



# ELCIES Campaign & Challenge

A fun way to promote healthy behaviour



# Where to Start ...?

- 1 Register a [ELCIES Company Account](#) (FREE)  
*(fair use policy)*
- 2 Set up Your Company Profile in ELCIES
- 3 Select what kind of fitness or health data you need to track for this campaign  

- 4 Invite your users to join in (FREE)
- 5 Create a campaign or challan

# How it works ...?

The screenshot displays a web dashboard for 'Swift Fitness'. At the top, a blue header contains the word 'Dashboard' and a breadcrumb trail 'COMPANY DASHBOARD'. On the right side of the header are three circular buttons labeled 'A-', 'A', and 'A+', along with a power icon. Below the header, the main content area is titled 'Swift Fitness Dashboard' and features a grid of seven colorful tiles. The tiles are: 'Access Level' (purple), 'User list' (yellow), 'Invite User' (blue), 'Company Info' (green), 'Export' (green), 'Data Dashboard' (red), and 'Campaigns' (yellow). A hand icon with a click effect is positioned over the 'Campaigns' tile, indicating it is the target of the instruction.

Dashboard

COMPANY DASHBOARD

Swift Fitness Dashboard

Access Level  
Manage the access level

User list  
Manage my active users

Invite User  
Manage my invited users

Company Info  
Manage company information

Export  
Export your data to different formats

Data Dashboard  
Review your data

Campaigns  
Manage Campaigns

Click on “Campaigns”

After Clicking on “Campaigns”, you'll be redirected to “Campaigns settings”, where you can setup or update details of your Campaign\challenge.

Public campaign will appear in ELCIES campaign list and visible to all ELCIES users.

You can only setup One (1) campaign pre business account!

By clicking on “Target”, you will be able to setup the challenge’s target.



 Campaign information

Image \*   
Choose image on PC

Campaign name \* GO HEALTHY!

Campaign url http://elcies.be/go-healthy/

Public \*

Description ELCIES's "GO HEALTHY" campaign was launched in January 2017.

Rules There's no age requirement for kids enrolling in family challenge.  
The minimum team size is 2 participants.  
The maximum team size is 6 participants.  
There is no limitation to mix and match different age group (from under or above 30).  
The participants in 60+ age group will only compete in their own age category.

Date Period 01-09-2017 - 30-09-2017

Calculate type Monthly

[Save](#) [Cancel](#) [Target](#) [Report](#)

# “Target” settings:



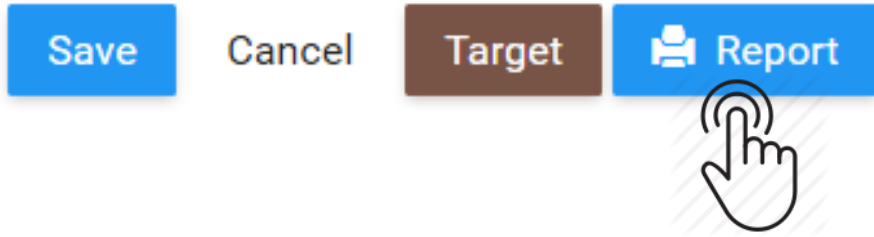
You can choose different settings to automatically record your users progress. e.g. if you set your BMI settings on “BMI Healthy” then you challenge your participants to reach a healthy BMI by the end of campaign\challenge date!

you can also set the total target of “Calorie” and “Steps” during the challenge.

BMI	BMI Healthy	▼
Glucose	Not Selected	▼
Heart Rate	Not Selected	▼
Blood Pressure	Not Selected	▼
Max Calorie	200	
Max Step	12000	

Save Cancel

# Report:














You get an overview of how participants and teams progress so far!

GO HEALTHY!

9/1/2017 12:00:00 AM - 9/30/2017 12:00:00 AM



#	User / Team	Calories	Steps
1	  Aria Ghorbani	33953.87	36525
2	 Jacq van der Steen	51956.87	85174
3	 Masoud Ghorbani	28741	136176
4	 Michelle Clark	0	340160
5	 Frances White	0	308717
6	 Bruce Perkins	0	306624
7	 Rose Baker	0	304518
8	 Timothy Edwards	0	300681
9	 Jonathan Romero	0	298085
10	 Harold Rev	0	296442

# ELCIES Campaign & Challenge

## User Dashboard and settings

Dashboard

HOME

Hello: Jan

Jan Janssen

Connected Services

My Account

Access 1 0

My Bot

How Your Vacation Can Make You Healthier

The benefits of taking time off for a relaxing summer vacation or long weekend getaway are well known. A good vacation can rejuvenate you, [r More...](#)

Fat Shaming by Doctors: Could It Be Consi... 8/7/2017 9:37:01 AM  
Discrimination by the medical community based on a patient's...

Want to Sleep Better? Find Purpose in Life 7/14/2017 9:27:42 AM  
Having a reason to get out of bed each morning helps older a...

Today's Stress Level Predicts Tomorrow's ... 7/14/2017 9:23:06 AM  
In people who have frequent migraines, a new model that mea...

Could Strawberries Prevent Alzheimer's? 7/14/2017 9:18:39 AM  
New research in mice suggests a compound found in strawbe...

The science of sleep 7/31/2017 8:57:04 AM  
Ying-Hui Fu, a UCSF professor of neurology and a pioneer in t...

Smelling food links to weight gain, study s... 7/31/2017 8:55:14 AM  
A new study conducted by researchers from the University of...

My Profile

My Progress

Campaigns





By clicking on “Team” icon each ELCIES’s user will be able to:

- A. Select a challenge!
- B. Form a team!
- C. Invite their family and friends to participate in the challenge!

The image shows a user profile card for 'Jan Janssen'. At the top, there is a grey header with a profile picture and a red notification bubble containing the number '1', followed by the text 'Hello: Jan'. Below this is a blue banner with the name 'Jan Janssen' and a circular profile picture. Underneath the banner are three buttons: a blue 'Connected Services' button, a purple 'My Account' button, and a green 'Access 1' button with a red '0' button to its right. At the bottom of the card, there is a small profile picture with a red notification bubble. A yellow box labeled 'The Team Captain' has an arrow pointing to this profile picture. To the right, another yellow box labeled 'Team settings' has an arrow pointing to a hand icon clicking on a blue team icon.

**The Team Captain**

**Team settings**




# 3 simple steps for getting started with ELCIES Campaign\Challenge

Create a team

Step 1: Choose a Challenge Swift Fitness

Step 2: Ask someone to join your team

My Team

 Aria@DigitSign.com

**Enter a valid email**

**Before sending an email invitation, check via “lookup” If invited user has already a ELCIES account, if so then you will be able to add them to your team!**







GO HEALTHY!



**Start date** 01-09-2017

**End date** 30-09-2017



User	Steps	Calories
 Jan Janssen	35842 	27516.15 
 Aria Ghorbani	683 	6437.72 

Step 3: Lookup!

Report



Your position in competition

Your Team Captain