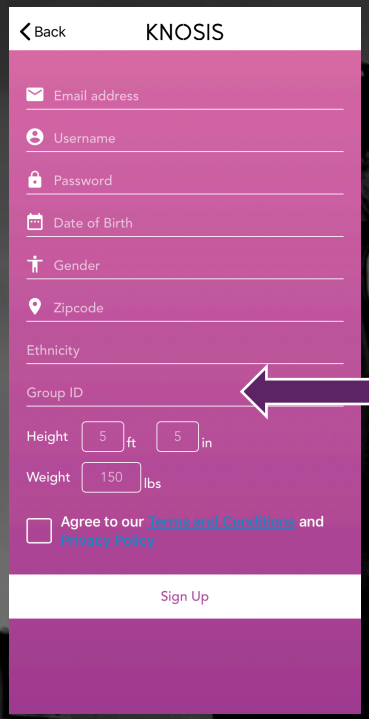
Mobile Application User Guide

Patent Pending

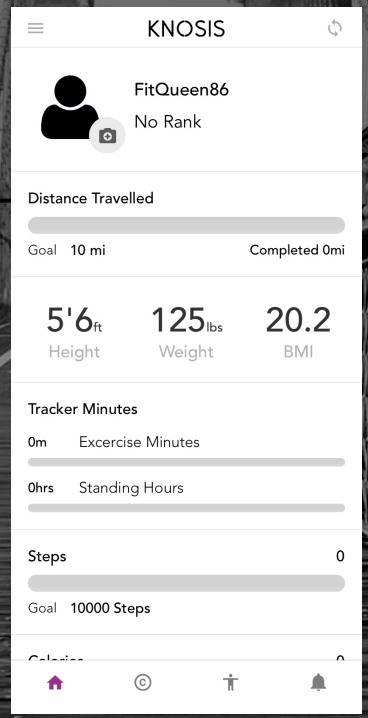
Version 2.0 Updated 04/2019

A Step by Step User Guide to KNOSIS



Enter the requested information on the Registration page after selecting Sign Up on the Login Screen. If you DO NOT belong to a Group/Corporate Wellness Program, please leave Group ID blank and click "Register once you complete the other fields.

Leave blank unless you are assigned a Group ID by your Group/Corporate Wellness Program



Once you finish registering you will need to sign in with the email and password you used during registration. You will then be taken to you Dashboard where you will be able to navigate towards completing your setup.

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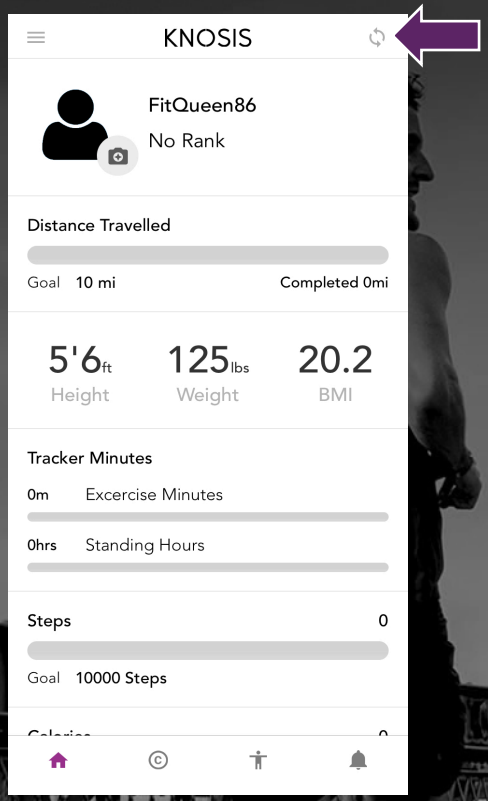
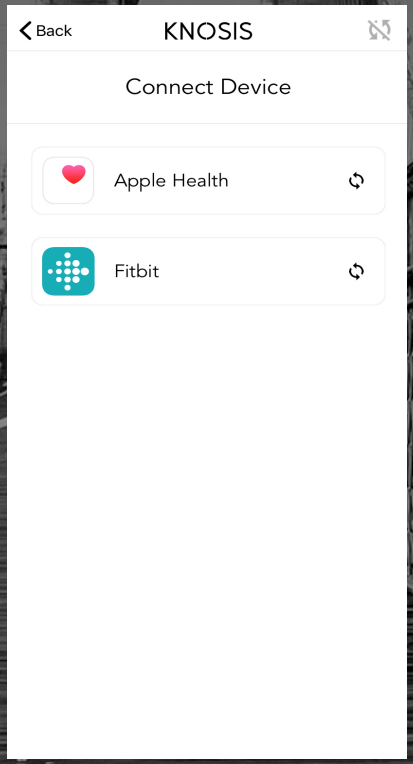
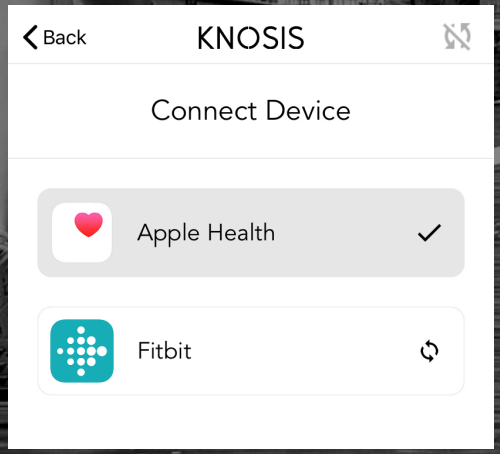


First, you should sync your Fitness Tracker with the KNOSIS application to be able to utilize all of the apps features by selecting the sync icon to the top right of the app.

Select the Fitness Tracker you wish to sync onto the KNOSIS app and sign in to either your Apple Health (auto signed via iOS) or your FitBit Account.





If successfully synced onto KNOSIS, you will see a check next to your Fitness Tracker of choice.

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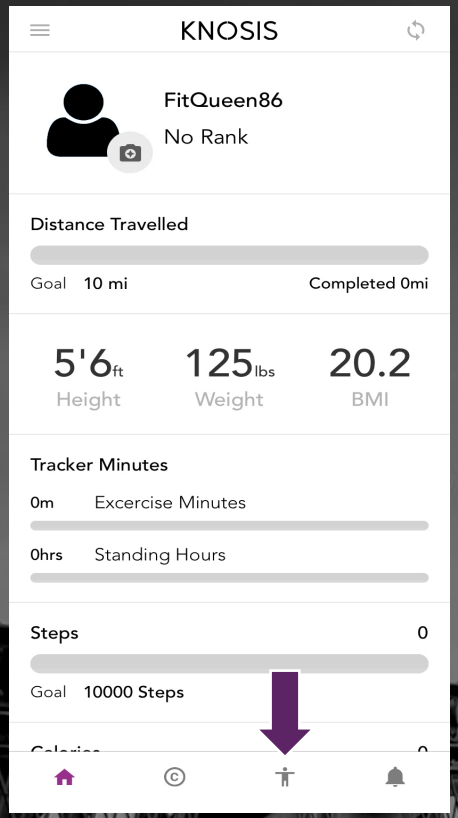

Next, you can create your Avatar by selecting the "Avatar" icon on your Dashboard. You will be greeted by a silhouette of your Avatar because you have not yet uploaded your photos.

Click on "Update" to be taken to the screen that will allow you to upload your photos and update your Avatar.

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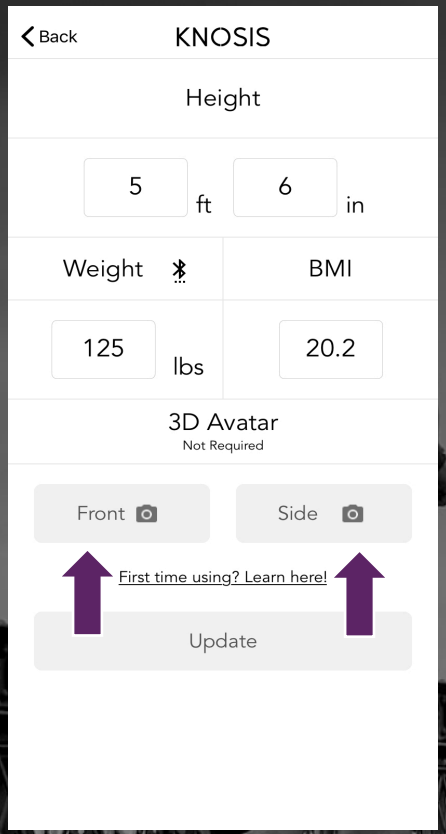
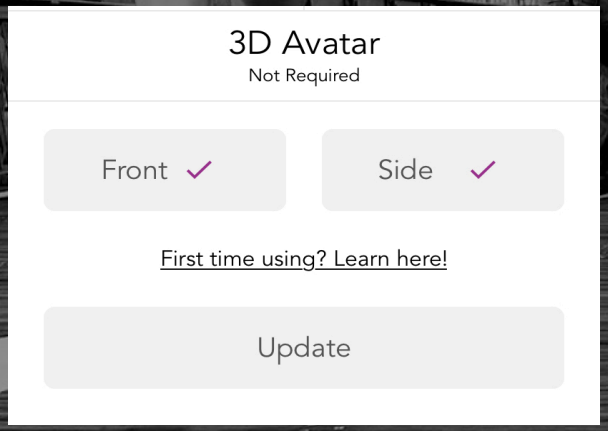
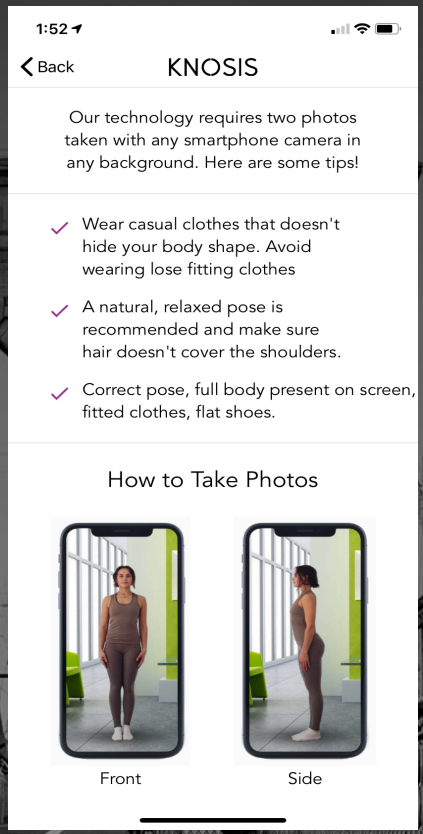


After you ensure all your information is correct, please proceed to clicking on “Front” icon to upload a forward facing, full body picture and “Side” for a full body, side (profile) facing picture.

You can get instructions by clicking on “First time using?” (See right). You can either Take a Photo or Select from Library.

On your Avatar’s page, you can update your Avatar’s “Weight” and you can see your progress as you meet your Alexis your fitness goals.





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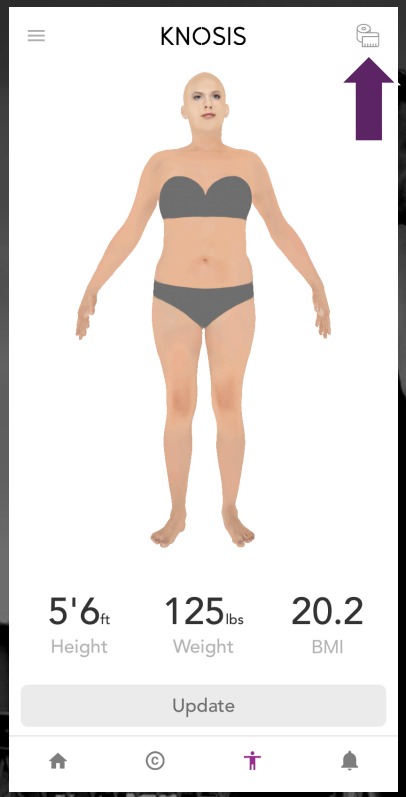
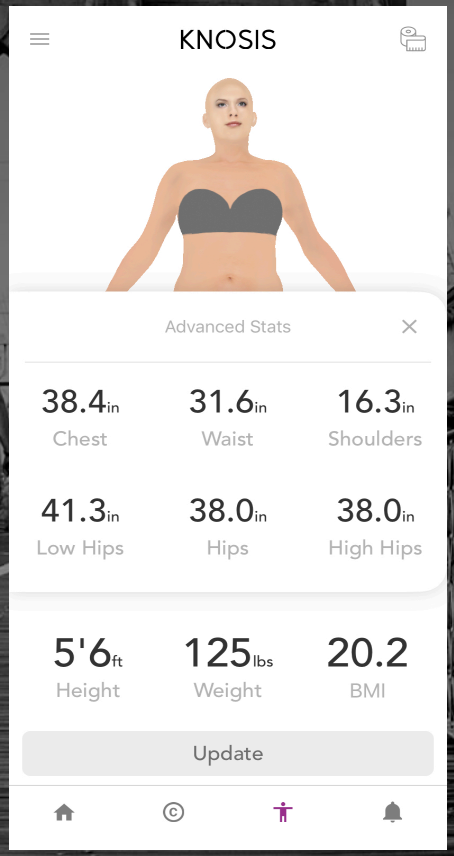


Once you're Avatar appears after it loads, you can click on the measuring tape to on the top right to see how our technology has captured you're body's measurements based off the two pictures you uploaded. (See Right)



As we gather more data points and improve the technology by engaging our exclusive tech partners, we will be able to obtain more measurements and customize your Avatar even further!

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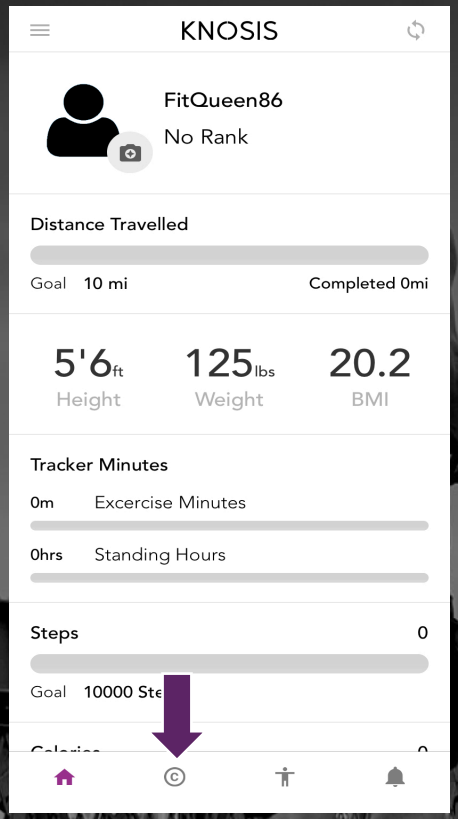
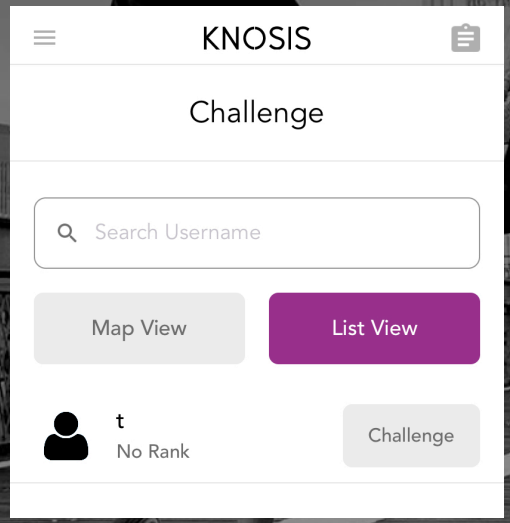
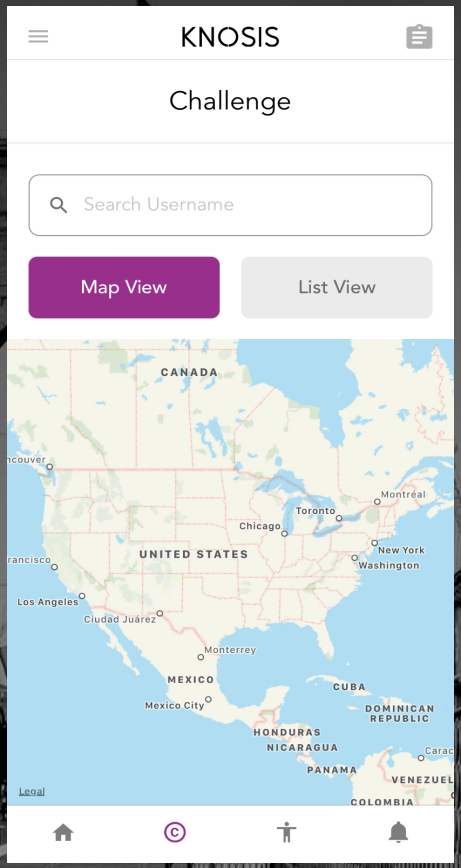


Challenge other users on the KNOSIS Network to use friendly competition to help you meet your KPIs! If you belong to a Group by having a Group ID, you will only see users in your Group unless you search for users outside your group.





Select the user you want to Challenge by either clicking on the icon or selecting ”List View” to see all the users within your area.

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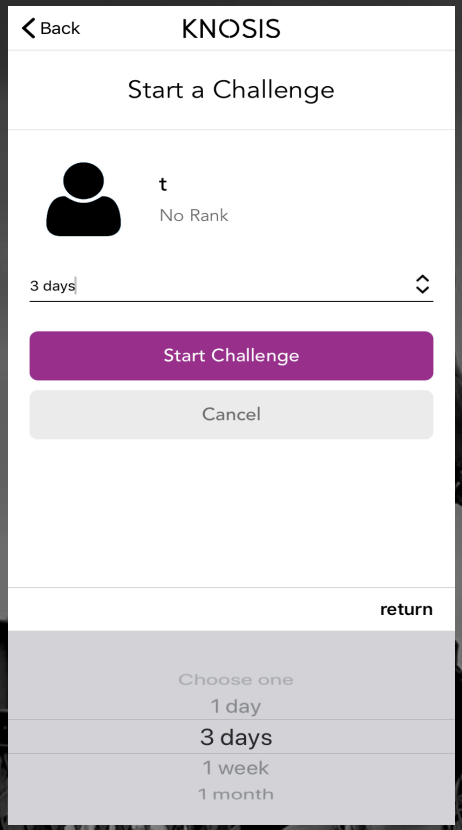
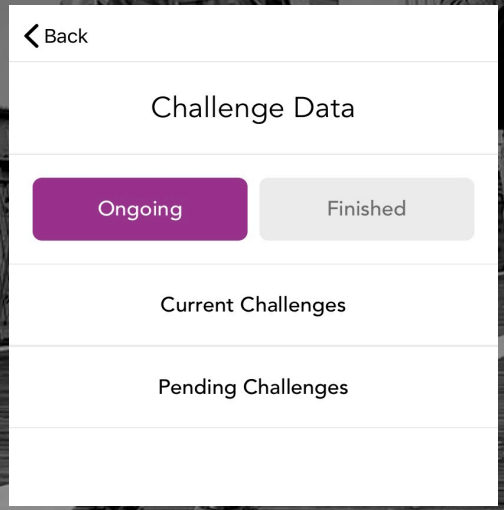
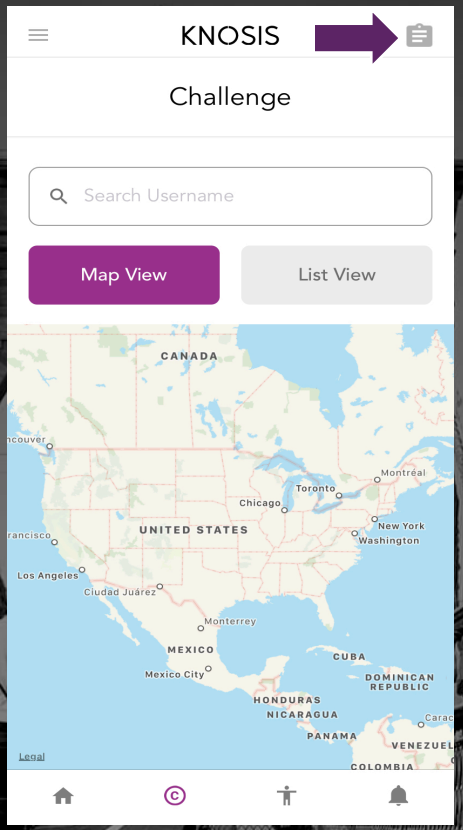


Choose from 1 Day challenges up to 1 Month to be connected to a user to help meet your KPIs!

If you want to see your current and past challenges, simply click on the clipboard to the top right of the Challenge Screen and select "Challenge Data"





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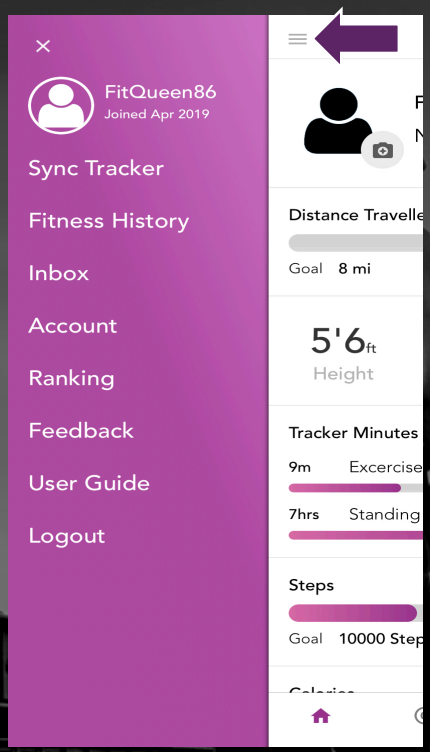
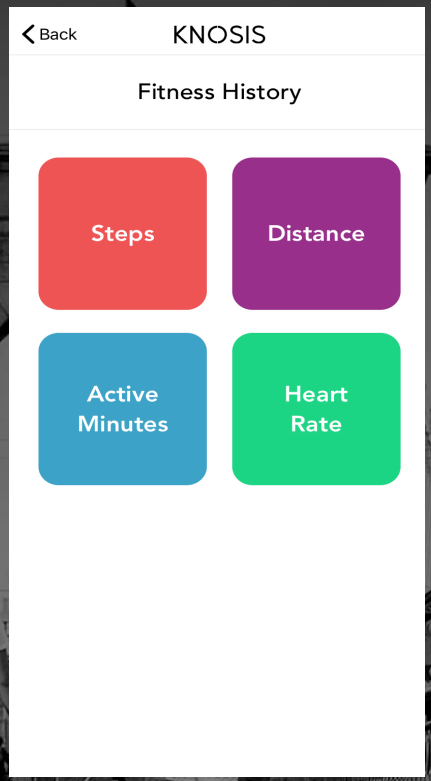


You can access the other features of the KNOSIS app by clicking the 'burger' on the top left of your Dashboard screen.

One useful link is the "Fitness History" section where you be taken to your cumulative stats seen to the right with a visual representation in the form of a graph (below).



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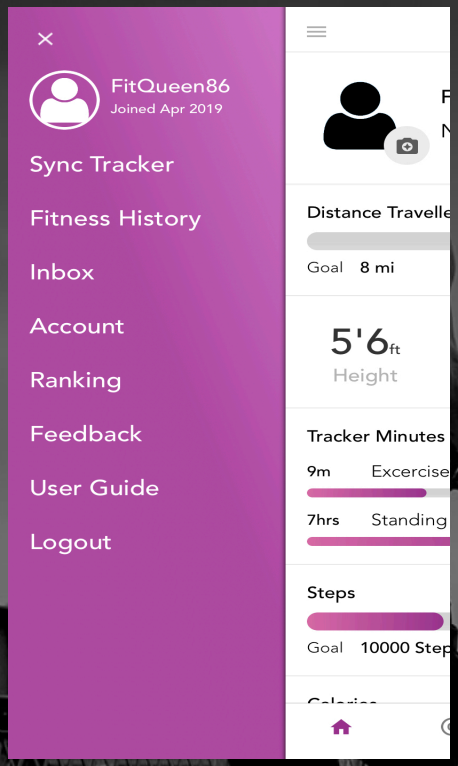
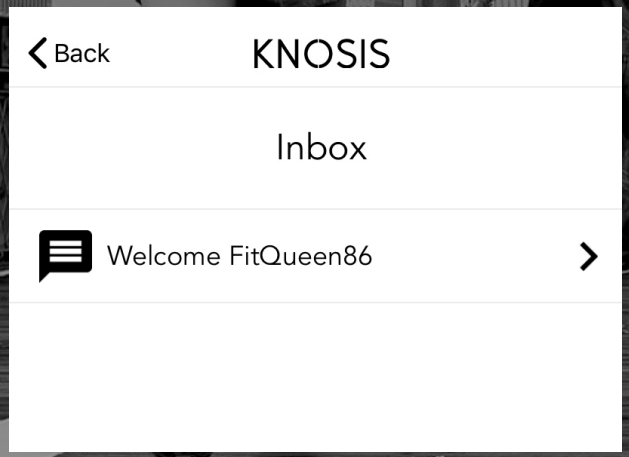
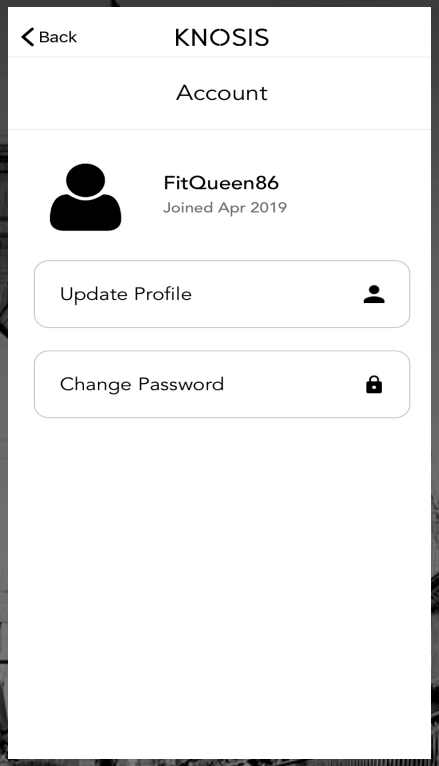


In the Menu tab, you will also find helpful links such as Inbox (Below) as well as Account (Right) where you can change your login information.

Your Inbox will contain messages from your Admin if you belong to a group or messages letting you know you've unlocked new incentives.





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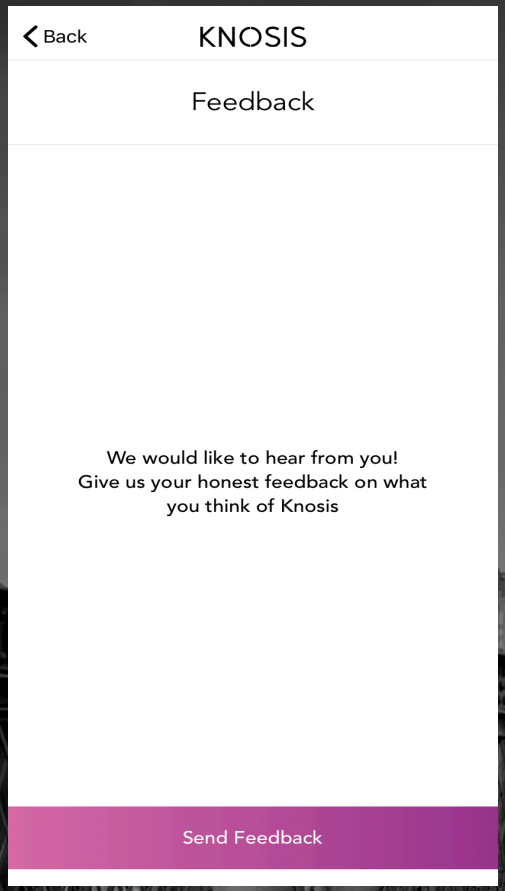


No person is perfect. The same can be said about a mobile application whose creator strives to revolutionize the way we think about health and wellness.

In order to improve and continue to offer a unique and innovative user engagement experience, we wholeheartedly request your honest feedback by using the ”Feedback” option in the Menu burger. The app will then open an email box where you can email us directly where, who knows, you may even receive a response from our founder ☺.

We look forward to hearing from you!

Milestones for Reaching Incentives

Our incentive program will begin very soon.

We'll have incentive programs as we expand our network of partner brands and businesses to keep you motivated where just 20,000 steps could unlock a reward!

Stay Tuned and Stay Fit! ☺

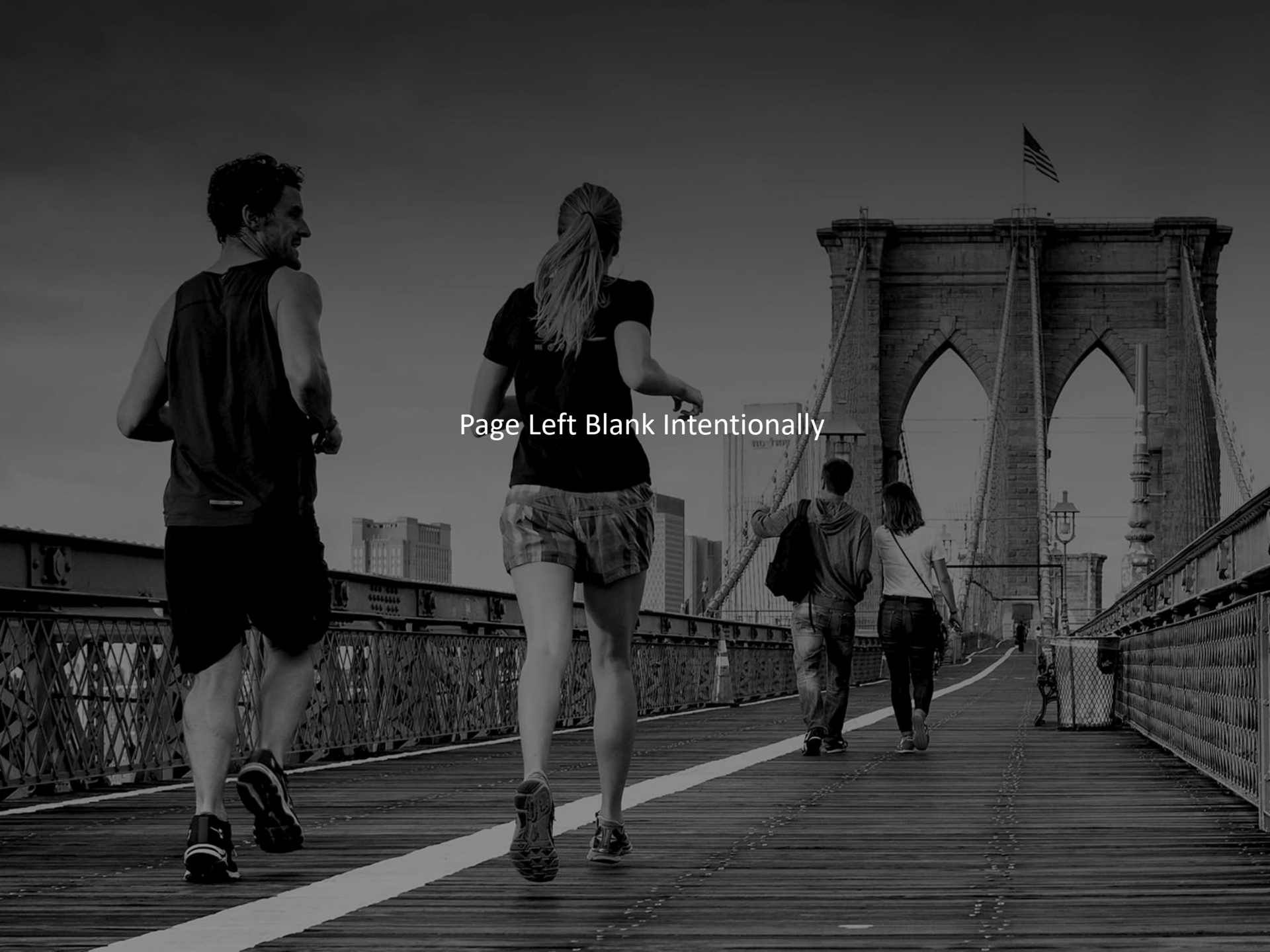
What's Next? Here's a Preview!

As an innovative, revolutionary concept, the KNOSIS team is always thinking up ways to remain steps ahead of the health tech game as we move toward a more Med-centric avenue building upon our first release and helping not only people meet their fitness goals, but improve their overall health and that of their community. Soon, we will be able to offer:

- Fully Customizable Avatars
- Syncing of other Fitness Trackers
- Syncing of other Bluetooth devices
- Disease Management Programs
- Expanded Incentive Program
- Strategic Business Partnerships

KNOSIS HEALTH

Know yourself, Know your health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