Givhero

Healthy Weight Program by AhealthyU

American University is excited to announce our partnership with Givhero, offering employees a fun new way to *Be Active* and *Do Good* at the same time.

The Givhero App connects with any smart-phone or fitness device allowing you to quickly set your goals, and easily monitor your progress. When you achieve your goals, we donate money to your chosen charity. It's that easy!

To kickstart, we have set up *"Healthy Weight Program by AhealthyU"* to lose or maintain weight. Set a monthly goal to help reach your healthy weight, then track your progress from day to day.

AhealthyU will donate $5 each month over three months (total of $15) to one of four AU charities when participants achieve their goal. Together, we strive to support each other achieve our health and wellness goals.

Here's how:

1. **Download Givhero: TAP** https://givhero.page.link/ahealthyu-hwp from your **PHONE** and sign up using your *@american.edu* email address or your personal email address.
2. **Join Program:** follow the steps to download the app and join the *Healthy Weight Program by AhealthyU*. *Set up your **monthly** weight loss or maintenance goal. Do not select weekly or weight loss by target date.*

![Givhero logo]

3. **Enter Weight**: Without your starting weight, program will not start. Enter your starting weight before Jan 22nd. To log your weight, in Givhero app
   a. Go to *Profile*
   b. Scroll down and tap *Log Activity*
   c. Select the *Current Weight* from the *Activity* drop down
   d. Select *Date* for which you are reporting the weight
   e. Click *Add*

   On any day, you can only enter data for last 2 days. If you enter same activity for the same day more than once, the latest log will be considered.

   If you are not using the Givhero app and would like to submit your weight online, follow the instructions:

   a. Login to Givhero at https://www.givhero.com/login
   b. Click *Log Activity* in left navigation menu
   c. Select the *Current Weight* from the *Activity* drop down
   d. Select *Date* for which you are reporting the weight
   e. Click *Add*

4. **Select your favorite charity:** You can select up to two charities.
   a. From dashboard, tap on the program.
   b. Scroll down
   c. Tap *Charities You're Supporting*
   d. On the *Your Favorite Charities* screen, make sure that the check box next to the charity name is selected.
   e. Tap the check mark in the top-right corner of the screen to save your selection.

5. **Optional, Connect a tracker:** an app like Google Fit or Health for iOS, or a device like one from Fitbit or an Apple Watch. You can use Givhero to track your workouts too.
   a. *Make sure to give permission to read **Steps and Workouts** from your **Apple Health app** or **Activities** in your **Fitness Tracker** device.*
   b. Givhero syncs with your connected device every 15 minutes.

6. **Optional, Invite a Sponsor:** choose to recruit friends, family members, and coworkers to sponsor you, then that money will also be donated at the end of each month to the four AU funds or additional external charities if you hit the benchmark goals. To invite a sponsor:
    a. In Givhero app, from dashboard, tap on the program.
    b. Scroll down to the *Sponsors* section.
    c. Tap the red icon.
    d. Choose the *Email*, *Contacts*, or *Let me type in* option. If you've made this goal public, you'll also see options for posting to Facebook and Twitter.
    e. Follow the instructions to invite a sponsor.
7. **Optional, Setup a Team:** while team members still work toward their own individual goals (there is not a "team goal"), you can create a team and set fitness goals to keep each other accountable for fitness activities. To create a team:
    a. **Create team:**
        i. In the Givhero app, go to *Profile*
        ii. Scroll Down
        iii. Tap on *Teams* and tap on *Create Team.*
        iv. Enter your team name and tap *Save.*
        v. ***Do Not*** make team public.
        vi. You can upload team profile pic and enter team description.
        vii. Tap on *Save*
    b. **Invite members:**
        i. On newly created team screen, tap *Members* >> tap on *Invite a Member.*
        ii. You can connect to your *Gmail, Phone Contacts or just type the email address.*
        iii. Select contacts to send invitation
        iv. Tap on *Send Invitation*
    c. **Assign administrator:** admins can manage all the functionality of team like invite other team members, create team goals etc.
        i. Select the team
        ii. Tap *Members*
        iii. Tap on any team member

            iv. Tap *Make an Administrator* to make member admin.

    d. **Create team goal:** you can create only fitness activity goals for teams.

        i. Go to *Profile >> Teams*

        ii. Select the team

        iii. Scroll down

        iv. Tap on *View Goals*

        v. Tap on **+** on top right hand corner

        vi. Tap on any goal and save

8. **Optional, upload a Profile Photo:** if you set your profile public, you get a landing page at givhero.com where your photo displays. A photo is a great way to make this page personal.

    a. Go to *Profile.*

    b. Scroll down.

    c. Tap *Edit Profile.*

    d. Tap the camera icon in the red area at the top of the screen*.*

9. **Help and More Information**

    a. Visit www.givhero.com.

    b. Visit our FAQ page www.givhero.com/faq.

    c. Email us from the app: Tap *Feedback* at the bottom of your screen or email to support@givhero.com.

Disclaimer: Givhero does not read or store data from the connected app unless you give the permission. You can manage what Givhero can access when you add your tracking device or fitness app.