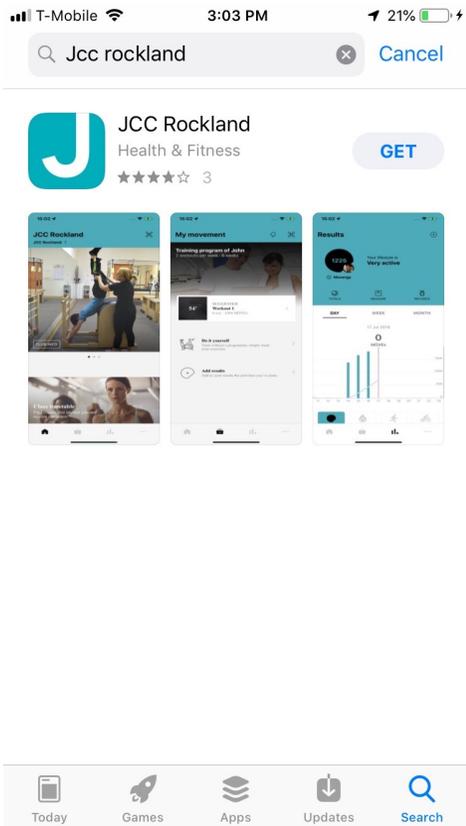




How to Install the JCC Rockland App

Install the JCC Rockland app for iPhone



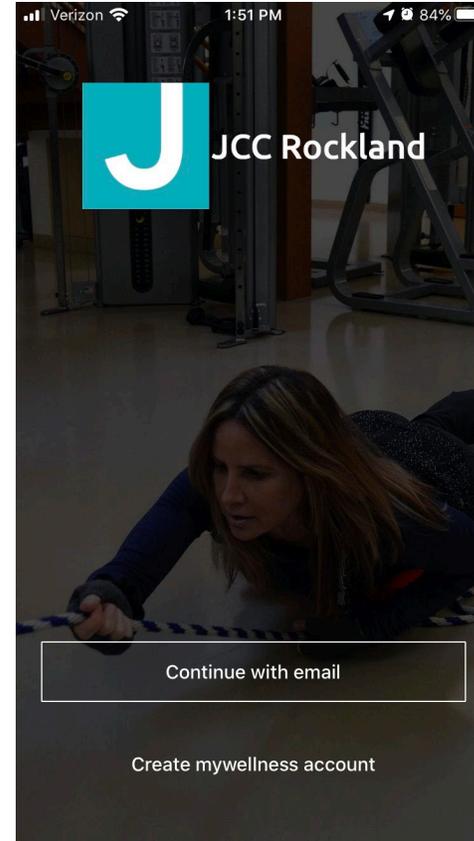
Apple App Store

On your phone search the Apple App store for JCC Rockland and install the app to your phone. Be sure to have your Apple ID password available if your Apple phone asks for it.



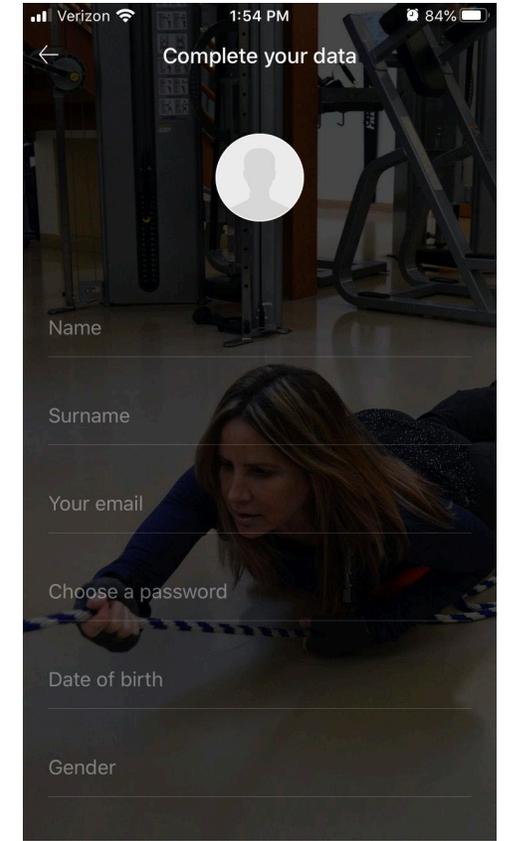
mywellness app

The JCC Rockland app icon will look like this one at the top of the screen, a blue tile with a white capital J. Select to open the app



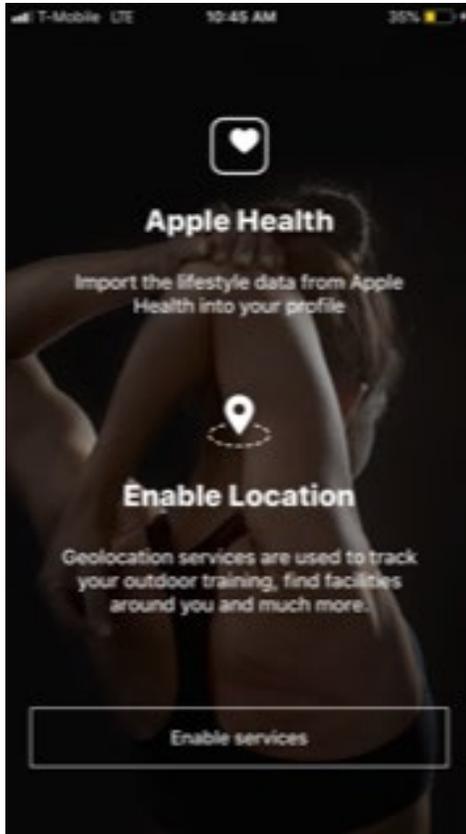
Create mywellness account

To create a new account, select **Create mywellness account** located at the bottom. If you already have an account choose Continue with email



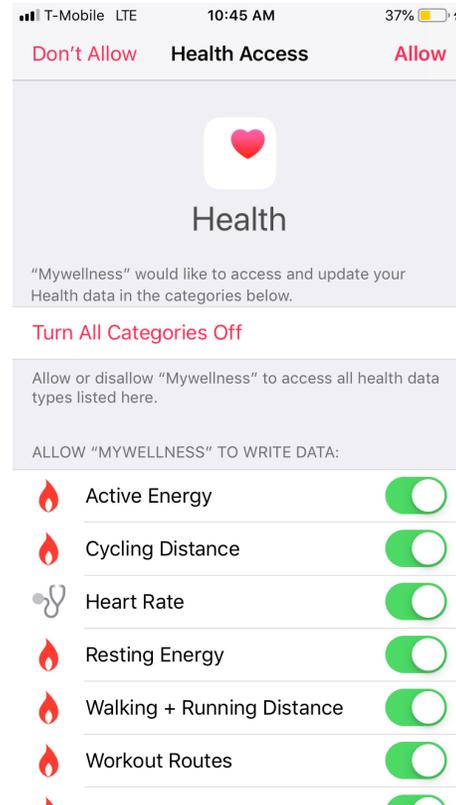
Your information

Complete the required information, Surname is your last name, Nickname is your screen name so you may want to use an anonymous nickname.



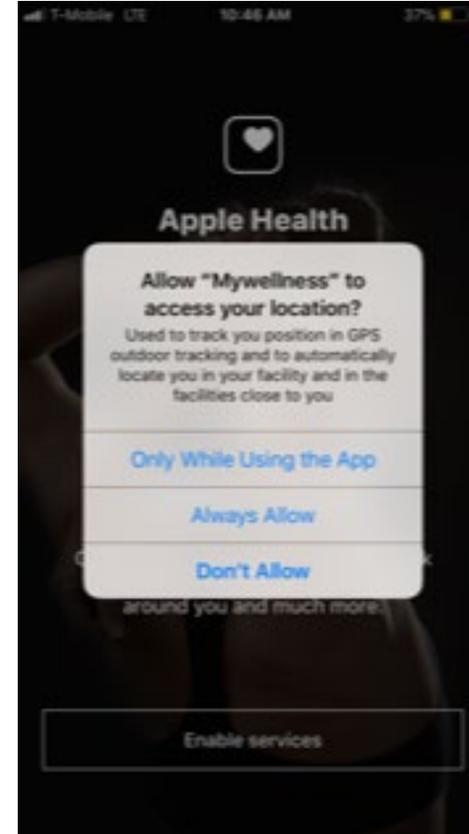
Apple Health

If you have an iPhone, the app will ask if you would like to connect your Apple Health app to mywellness- either way you must select enable services to proceed with the setup of the app



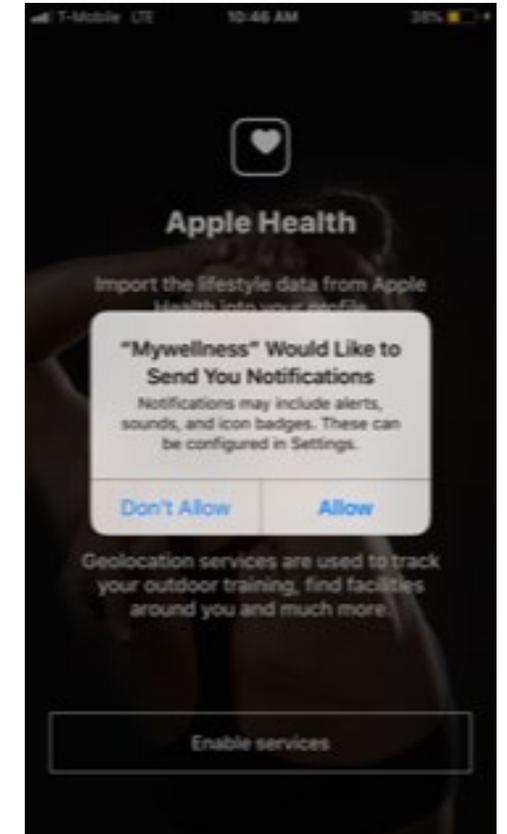
Enable Health connection

You can select "Turn All Categories On" then "Allow" at the top to synch all mywellness and Apple Health data automatically or choose "Don't Allow"



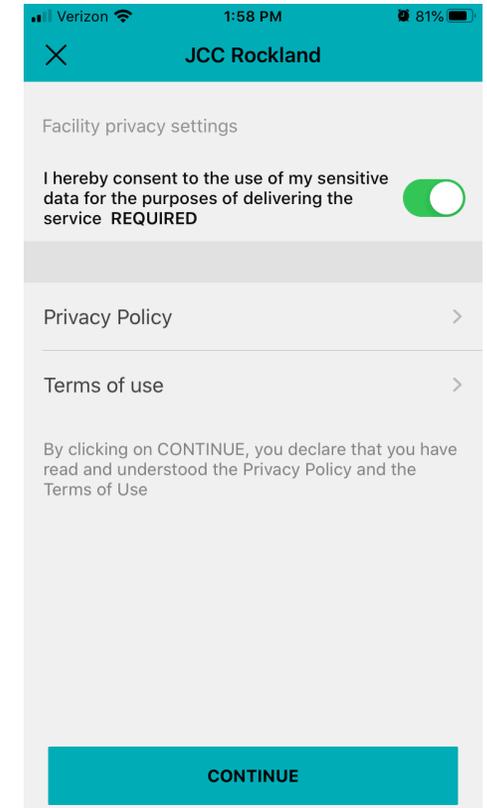
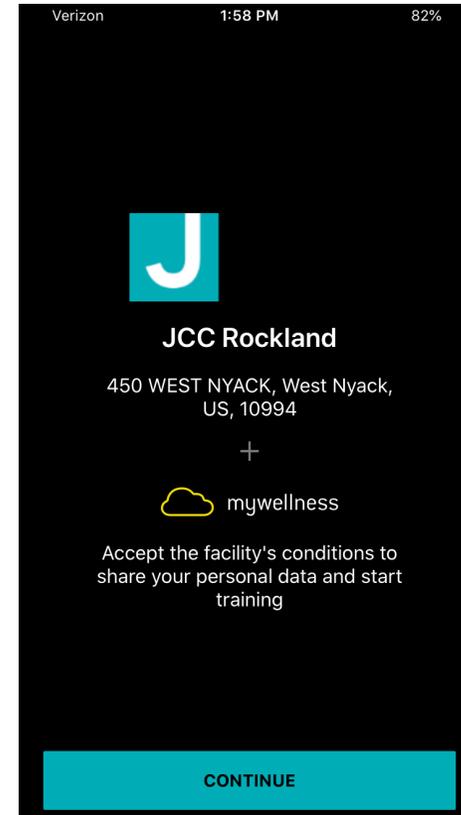
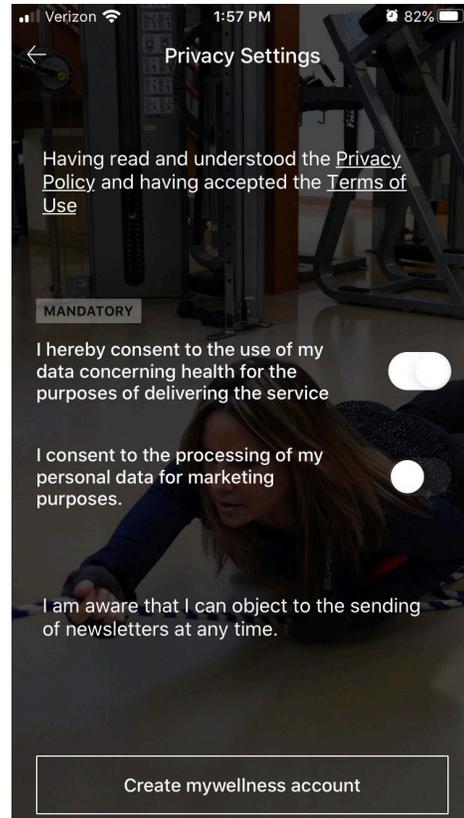
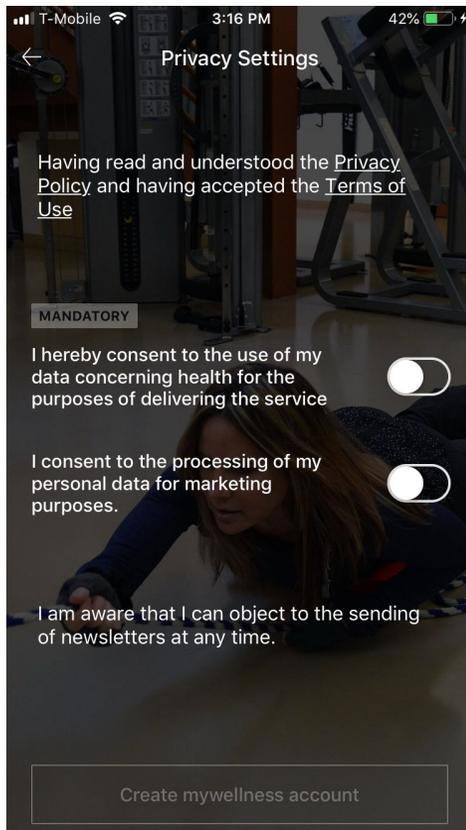
Location Services

This setting allows the app to work with the GPS running or walking feature in the app. Our suggestion is to use Only While Using App



Notification Services

Notifications are useful for the class or facility booking features or coach messages sent in the app. We suggest that you allow them. You can always turn them off in the app settings if desired



Terms and Conditions

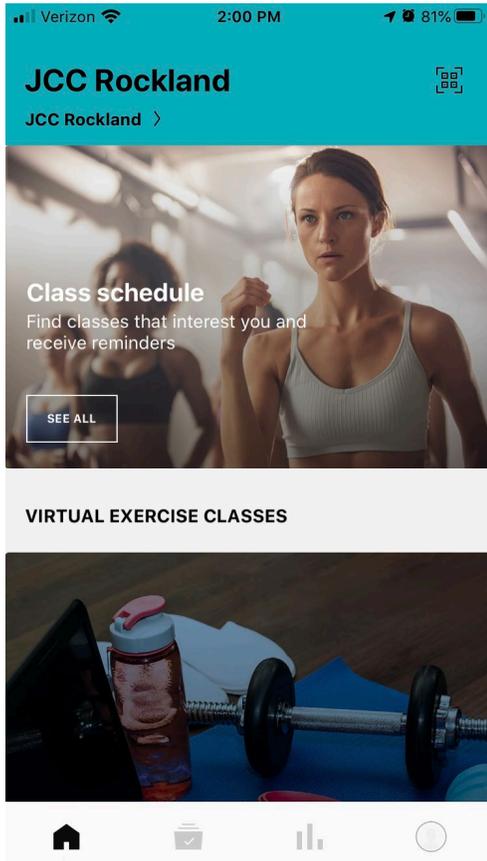
Technogym's Privacy policy and Terms and Conditions statements for the mywellness account creation are available to read by clicking the underlined words for each in the first paragraph

Consent is required to move forward with creating the account and access the service. The processing of personal data for marketing purposes is optional. Create mywellness account is visible to select when consent is provided

Choose continue to view and the JCC Rockland's Privacy and Terms of Use and complete the process.

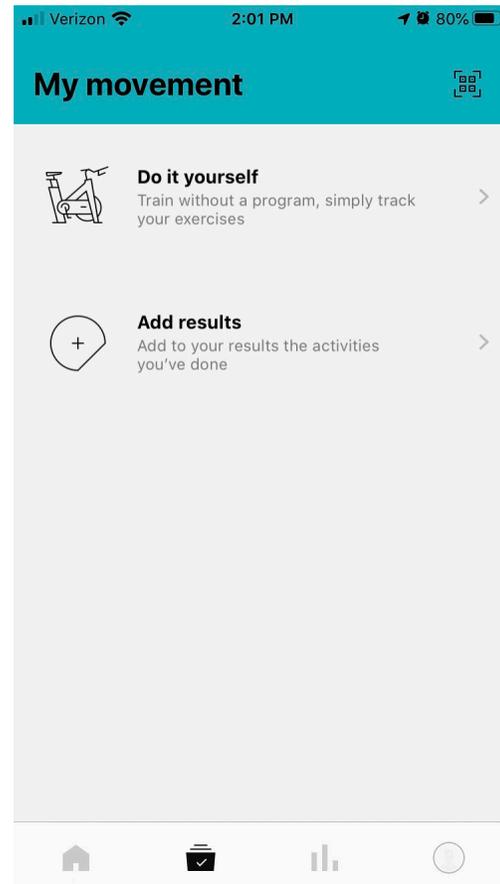
If you consent to the use of the service you are now a JCC Rockland app user. You may begin to explore the app and use many features. For the full programming to be available, the facility will verify your membership status and unlock that content if membership is confirmed

Main areas of the mywellness app



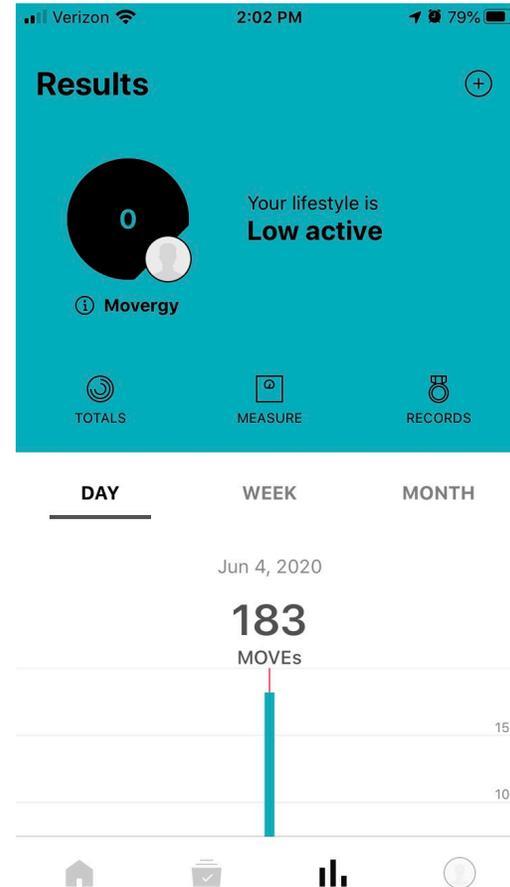
Home

View everything your facility offers- Includes weblinks, class schedule, training programs, GPS running/walking/cycling, challenges offered, connecting other apps and devices



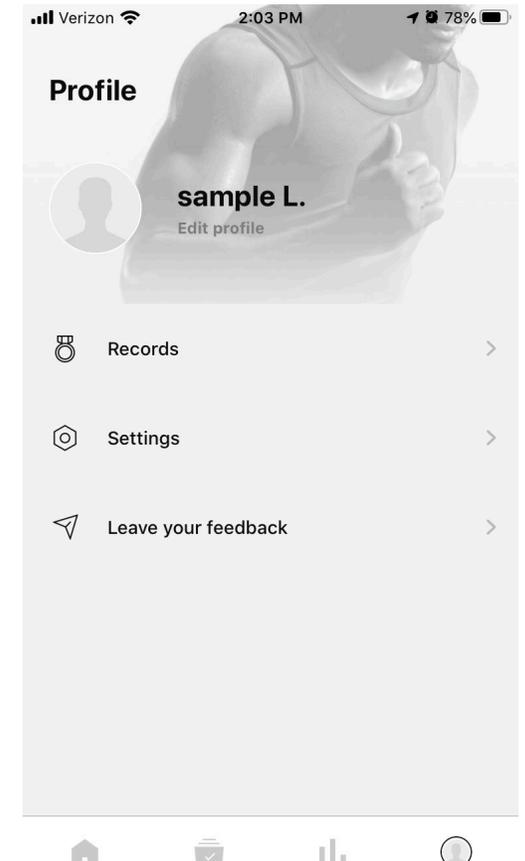
My Movement

What you have selected to do- Programs, Coach area, QR reader to log into equipment and notifications area. Also manually add activities completed



Results

Review activity, biometrics and personal records



Settings

Make adjustments to your account, view settings, see notifications, leave feedback about the app, logout in settings if needed