

Join your OUI Live Challenge

Simple & quick !

1. Download
the OuiLive app
from your App store



2. Enter
the *move* code of the
Challenge you wish to join



3. Create
your profile and
join the adventure!

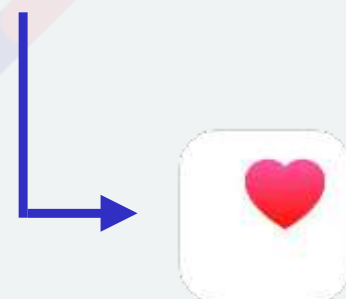


Important note on synchronizing your pedometer

iOS users

(Apple)

Do you own an Apple device? You will be asked to synchronise the **Health app** with OuiLive in order to ensure optimal precision in the collection of steps.



Android users

(Examples : Samsung, Huawei, Xiaomi, Oppo...)

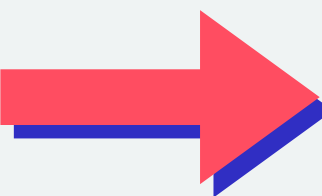
Do you have an Android device? You will then have 2 options:

- You can synchronise OuiLive with the **Fit app**. To do this, download and activate Fit on your phone. You can then link your Google account to OuiLive.
- You can also choose our **OuiLive pedometer or Fitbit app** if you do not wish to use Fit.



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Find out how to
join your *live*
video sessions



Join your **live sessions**

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1. Identification

- > I click on the link in the "Rewards" tab and access the TrainMe Corporate platform dedicated to my company
- > I click on "registration", located at the top right of the page
- > I create my account
- > I receive a confirmation email

2. Registration

- > I log on to the TrainMe Corporate platform dedicated to my company (via the "Rewards" tab or in the email I received from my company)
- > I choose my activity/workshop
- > I click on "participate" and then "confirm"
- > I receive a confirmation email

3. Participation

- > Before the session, I place myself in a space that is sufficient for my movements (4m²)
- > I click on the "video conference link" I received in my registration confirmation email or directly on my company's schedule, in "next courses", I click on "launch the video conference".
 - > I fill in my first name, turn off the camera and microphone and click on "Join meeting".
 - > I stand at a distance of 3-4 metres from the camera
 - > I can ask my questions and encourage my colleagues from the chat!

