Instructions for use Application

Mets tes baskets!
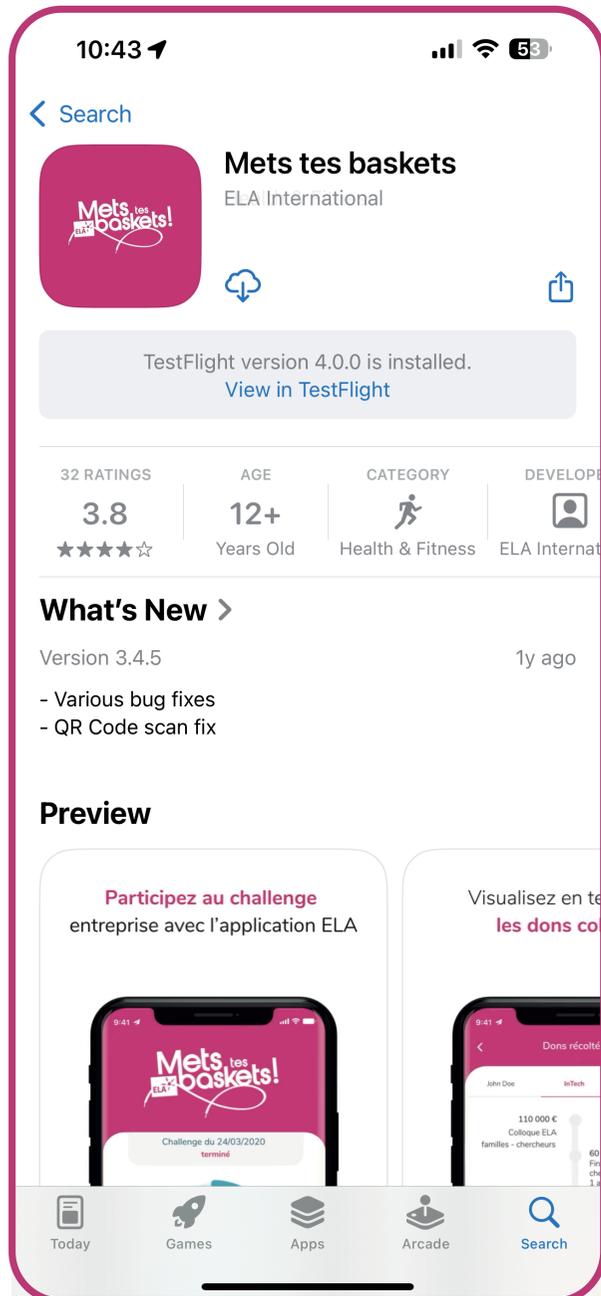ELA

Summary

1 - Installing the application

To install the **"Mets tes baskets"** ("Wear your trainers") app, go to:
• the **App Store** (for iPhone),
• the **Play Store** (pour Android).

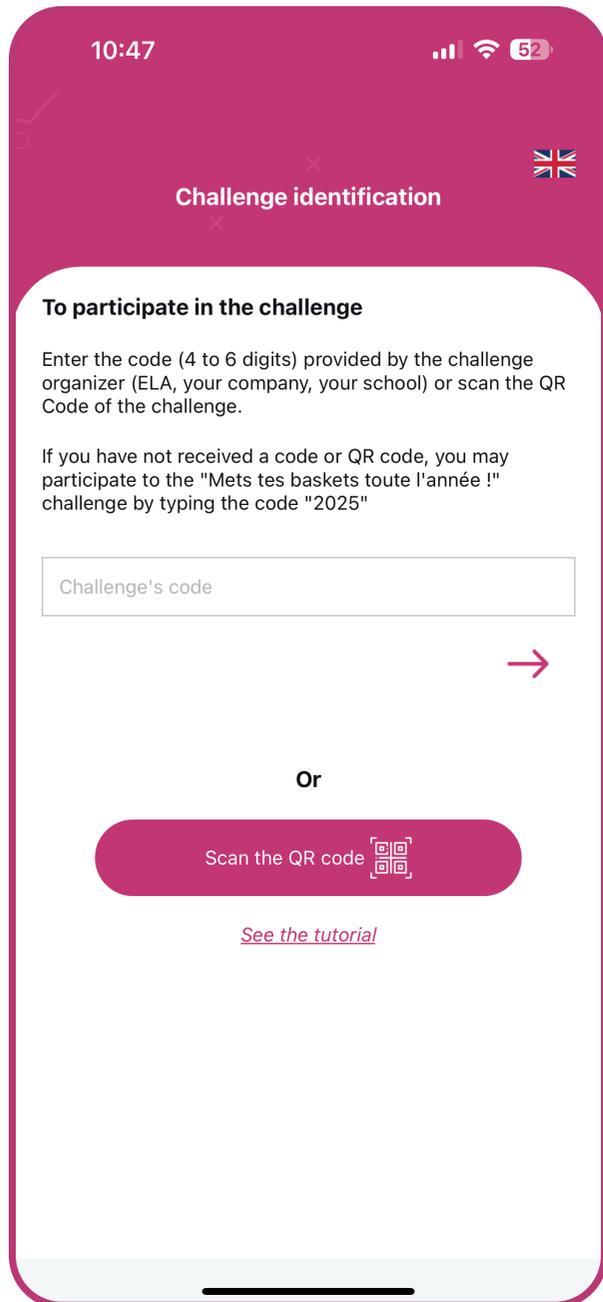Type "Mets tes baskets" in the search bar.
Click on the icon to display the application page:
Then click on **Install** and wait a few seconds.

Once the application is installed, you can open it.

10:47

Challenge identification

To participate in the challenge

Enter the code (4 to 6 digits) provided by the challenge organizer (ELA, your company, your school) or scan the QR Code of the challenge.

If you have not received a code or QR code, you may participate to the "Mets tes baskets toute l'année !" challenge by typing the code "2025"

Challenge's code

→

Or

Scan the QR code

See the tutorial

When you open the application for the first time:
• **enter the challenge code**
or
• **scan the QR code** provided by the challenge organiser.

Once the code has been entered or scanned, **press the arrow** to move to the next page.

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3 - Creating an account

To enter the challenge, **enter your first and last name or your username.**
If your username is already taken, the application will suggest another one. You are free to enter a completely different one.

Then click on **Validate.**

Some challenges may have **several levels** (teams). Select your team tofinalise your registration.
You will then be redirected to the application's home page (see page 6).

4 - Start of the challenge

A **countdown timer** indicates when the challenge begins, or when it ends if it has already begun. Your steps will start to be counted once the challenge has begun.

Synchronising steps with Apple Health or Health Connect

To ensure the most accurate step counting possible, **we recommend enabling synchronisation with Apple Health** (on iOS) or **"Health Connect"** (on Android).

Important for Android users: "Health Connect" alone does not count steps. It must be linked to a step counting application (e.g. Google Fit, Garmin Connect, Samsung Health, etc.) which will send the information to "Health Connect". See page 13.

Synchronising steps outside of Apple Health or Health Connect

The "Mets tes baskets" app has an internal pedometer to count your steps. However, to do this, t**he app must be open continuously for the duration of the challenge to count your steps** (open in the foreground or background).
On iOS, the system automatically puts the app to sleep after 10 minutes. This means that you need to reactivate the app during this interval so that all your steps are counted.

Regardless of the step counting mode, **you must open the app from time** to time to synchronise the "Put on your trainers" app with the server where all participants' data is stored (and which is used to determine the final challenge rankings).

It is particularly important to **reopen the application a few minutes before the end of the challenge and leave it open for at least 15 minutes after the end of the challenge** to ensure that synchronisation is complete.
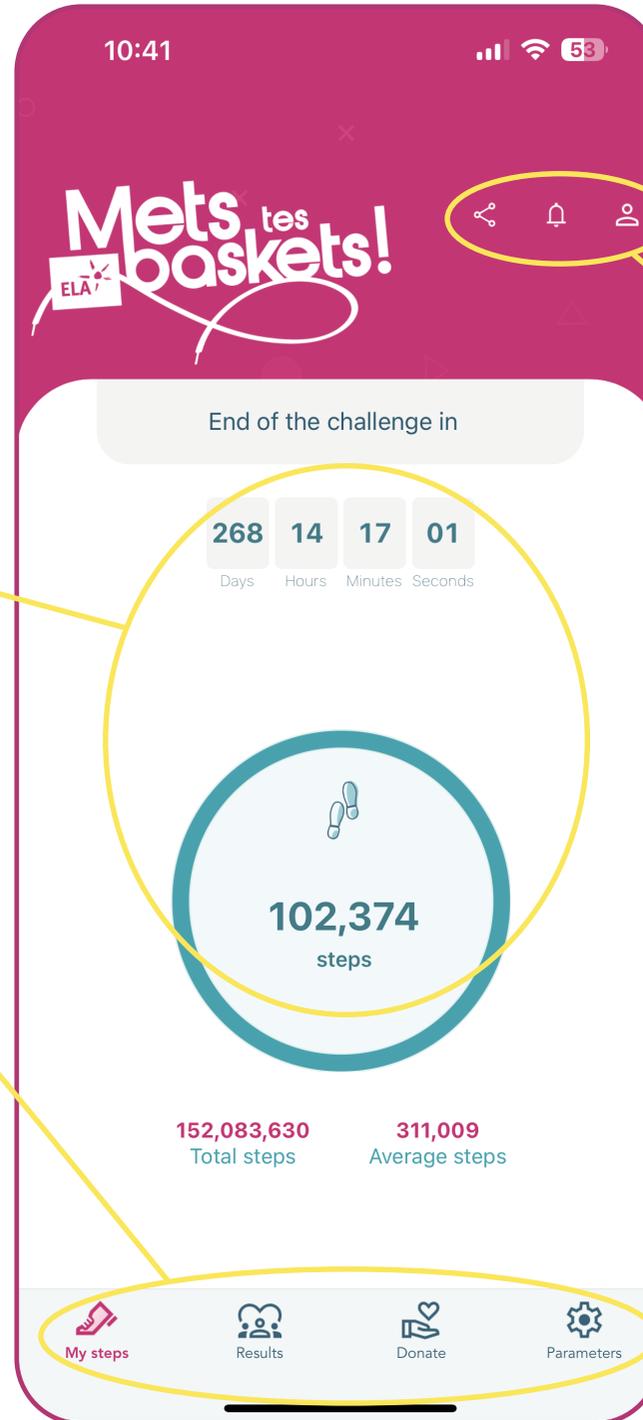
5 - Interface

In the centre
- **Countdown:** shows the time remaining before the start of the challenge or the time remaining before the end of the challenge.
- **Gauge:** shows the number of daily steps counted towards your goal, as well as the total number of steps and the average for the challenge.

Main menu
- **My steps:** returns to the challenge home page.
- **Results:** allows you to see your ranking.
- **Make a donation:** allows you to make a donation to ELA at any time.
- **Settings:** allows you to view your information, change your step goal, contact the challenge administrator, change challenges, and provides information about ELA.

10:41

Mets tes **baskets!**
ELA

End of the challenge in

268	14	17	01
Days	Hours	Minutes	Seconds

102,374
steps

152,083,630
Total steps

311,009
Average steps

My steps   Results   Donate   Parameters

Top right
- **Share:** share your challenge with your friends on different channels: email, social media, etc.
- **Bell:** displays notifications sent by the challenge organiser.
- **Settings:** allows you to enable notifications, change the language, view the terms of use and FAQ, update challenge information, enable Google Fit (Android) or Apple Health (iOS), view the tutorial, and find out which version of the app you are using.

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6 - Parameters
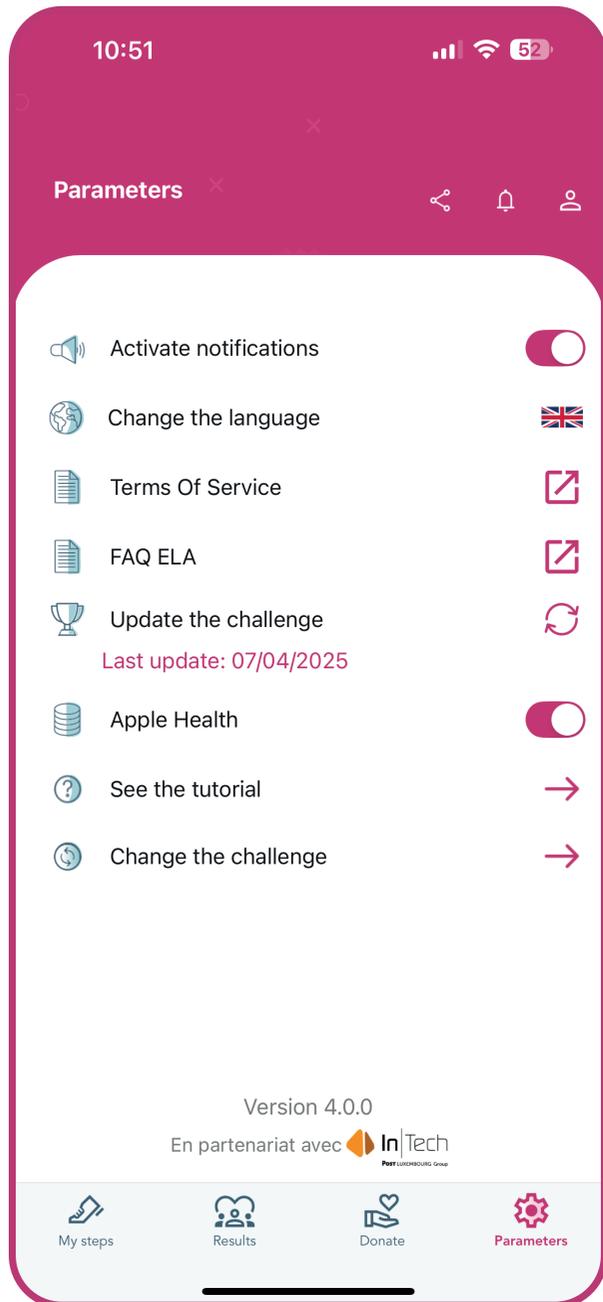
You can:
- enable or disable **notifications,**
- select the app **language,**
- read the terms of use,
- consult the Frequently Asked Questions **(FAQ),**
- **update** challenge **information,**
- enable **synchronisation** with Apple Health or Santé connect,
- view the **tutorial,**
- change challenges
- check the application **version** number at the bottom of the screen.

If you want to count your steps with "Apple Health" (iOS) or "Health Connect" (Android), these services must first be **installed and activated** (configured with your account).

Using these services allows you to retrieve the steps counted by **your compatible connected devices** (watches, bracelets, etc.).

The number of steps is synchronised between the "Mets tes baskets" and "Apple Health" or "Health Connect" takes place every **5 minutes.**
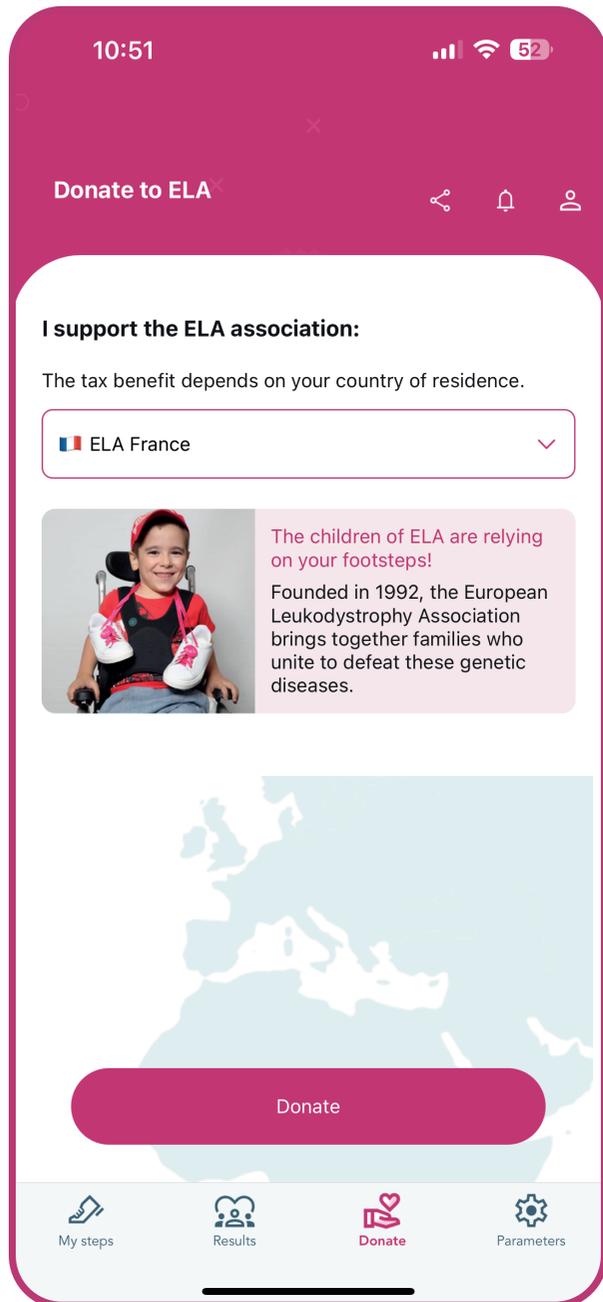
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By tapping the share icon in the top right corner, you can **take a photo or choose one** from your phone.

To do this, you must **authorise** the app to access your photos, multimedia content and files on the device.

You can then **choose the channel** (e-mail, social media, nearby
sharing, etc.) on which you want to share your participation.

To **make a donation to the association:**
- click on the **"Make a donation"** icon in the main menu,
- indicate your **country of residence,**
- Click on the button at the bottom **labelled "I would like to make a donation".**

Depending on your country, you will be redirected to a donation form or an explanatory page.

Challenge : **Des pas à l'AG !**

With the application "Mets tes baskets", you can turn your steps into a donation and participate in the fight against leukodystrophies.

See my ranking

My steps · Results · Donate · Parameters
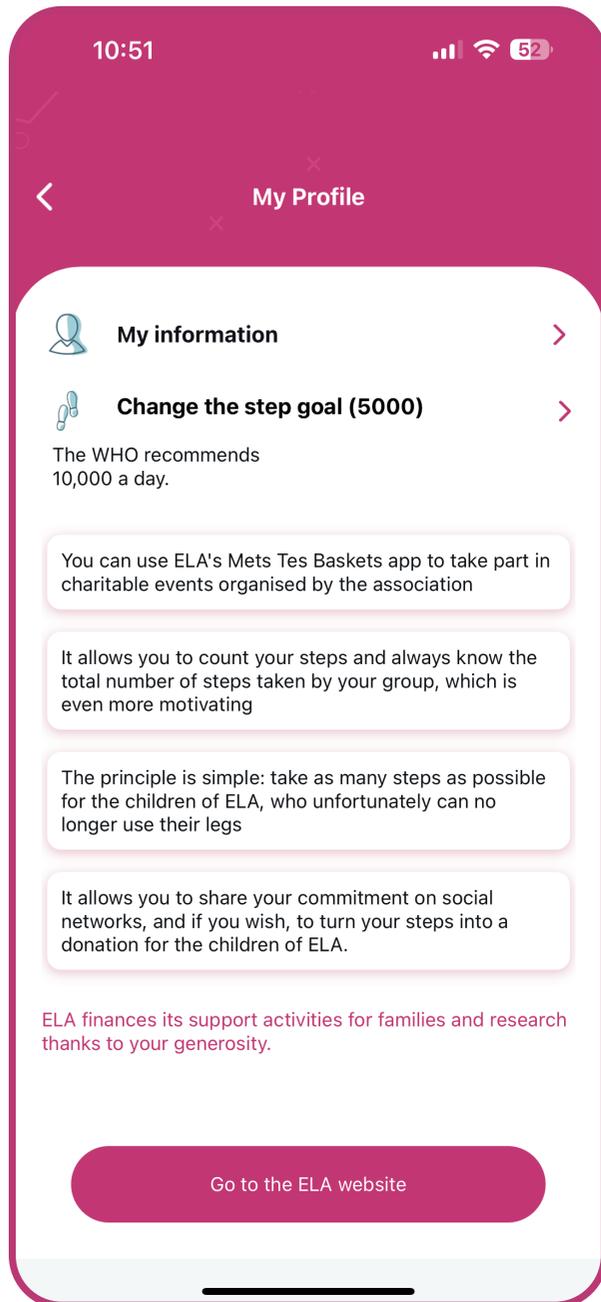
To **view your results,** click on the "Results" icon in the main menu.
A screen will appear with the name of the current challenge.
You can see your ranking in the challenge by clicking on **View my ranking.**

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My Profile

My information >

Change the step goal (5000) >

The WHO recommends 10,000 a day.

You can use ELA's Mets Tes Baskets app to take part in charitable events organised by the association

It allows you to count your steps and always know the total number of steps taken by your group, which is even more motivating

The principle is simple: take as many steps as possible for the children of ELA, who unfortunately can no longer use their legs

It allows you to share your commitment on social networks, and if you wish, to turn your steps into a donation for the children of ELA.

ELA finances its support activities for families and research thanks to your generosity.

Go to the ELA website

To **view your profile,** click on the icon at the top left of the main menu.

By tapping on **"My information",** you will find **your information and that of the challenge,** as well as the **contact details** (telephone and email) of the challenge administrator.

Back in your profile, you can **change your step goal** by tapping on the number in pink and selecting the desired number.

Finally, further down you will find a presentation of the ELA association and the purpose of the application, as well as access to the website.

11 - End of the challenge
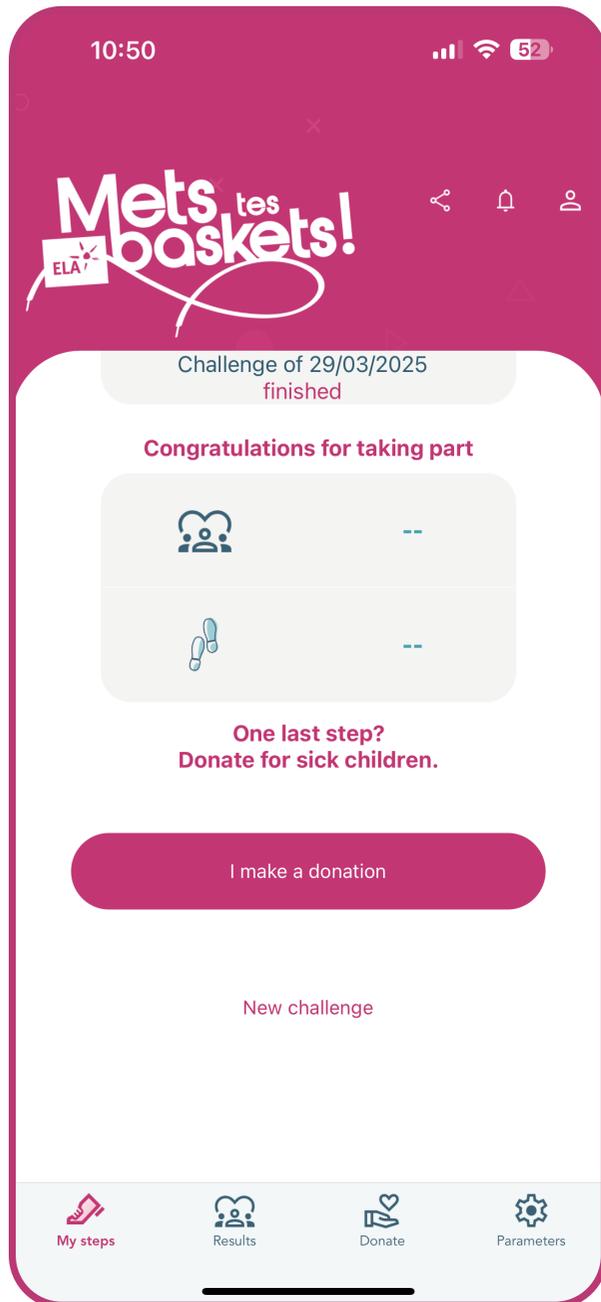
The challenge ends when the countdown reaches zero and steps are no longer counted.
The home page will then refresh with the **number of steps taken** and the rankings.

You can take one last step **by making a donation to ELA.**

You can also take part in a **new challenge.**

Ressources

The app's FAQ:
https://app.elainternational.eu/faq/

Online user guide:
https://app.elainternational.eu/use/**

For Android users: synchronize the "Mets tes baskets" app with Health Connect.
**PLEASE NOTE: Health Connect alone does not count steps.
It must be connected to a compatible pedometer app...**

Application Mets tes baskets

version 4 or higher

HealthConnect

For Android 14 or later,
Health Connect is built into the system.
For Android 13 and earlier,
you need to download Health Connect from the Play Store:

HealthConnect Help

1 step-counting app compatible with Health Connect

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Complete list of applications compatible with Santé Connect: