



# Getting Started Kit



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## Kiplin communication kit

Engage your coworkers Communicate within your company Promote the approach <u>Google Drive Link</u>

### <u>Digital</u>

- "Kiplin Box" pictures database for your internal communication tools + 1 presentation video
- Videos, messages for internal social media
- Tutorial

### <u>Print</u>

- Flyers, kakemono
- "Decoration" kit : flyer for the elevator, the stairs, bicycle parking





## **Ambassadors training**

Kiplin offers to train your employees who have been identified as "ambassadors" to support the Kiplin project internally.

<u>How?</u>

- A 30-minute video with a presentation of the application, sign in and time for questions and answers
- Presentation of the app and game rules







Kiplin is compatible from:

• Version 14 on iOS

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• Version 7 on Android



## How does it work?

## I already have a Kiplin account?

- → I log in to my Kiplin account with my login and password
- → I add my game in the Games tab with the registration code XXXXXX
- → I create or join a team in the Games tab
- $\rightarrow$  I register for physical activity sessions in the Agenda tab

### I don't have a Kiplin account?

- → I download the Kiplin app
- → I create my account with the registration code XXXXXX
- I link my tracker to Health on iPhone or to my Google account on Android
- → I download Social Ride and link it to Kiplin
- > I create or join a team in the Games tab (5 members max. per team)
- I register for physical activity sessions in the Agenda tab

### **HOW DOES IT WORK**

## The Kiplin App



- Real-time activity monitoring
- Profile
- Useful links (technical support and registration)
- Games
- Messaging
- Agenda (if physical activity sessions)
- Check-up

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**AGENDA** 

## **Physical activity sessions**

The sessions are held on the Livestorm platform and can be accessed via any devices (tablets, computers, mobile phones). A range of themes and intensities are available, all accessible via replay!

## Find your available physical activity sessions in the Agenda tab.

- Every Tuesday from 12.15pm to 12.45pm
- Every Wednesday from 6.45pm to 7.15pm
- $\rightarrow$  Every Friday from 8.45am to 9.15am

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## Selection + session registration

### **GAMES TAB**

## Inter-entity challenge

A simple game rule where everyday steps allow you to move up in the ranking. Various challenges will also allow you to earn bonus points for your team.



**Teaming up** 

- → 1.Choose your entity
- $\rightarrow$  2. 5 players maximum per team

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THE CHALLENGE KIPLIN

From 02/29 to 03/18/2023

### Challenges to win bonus points as a team

## **GAMES TAB**

## **Inter-entity challenge**

**Points scale :** 

From 1 to 10 000 steps  $\rightarrow$  1 point/step From 10 001 to 20 000 steps  $\rightarrow$  0.5 point/steps From 20 001 to 30 000 steps  $\rightarrow$  0.1 point/steps More than 30 001 steps  $\rightarrow$  0 point/steps

Detailed game rules **f** 





### 1 min of cycling = 100 steps

### **GAMES TAB**

## Inter-entity challenge



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**Shadow Mode** Rankings are hidden on the two last days to spice up the end of the game



**GAMES TAB** 

## **Inter-entity** challenge



### Messaging

- $\rightarrow$ **General Messaging**
- $\rightarrow$ **Team Messaging**
- $\rightarrow$ **Entity messaging**























Handle by you

### **ORGANIZATION**





## **kiplin**



## kiplin



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# kiplin Thank you!

FROM THE KIPLIN TEAM