Back2Play App General Functionality

ACTIVATING STEP COUNT DATA

Once you have downloaded the Back2Play App on the Apple Watch and iPhone, it is important to **open the App on the Apple Watch.** Do so as soon as you complete the initial survey as this allows us to track your step counts.

CHARGING

You should charge your Apple Watch every night while you are sleeping. Don't forget to put it back on in the morning!
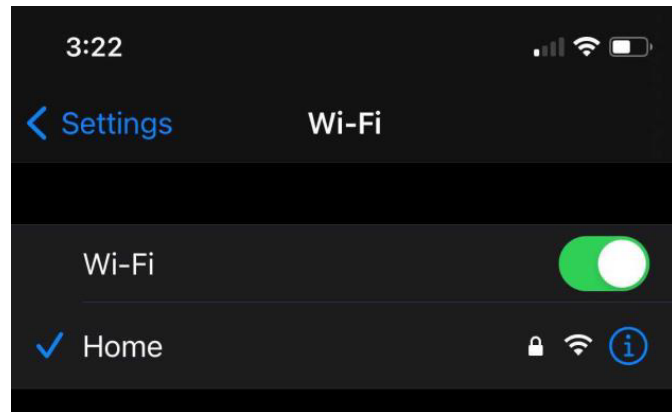
SWITCHING BETWEEN LIGHT/DARK MODE

The App uses the iPhone's "Appearance" setting to decide which to display in. This setting can be changed by going to *Settings>Display* and *Brightness>* Select desired mode at top

Back2Play App General Functionality

WIFI AND CELLULAR

We recommend you having both wifi and cellular data turned on. To turn the wifi on, go to *Settings> wifi* and ensure the wifi toggle is on and a network is selected. To turn on cellular go to *Settings> Cellular* and ensure 'Cellular Data" is toggled on.

SELECTING A NEW WATCH FACE

- If you want to select a new Apple Watch face you MUST ensure the Back2Play App is a complication. If you have any concerns or questions. Contact the Back2Play App team.
1. Open "Watch" App on the iPhone
2. On the "Face Gallery" tab, scroll down until to "Infograph Modular" watch faces
3. Click any watch face in this category, then scroll down until you see the "complications" section
4. Choose the following complications, then click "Add"
5. There should be 2 complications (all the rest should be "off")
   a. Top left: Battery
   b. Bottom middle: Back2Play App
6. On the "My Watch" tab, ensure that the Watch face you just created is the only option under "My Faces"
7. If there are multiple watch face options, click "edit" then use the minus sign button to remove all watch faces except those selected (Battery and B2Play App)