



I'm In Participant User Guide

(updated March 2021)

*Thanks for getting involved in our Healthy Lifestyle programs
– your body and mind will thank you for it!*

Why Use 'I'm In'?

- Helps project managers to count participants and evaluate the success of the program
- Provides emergency contact details in case of an accident



Troubleshooting

If you come across an error on the app (such as an error code appearing for example), try the following:

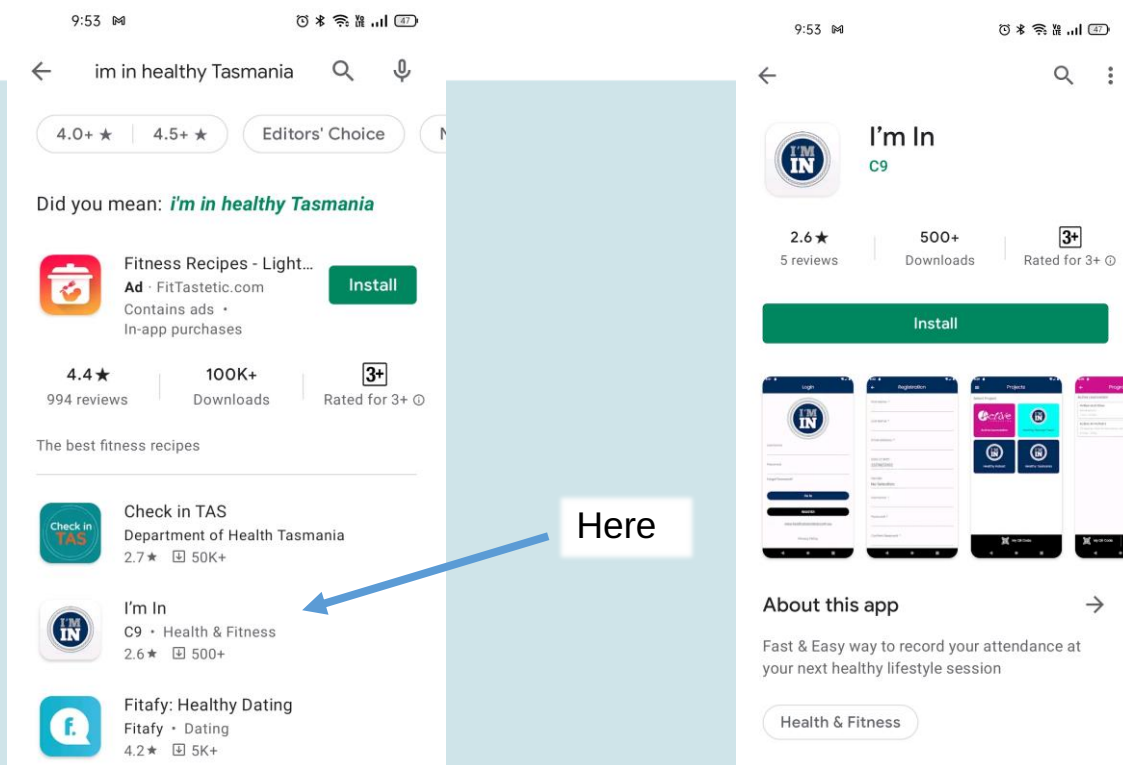
- A) Logging out and logging back in
- B) Closing the app (via an app manager or optimising phone function which basically does the same thing as 'x' on a computer) and reopen.
- C) Restart your phone or tablet
- D) Checking for updates via app store or play store
- E) Uninstall and reinstall the app



How to download and register using the app

**screenshots from Android*

1. Download the 'I'm In' app from the iTunes App Store (Apple devices) or Google Play Store (Android devices). *Note: try searching for 'Im In Healthy Tasmania'*
2. Once you have found it, accept all the permissions and download the app. If you already have downloaded the app, check you have the latest update installed.



3. Once you have downloaded the app, open it up.
First time users: If you are using the app for the first time you'll need to register. Press 'register' to create an account.


Returning users (this means you have participated in a session previously): If you have already registered an account, fill in your username and password and press 'I'm In'. *Forgotten your password or username?*, Select 'forgot password?'



HEALTHY
TASMANIA

10:00 [signal icons]

Login



Username

Password

[Forgot Password?](#)

I'M IN

REGISTER

www.healthytasmania.com.au

Returning users



First time users



4. Fill in all the blank fields making sure everything is spelt correctly. Some fields are compulsory and this is important to complete for the programs evaluation. Use an email address connected to your phone as you will need to verify your account once you finish registration (check it doesn't end in your junk mail/clutter folder!).



10:00

Registration

First Name *

Last Name *

Email Address *

Date of Birth
17/03/2003

Gender
No Selection

Username *

Password *

10:01

Registration

Confirm Password *

Emergency Contact Name

Emergency Contact Phone

Street Address

City
No Selection

State
No Selection

Suburb
No Selection

Country

10:01

Registration

Street Address

City
No Selection

State
No Selection

Suburb
No Selection

Country
No Selection

Postcode

CONTINUE

1:51 pm 95%

Registration

Do You Hold a Health Care Card?
No

In a typical week, do you meet the Australian physical activity guidelines as outlined below?
No

<https://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines>

Indigenous Status
None

Country of Birth
AUSTRALIA

Language Spoken at Home
English

Do you have a chronic condition?

1:51 pm 94%

Registration

Language Spoken at Home
English

Do you have a chronic condition?
None

If yes, please specify

Do you have any allergies?
None

If yes, please specify

Do you have disability?
None

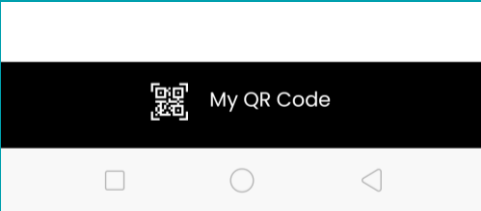
If yes, please specify



5. Once you have filled in all of your information, you have the option of telling us which project you are most interested in. Select a response and select 'sign up' to complete registration. Congratulations, you have now registered an account! Your unique QR code can be found on the bottom of your screen once you log in. Showing us your QR code allows us to 'scan' you into a session.

A screenshot of a mobile application's registration screen. The title bar is dark blue with a white back arrow and the word 'Registration'. Below the title bar, there are two text input fields with the placeholder text 'If yes, please specify'. The first field is followed by the question 'Do you have disability?' and the selected option 'None'. The second field is also followed by the question 'If yes, please specify'. Below these fields is a section titled 'Projects' with five checkboxes: 'Check All', 'Active Launceston', 'Healthy George Town', 'Healthy Hobart', and 'Healthy Tasmania'. At the bottom of the form are two dark blue buttons: 'BACK' and 'SIGN UP'. The Android navigation bar is visible at the very bottom.

A white dialog box with a dark blue title 'Success' and a message 'Registration completed successfully.' in dark blue text. An 'OK' button in dark blue text is located in the bottom right corner of the dialog box.

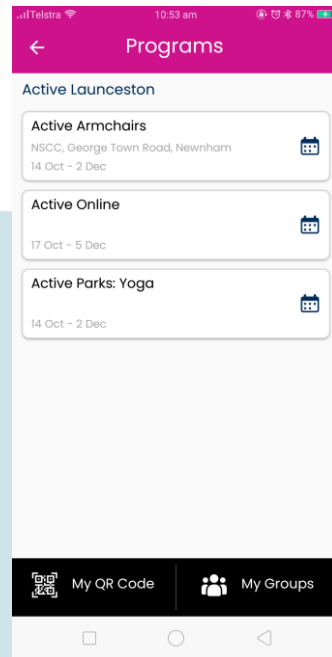
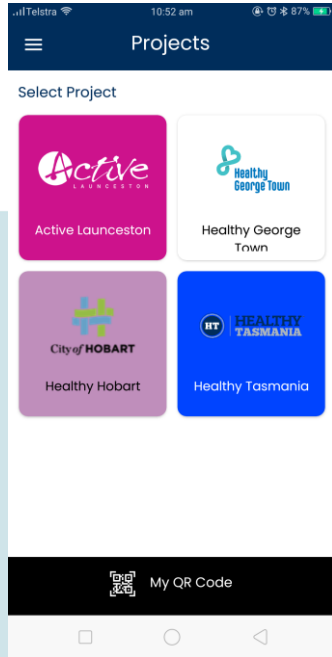


You can save your QR code to your phone (check your photos folder) and at a session you can show this code to our program coordinators and they will be able to scan you in. Don't want to bring a phone to a session? You can also print your code on paper. Down the track we recommend you also verify your account by signing into your email account (the one you used in the registration).

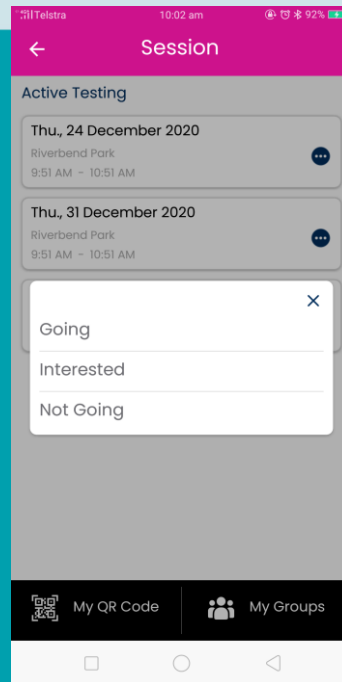
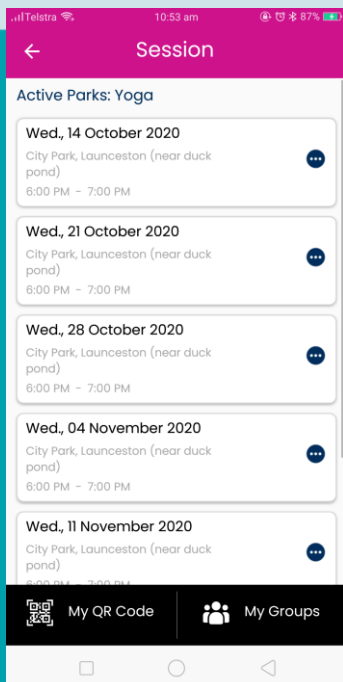


How to register your interest at a session

You've created an account on the app but you want to see what sessions are available to you



1. Once logged in, select the project you are interested in attending
2. Select the program you are interested in attending
3. Select the session you are interested in attending
4. Let us know if we expect to see you at the session by hitting 'going' or 'interested' or 'not going' to go back.





How to register for Im In via the website

If you have already registered via the app previously, you **do not** need to register via the website. The website registration is an alternate option for those who prefer not to use an app.

1. Go to <https://iminconnect.com/Registration>
2. Complete all the fields making sure everything is spelt correctly particularly your email address.
3. Once you have finished select 'save'.
4. Congratulations, you have now registered via the website. At a session you'll need to let the program instructor or coordinator know your name or show them your unique QR code so they can 'add you in' to a particular session.

A screenshot of a web browser showing the registration page for 'I'M IN'. The browser's address bar displays 'iminconnect.com/Registration'. The page features the 'I'M IN' logo at the top center. Below the logo is a note: 'Note: if you have trouble registering, because Google thinks you might be a robot, please refresh the page with CTRL + F5 on Windows or CMD + R on Mac and then try again. Using a phone? Slide your finger down the screen and release. Still having issues? Your internet browser might not be using the latest version, please update to proceed.' The registration form is divided into several sections: 'Contact Details' with fields for First Name, Last Name, Email Address, Mobile Number, Date of Birth, and Gender; 'Username' and 'Password' fields with a 'Confirm Password' field; 'Emergency Contact' with fields for Full Name and Mobile Number; 'Address Details' with fields for Street Address, City, State, Suburb, Country, and Postcode; and 'Others Details' at the bottom. A 'Privacy & Terms' link is visible in the bottom right corner of the form area.



iminconnect.com/Registration

Address Details

Street Address

City

State

Suburb *

Country

Postcode *

Others Details

Do You Hold a Health Care Card? *

In a typical week, do you meet the Australian physical activity guidelines as outlined below?

<https://www.health.gov.au/internet/main/content/out/oshing.nsf/content/health-quiz/health-strateg-phys-act-guidelines>

Indigenous Status *

Country of Birth *

Language Spoken at Home *

Do you have a chronic condition?
 If yes, please specify

Do you have any allergies?
 If yes, please specify

Do you have disability? *
 If yes, please specify

Select Project

All Active Launceston Healthy George Town Healthy Hobart Healthy Tasmania Test Proj

Troubleshooting

If you have trouble registering because Google thinks you might be a robot, please refresh the page with CTRL + F5 on Windows or CMD + R on Mac and then try again. Using a phone? Slide your finger down the screen and release. Still having issues? Your internet browser might not be using the latest version, please update to proceed.

Contact

www.healthytasmania.com.au