

# 5 Tips & Tricks

## TO USING THE *MoveSpring* APP

Download the MoveSpring app and use code **UAS** to create an account.

### Turn on Push Notifications

Stay up to date on challenges and WellBAMA events. To adjust notification settings, go to your **Profile**, click the **Settings** gear icon, scroll down to "**Push Notifications**", and select your preferences.

### Join Upcoming Challenges

Find upcoming challenges by clicking the blue "+Join/Create" button. Read **Challenge Details** and select **Join**.

### Open the App Daily to Sync

To keep track of your daily activity, open the MoveSpring app and click the **Sync** icon at the top right of your screen. The app will automatically update your activity for the past three days.

### Add and Convert Activity Manually

If your device does not add activity minutes automatically, click the "+" icon at the bottom right, select **Manual Activity**, add your activity and duration, select **Review**, then **Save Activity**.

Track non-step based activities like yoga or cycling by clicking the "+" icon at the bottom right, select **Convert Activity**, add your activity and duration, select **Calculate**, then **Save Activity**.

### Add Friends and Use the Chat

Stay accountable to your goals by adding your friends and co-workers! Select the **Friends** tab in the bottom bar, select the **Add** button at the top right, and search by full name.

Get the conversation going and ask questions in the Chat. Select the **Chat** tab in the bottom bar, open any active challenge chats or create a new chat by selecting the **New Chat** button at the top right.

For additional resources visit [wellness.ua.edu/movespring](https://wellness.ua.edu/movespring)