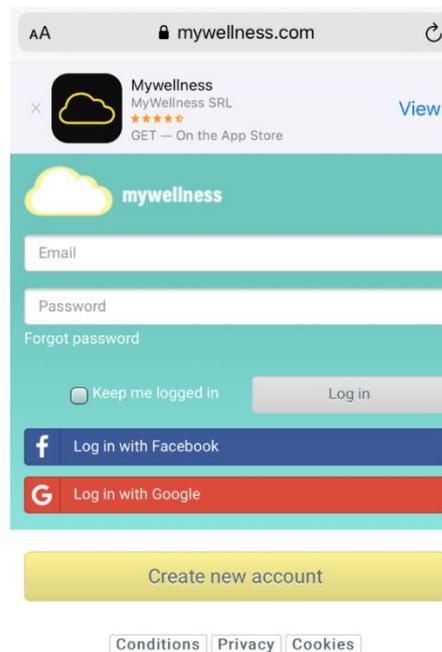


## How to access RGU SPORT On Demand as a non-member

1. Open a new web browser using the following link: [www.mywellness.com/rgusport](http://www.mywellness.com/rgusport)



2. Select the create new account button. After clicking the create new account button you will be re-directed to the following page:



3. Insert the information required, under the personal data section. Please note you must include your weight (for accuracy of results when using some functionalities of the app), however height is optional.

The screenshot shows the registration form on mywellness.com. It is divided into several sections:

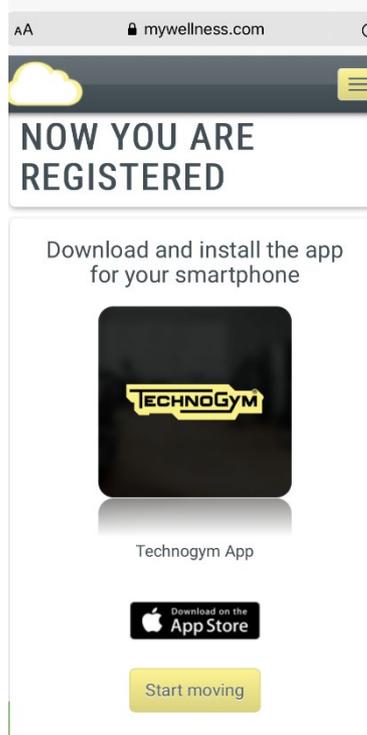
- PERSONAL DATA:** Includes fields for Name, Surname, Date of birth (with day, month, and year dropdowns), Gender (set to Male), Weight (90), Height (180), Country (United Kingdom), and Time zone ((UTC+00:00) Dublin, Edinburgh, Lisbon, Londo).
- SETTINGS:** Includes Measurement system (Metric) and Language (English).
- CREATE ACCOUNT:** Includes an Email field (sportdevelopmentteam@rgu.ac.uk).
- Confirmation and Consent:** Includes a Confirm email field (sportdevelopmentteam@egu.ac.uk), Password field, and Nickname field (sportdevelopmentteam). It also features a consent section with a checked checkbox for "I hereby consent to the use of my data concerning health for the purposes of delivering the Service\*" and an unchecked checkbox for "I consent to the use of personal data for marketing purposes". A statement "I am aware that I may object to the sending of newsletters at any time" is present.
- Final Step:** A yellow "Login" button is visible at the bottom right.

4. You will then we asked to consent to the settings and terms of use (anything mandatory in this section is marked using an \*). Once complete please select the login in button. You will be redirected to the following screen, where you will be required to agree to the club privacy settings.

The screenshot shows the "Club privacy settings" screen on mywellness.com. It contains the following elements:

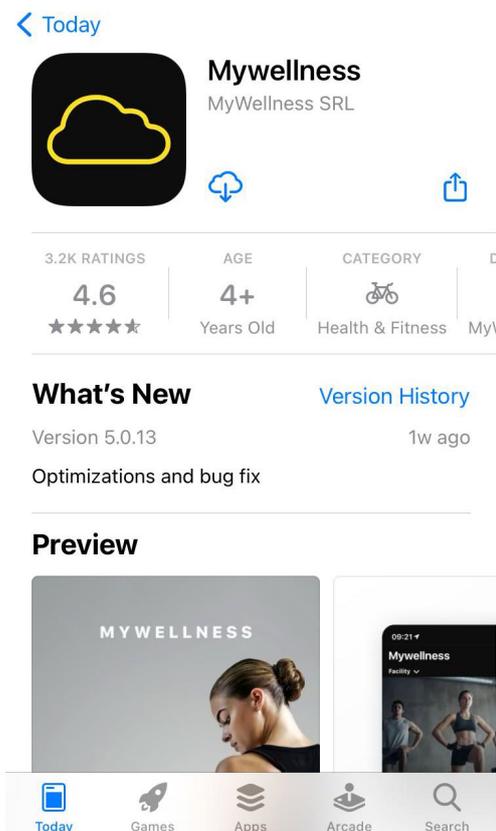
- Club privacy settings:** A heading followed by the text "I hereby consent to the use of my data concerning health for the purposes of delivering the Service \*".
- Consent Control:** A toggle switch that is currently turned off, with a grey 'X' icon to its right.
- Mandatory Notice:** The text "(\*) Mandatory" is displayed below the consent control.
- Legal Links:** Two underlined links are provided: "Privacy Policy" and "Terms of use".
- Disclaimer:** A paragraph stating "By clicking on Start, you declare that you have read and understood the Privacy Policy and the Terms of Use".
- Action Button:** A yellow "Start" button is located at the bottom of the screen.

5. You have now successfully completed registration.

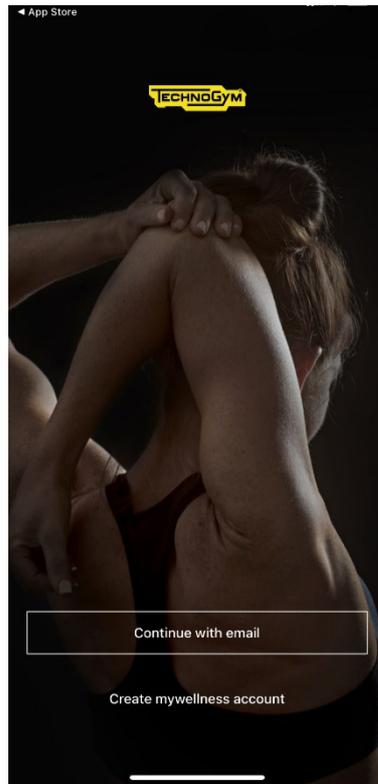


6. Please use the link provided on your screen to re-direct to the appropriate app store and download the Mywellness Technogym app.

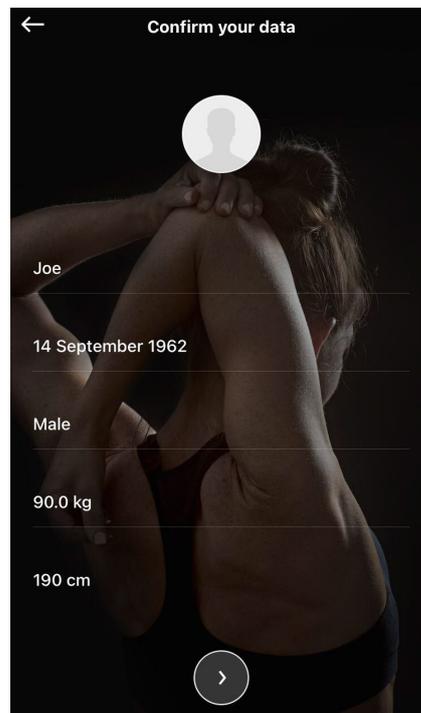
- a. [Apple Device](#)
- b. [Android Device](#)



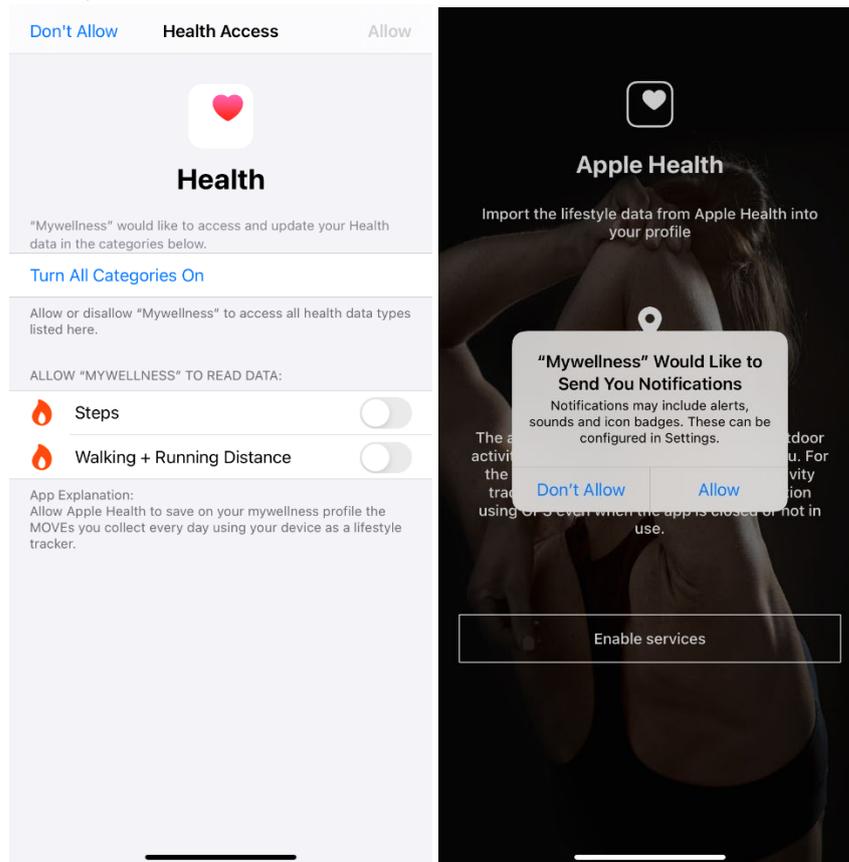
7. Once downloaded open the app and select continue with email. Please insert the email address you used for the personal data section above followed by the password you created.



8. You will then be prompted to verify your personal details are correct, and will have the option to add a photo to your account (optional). Please confirm all information is correct by clicking on the arrow.



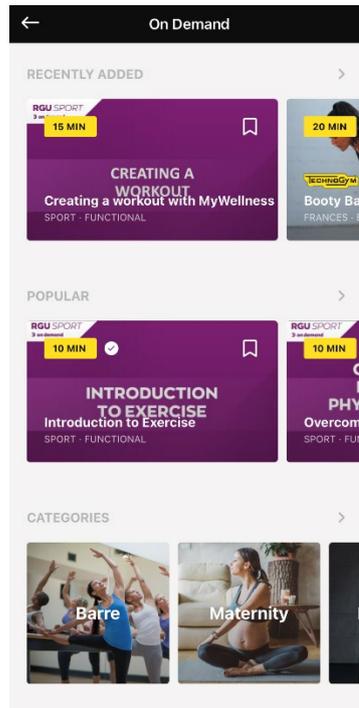
9. You will then be asked to enable access to health data collected by your device and enable location services (optional, as seen below).



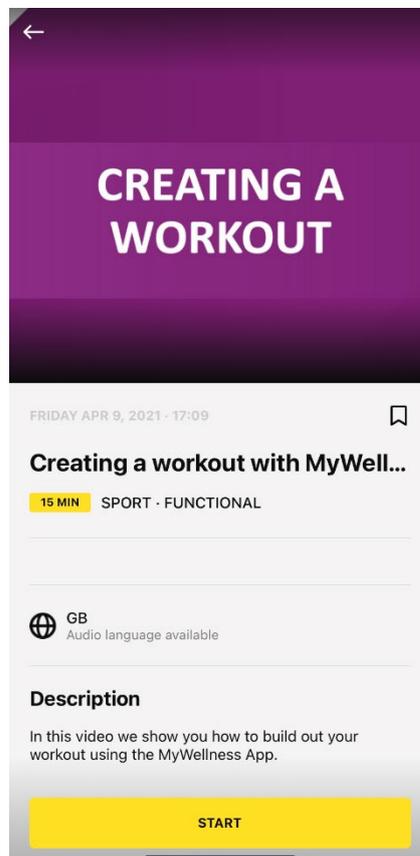
10. You have now successfully linked your account to RGU SPORT On Demand and should be re-directed the below screen.



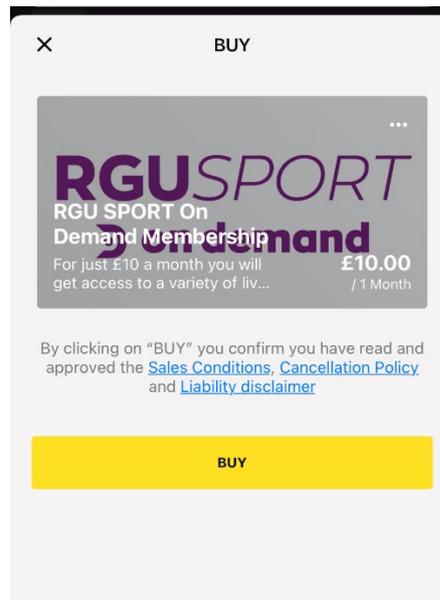
11. Please click on the RGU SPORT On Demand tile. You will be redirected our bank of video resources as seen below.



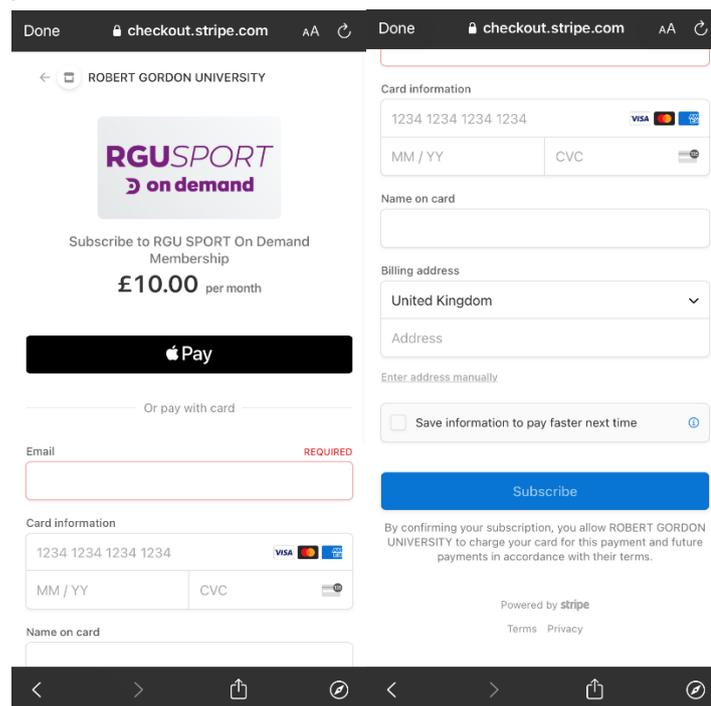
12. Please click on any of the videos on display. You will be redirected to an introduction to the resource you have selected. Please click the yellow start button at the bottom of the screen.



13. You will be prompted to buy an RGU SPORT on Demand Membership. If you would like to sign up click buy at the bottom of the screen.



14. You will be redirected to a payment screen, as seen below. Please enter your details before clicking subscribe.



15. You have now successfully set up RGU SPORT On Demand will have unlimited access to our live classes, wellness and educational resources and our exercise programmes for the duration of your subscription.

16. If you have any questions or queries please contact [rgusportenquiries@rgu.ac.uk](mailto:rgusportenquiries@rgu.ac.uk).