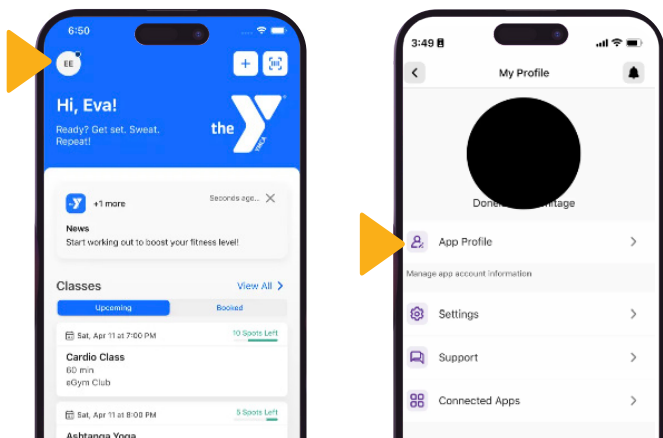
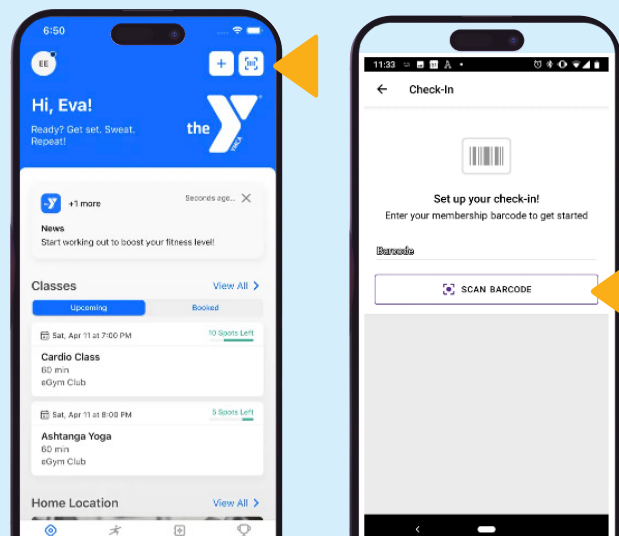


## 2. CREATING AN ACCOUNT

- From the home screen, tap the purple "Log In | Sign Up" button at the bottom.
- On the next screen, tap blue "Create Account" button at the bottom.
- Select your center by tapping "Home Location" and then tapping which club (branch) you would like to see.
- Enter your information on the following screen, and then hit "Submit."

## 3. ADD MEMBER BARCODE

- Tap the barcode icon on the top right of your app.
- To add your barcode manually, type it in the barcode field near the middle of your screen. Then hit save in the top right hand corner.
- To add your barcode automatically, tap the "Scan Barcode" button. Hold your membership card's barcode near the frame of your screen.
- Note: You can also save the barcode to your phone's wallet (through Google or Apple Pay) by tapping the button at the bottom of your screen.



## 4. CHANGING PERSONAL SETTINGS/CENTER

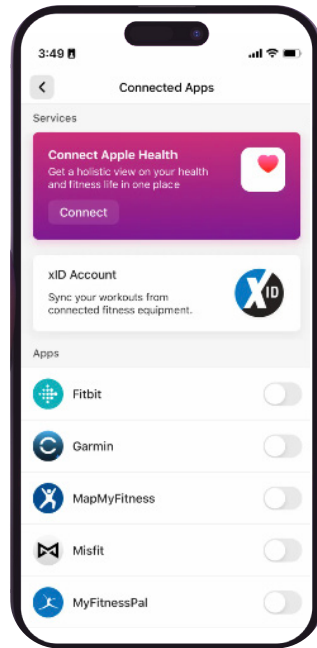
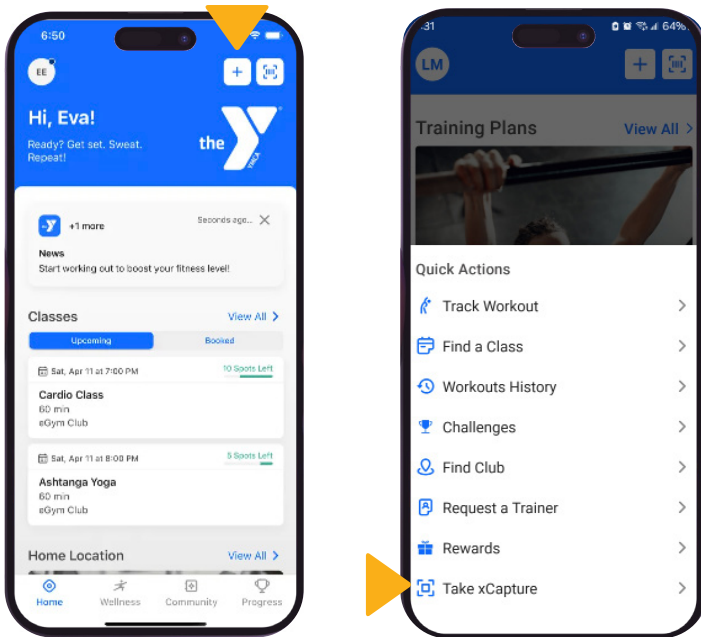
- Tap the icon with your initials in it on the top left of your app.
- On the next page, tap "App Profile."
- Edit the information in the fields on the next page.
- To save, tap "Save" on the upper right-hand corner of the screen.

## USE YOUR CAMERA TO CAPTURE FITNESS DATA

Using xCapture, the Y mobile app can pull in workout data with the same ease and convenience as a mobile check deposit.

To use xCapture to track your workout...

1. Click the PLUS icon at the top of your screen.
2. Choose "Take xCapture" at the bottom of the list.
3. Take a picture of your workout screen
4. Tap the checkmark, and then you're done! Results will pull in within 24 hours.



## CONNECT YOUR FITNESS APP

The Y integrates with a number of top fitness apps. To connect your tracking app with your wellness goals and challenges, tap your picture/initials icon and then "Connected Apps." Choose the app you want to navigate to and follow the instructions to connect.

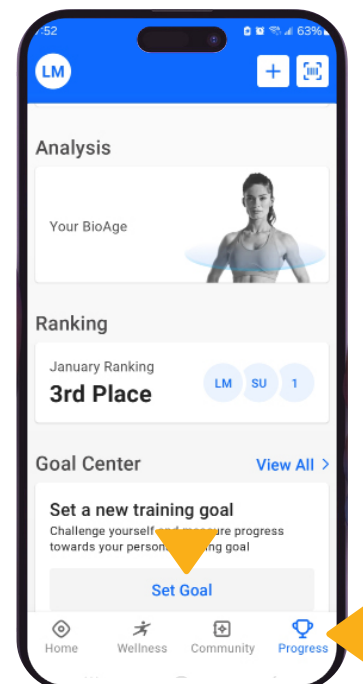
## GOALS

Our goals feature allows you to stay accountable to yourself by maintaining and tracking your fitness goals in the app.

To set a wellness goal...

1. Tap on the "Progress" icon at the bottom of the app. Select "Set Goal."
2. Select your goal type: number of workouts, calories burned, workout duration and workout/distance.

3. Select your success metric (how many workouts, calories, etc.) and your time-frame.
4. Name your goal and tap "Create Goal."



## TRACK YOUR WORKOUT MANUALLY

To enter a workout directly, navigate to "Wellness" and select "Log Workout." Select the date and add the details of the exercises you completed. Save your workout.

Enter the workout details, including date, distance and duration, and hit the checkmark at the top of the app.

