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GETTING STARTED



REGISTRATION

1. Go to the Portal

Go to the portal at telligenconnect.com

2. Click the Portal Login Button

Click on the portal login button

3. Log In or Register

Login using your username and password, or click the button to register

4. Reset Password

Tap "Forgot Password" to reset your password.



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DASHBOARD

The portal dashboard is your jumping point to log data and participate in challenges. You can also see how many points you have earned to date for the program year.



DASHBOARD FEATURES

1. Navigation

On the left-hand side, you can navigate the portal to the following:

- Expand: Expand the Navigation
- Home: Click to return to the Dashboard
- How It Works: Click to see program information
- Education: Click to access resource library
- Member Challenges: Click to view challenges
- **Data Tracker:** Click to log data for for biometrics, nutrition, and exercise



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DASHBOARD FEATURES

2. Log Data

From the dashboard, you can begin logging data from the dashboard or navigation for biometrics, nutrition, and exercise by clicking the respective "Let's Go!" button. See the "Logging Data" section for complete instructions on how to log data for biometrics, nutrition, and exercise.



3. Interact with Challenges

From the dashboard, you can enroll in challenges and view challenge details.

ow: All 🔹							Pro	ogram year :	Select a Pr	ogram Y	'ear	•
Bike Everyday for 60 days Nov 01 - Dec 31, 2024		Repeatab challenge Nov 04 - D	le Weekly))ec 29, 202	:	C Ju	epeatabl hallenge un 01 - De	e Monthly	:		indful E ov 26 - D	ating Wee Dec 02, 202	k S
		ę	3			E	•					
Earn points by biking everyday for 60 da		Ie Weekly cl	Hallenge sha)	Repeatable Extracts	Monthly C	Mallenge sho	ort desc	A 7-day cho and improv through mir	allenge to e your rele adful eatir	cultivate aw ationship with ng practices	areness th food
Timeframe: 12/18/2024	Total Poi	nte: 0/1	160		Total Boin	to: 0/1	050		Total Poin	ts: 0/:	35	
Outline 1	Totarroi	nts. 071			Total Point		000		Timeframe		12/18/2024	
Option	Imetran	ne: Dec	: 16 - 22		limetrame	Dec	ember		Option 1			
Activity Goal Actual Met	ic Option 1				Option 1				Activity	Goal	Actual	Metrie
Biking ≥10 0 min	te Activity	Goal	Actual	Metric	Activity	Goal	Actual	Metric				
4									Logs	21	0	day(s
Option 2	Biking	≥ 10	0	minute	Stairs	≥ 100	0	flight(s)	¢			
				•	<			•	100 Mar 100			

You can also access challenges in the navigation. For more information on accepting and tracking challenges, see the "Challenges" section.

LOGGING BIOMETRICS

The Connect portal allows you to record and track biometric data, including blood pressure, blood sugars, cardiopulmonary, cholesterol, height, and weight values.



LOGGING BIOMETRICS

From the Dashboard

1. Click the "Let's Go" button in the Log Biometrics module

2. The biometrics bin will open up from the right

3. In the drop-down labeled "Choose a biometric", select the biometric marker you want to log

4. The date will autofill to the current day. If needed, members can log up to 4 weeks in the past by clicking the calendar icon and selecting an alternative date



BIOMETRICS

5. Enter the values for your biometric (please note, these will vary depending which type of biometric marker you are logging)

6. Once you add your values, the submit button will darken and you can submit your entry.

From the Navigation

1. Click the Data Tracker Icon in the left-hand navigation

2. Click the "Let's Go" button in the Log Biometrics module

3. The biometrics bin will open up from the right

4. Follow the steps listed above

VIEWING BIOMETRIC DATA

1. Open up the Biometrics bin by following the steps above.

2. In the Biometrics bin, click the "View data" tab

3. In the "Choose a biometric" drop-down, select the marker you want to view data for

4. If there are multiple types of data (e.g., blood sugars glucose or triglycerides), select which item you want to view in the "Select an item" drop-down

4. The data you've logged for those biometric types will populate below

<mark> </mark> Biomet	trics	CLOSE
Log data View data	View progress charts	
$\mathbf{\Sigma}$	Submit	
Blood Pressure 👻		
Date		
12/18/2024 11:42 AM	ti	
Systolic (mm Hg)	Diastolic (mm Hg)	
100	40	

Biom	netrics -		CLOSE
Log data View do	ta View progress cho	arts	
	hoose a biometric 🔹 🗸		
	elect an item 🔹 🗸		
	Select search cri	teria	
🔂 Bior	netrics -		CLOSE
Log data View o	lata View progress ch	arts	
	Blood Sugars 👻		
	Glucose v		
Date/Time 12/18/2024 11:54 AM	Value 94 mg/dL	Source Turnleaf	Action

VIEWING PROGRESS CHARTS

1. Open up the Biometrics bin by following the steps above.

2. In the Biometrics bin, click the "View progress charts" tab

3. In the "Choose a biometric" drop-down, select the marker you want to view data for

4. If there are multiple types of data (e.g., blood sugars glucose or triglycerides), select which item you want to view in the "Select an item" drop-down

4. The data you've logged for those biometric types will populate below in chart form

5. In the chart, you can pick a date range of day, week, month, year, or all

6. Below the chart, you can see your average, range, and trend for the data. You can also click "Show all data" to view all the data you have logged for that biometric marker



LOGGING NUTRITION

The Connect portal allows you to record and track biometric data, including blood pressure, blood sugars, cardiopulmonary, cholesterol, height, and weight values.

ce in the s wellness	Settings menu. goals.	Browse the o	challenges and	I take part in	something
\supset	🗶 Log nu	itrition (Let's go! →		\$ <mark>↑</mark> Loge>

LOGGING NUTRITION

From the Dashboard

1. Click the "Let's Go" button in the Log Nutrition module

2. The nutrition bin will open up from the right

3. The date will autofill to the current day. If needed, members can log up to 4 weeks in the past by clicking the calendar icon and selecting an alternative date

View data
View progress charts

Date
12/18/2024

Water
0

Daily Totals

4. In the area labeled "Water", you can add how much water you've consumed for the day in 8 oz increments

5. Click the Save icon to log water

NUTRITION

5. To log food, click the green plus sign

6. Select the "Breakfast, Lunch, Dinner, or Snacks" tab to input food for the meal you consumed

7. Type the type of food you ate into the search field. The system will take a few seconds to generate results

8. Select from the options listed

	Add a Foo	d Item		O 16	BLACK CHER	RY ON THE BOT	TOM GREEK Y
Breakfast	Lunch	Dinner	Snacks		Servings*	Size	*
choban 133kcal	d Food"	3.1g	× 17.7g	7img a	_ Unit	Calories* —	Carbs *
19 - BIZZY BU CHOBANI -	ZZY STRAWB	ERRY YOGURT	MILKSHAKES	STRAWBERRY	g	80	11.3
KCAL 68kcal	P 5.08g	F 1.69g	C 8.47g	s 42mg			
20 - BLACK C	HERRY GREEN Serving Size -	YOGURT, BLA	CK CHERRY		Fat"	7.33	Sodium
KCAL 80kcol	р 7.33g 0	ғ с д 11.3g	S 43mg		Ū		
21 - BLACK C	HERRY ON TH Serving Size -	BOTTOM GRE	EK YOGURT,	BLACK CHERRY			
KCAL 80kcal	P 7.33g	r Og	с 11.3g	s 43mg		SUBMIT	

9. The nutrition info will auto-populate. You can adjust the serving size to accurately reflect the quantity of the food you ate.

10. Click "Submit" to log the food. If you want to submit another entry, you can also click "Submit and Add Another" to repeat.

11. If no results appear or the correct option does not populate in the list, you can manually add the nutrition info instead and hit submit



12. After you log food, your calories and macros will populate in the nutrition bin

LOGGING EXERCISE

The Connect portal allows you to record and track biometric data, including blood pressure, blood sugars, cardiopulmonary, cholesterol, height, and weight values.

🖈 Log exercise	$\fbox{Let's go!} \rightarrow$	

LOGGING EXERCISE

From the Dashboard

1. Click the "Let's Go" button in the Log Exercise module

2. The exercise bin will open up from the right





4. The date will autofill to the current day. If needed, members can log up to 4 weeks in the past by clicking the calendar icon and selecting an alternative date

5. You can add exercise minutes, miles, and other fields based on the exercise you selected

5. Click "Submit" to save

EXERCISE

From the Navigation

1. Click the Data Tracker Icon in the left-hand navigation

2. Click the "Let's Go" button in the Log Exercise module

3. The exercise bin will open up from the right

4. Follow the steps listed above

Å	Exercis		CLOSE
		Submit	
Choose an e	vxercise ~		

VIEWING EXERCISE DATA

1. Open up the Exercise bin by following the steps above.

2. In the Exercise bin, click the "View data" tab

3. In the "Choose an exercise" drop-down, select the marker you want to view data for

4. The data you've logged for those biometric types will populate below

Ť.	Exercis	e •	
Log data	View data	View progress cho	arts
	Choose	e an exercise 🔹 🗸	
	Select	an item 🗸 🗸	
		Select search cri	teria

VIEWING PROGRESS CHARTS

1. Open up the Exercise bin by following the steps above.

2. In the Exercise bin, click the "View progress charts" tab

3. In the "Choose an exercise" drop-down, select the exercise you want to view data for

4. The data you've logged for those exercise types will populate below in chart form

5. In the chart, you can pick a date range of day, week, month, year, or all

6. Below the chart, you can see your average, range, and trend for the data. You can also click "Show all data" to view all the data you have logged for that exercise



Select search criteria

CHALLENGES

The Connect portal allows you to participate in challenges to earn points and improve your well-being.

Show: All			
		Program year :	Select a Progra
1Q25: New Moves Jan 06 - Mar 30, 2025	IQ25: Fuel for the : Year	1Q25: Space to : Breathe Jan 06 - Mar 30, 2025	Participation (Januar)
Diversify your fitness routine!	Track your fruits and vegetables this quarter and earn points!	Breathing exercises are an important tool for your mental health!	Answer the follow
Total Points: 0/60		WELL-BEINO	EXERCISE
	-	and the state	QUIZ

PARTICIPATING IN CHALLENGES

1. Accept Challenge

To accept a challenge, click the "Enroll" button associated with the challenge from your dashboard or the Challenges page. Accepted Challenges will show "In Progress" at the bottom. Completed Challenges will show "Completed" at the bottom

2. Log Data for Challenge

Depending on the challenge, you may need to log data for nutrition or exercise. To do so, follow the instructions above to log data. Data will be automatically calculated into the challenge when criteria is met.

3. Challenge Quizzes

If the challenge is a quiz or requires you to answer "yes or no" to a question, you can participate by clicking the "Start Now" button below the challenge

CHALLENGES

LEAVING A CHALLENGE

1. On the challenge card, click the three vertical dots and select "Leave"



Breathing exercises are an important tool for your mental health!

WELL-BEING

Total Points: 0/60

DEVICE SYNCING

The Connect Portal allows members to sync their fitness devices.

 Image: Second state of the second st		Wy Information	Sync App)				
 Image: Second se	命 (j						
Basic information	© © ≈			5E64AD		Update y Upload	
					Basic informati	on	

SYNCING DEVICES

1. Navigate to your profile.

2. Click the button labeled "Sync App"

3. Locate the device you wish to sync from the list of apps and click the "Connect" button"

4. Follow the instructions given by the app.

