

# BEST-YOU APP

## How to download and use it.

### What is the 'Best-You' app?

**Best-You** is a fully integrated lifestyle app, designed to support you to improve your health, wellbeing and happiness.

#### Whether you intend to:

- Increase your activity levels
- Stop smoking
- Reach/maintain a healthy weight
- Reduce the amount of alcohol you drink

...using **Best-You** is proven to help you achieve your goals.

### Why should I download Best-You?

**Best-You** is **FREE** to use and offers a fully personalised experience for every user.

#### Download the app to:

Set and track goals to monitor your progress, record your food intake and activity levels, connect with a community of like-minded people and get access to scientifically backed advice and guidance along the way.

Let's get you started on your journey towards becoming your **Best-You!**



## How do I download it?

You can find the app on your mobile or tablet device through either the Apple App Store or Google Play. If you type in the search bar **'Best-You'** the app will appear on the first page, it will have this logo.



## How do I use the app?

The **Best-You** app is easy to navigate and use. Take some time to look around.

This is your space, and it's yours to personalise! Here's a quick tour of the main features to get you started on your journey...



## How do I start tracking a journey?

Once you're familiar with the basics, it's time to **set up a journey**.

**Click on the icon of the journey you want to start tracking.** You'll need to follow some simple steps to get started. These will differ slightly for each journey.

## Here's how to start tracking a healthy weight journey...

1. Start by **entering the reason** you're getting started on this journey.
2. You'll then be prompted to **enter your height and current weight**. Use your keypad or click the +/- buttons – **HINT:** you can switch between metric and imperial measurements.
3. You can then find out your BMI score by clicking **'Show BMI'**.
4. Complete the questionnaire to **personalise your journey** to ensure the content you see is relevant to you.
5. Finally, **set your weight loss goal** and you're ready to start your healthy weight journey!

## Here's how to start tracking a smoking journey:

1. Start by answering a few questions about your **smoking habits**.
2. Find out your **4-week** quit date.
3. Click **'save and start your journey'** and you're good to go!

## How do reminders work?

You'll be notified of any reminders that you've set up as part of your journey via email and app notifications. You can customise your notification settings by clicking on your avatar at the top of the app home page and then clicking **'My settings'**.

## How do I log in?

When you download the Best-You App you will be asked to sign in or make an account. If you already have a **Best-You** account, you can use those login details to **sign in**.

If you don't have an account you will need to create one. It's really simple! To do this you will need to...

1. Click **'Create an account'**, then **Join now**.
2. Follow the steps to **complete the sign up form** with your details and **create a password**.
3. You'll then receive an **activation email**, open the email and **click the activation link**. **TOP TIP:** Don't have your activation email? Check your **junk** and **spam** email folders.
4. Return to the app and **log in** with your email address and the password you created.
5. You will then be prompted to create a **'pin'** to help you **easily and quickly login** every time.
6. Read through the **introductory pages** and you're all set up!



## Your support library

If you've started a healthy weight or stop smoking journey, each week you'll unlock new articles, packed with advice to keep you motivated and on track. To access the articles, click on the **'healthy weight'** or **'stop smoking'** journey icons and view the articles that are available to you for each week of your journey.

## Best-You Groups

Best-You is a supportive community of 1000s of individuals, each on their own journey. Groups are a great way to connect with other people for support and motivation to achieve your goals together.

### Here's how to access groups:

1. Click on the speech bubble icon in the bottom right hand corner.
2. Search for an existing group by clicking **'find a group'** and searching for key terms such as the name of your local area or key terms such as 'smoking'.
3. When you find a group you want to join click **'join now'**. Your request will then be processed by the group admin.

If you can't find a group you want to join but you want to connect with other like-minded people, you can set up your own group based on your interests and goals.

To set up a new group click **'create a group'** fill in some details about the group and click **'save group'**.

You'll be able to view the groups you're a member of on the groups page and view and interact with group posts.

## Best-You Friends

Connecting with friends on Best-You will provide some extra support and encouragement. Search for your friends by their name or email address to send them a request to connect. You'll be able to view all of your friends in your friends list.



## You're all set!

You're now all set up and ready to start your **Best-You** journey.

If you have any issues whilst using the app, please contact [admin@best-you.org](mailto:admin@best-you.org) for support.