

# Senyo Health App – Quick Reference Guide



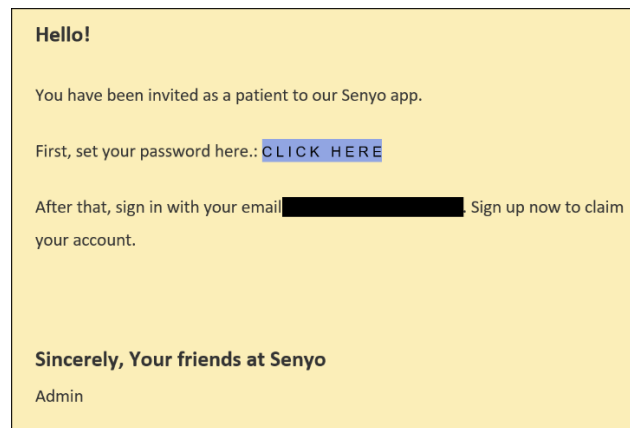
This guide covers:

- [Setup Senyo Account & Logging In](#)
- [Explaining & Navigating Senyo](#)
- [Completing the Walking Goal](#)

## Setup Senyo Account & Logging In

Senyo Support Staff will send an invitation email link to create and setup your Senyo account to your email address.

1. Open your email.
2. Locate the invitation email from Senyo (**Note:** the email will come from [invite@support.senyohealth.org](mailto:invite@support.senyohealth.org))
3. Select **CLICK HERE** to set your password. (**Note:** Password must be created within 24 hours of receiving email.)



4. The device internet browser is launched.
5. Your email is pre-populated in the email address field.
6. Enter a password in the **New Password** field.
7. Re-enter the password in the **Confirm Password** field.
8. Select **Submit**.
9. A **Password Reset Successfully** banner appears at the top of the screen.
10. Launch the device's app store (e.g., iPhone is App Store; Android is Google Play Store)
11. If using an iPhone, search for **Senyo by Mayo Clinic**. If using an Android, search for **Senyo Health**.
12. Tap **Get** or **Install**.
13. Launch the app.
14. Select **Log in Here**.
15. Enter **email**.
16. Enter **password**.

17. Select **Sign in**.

**Note:** When logging in for the first time, the Senyo app will request a few pieces of information.

18. Enter a name on the **What would you like us to call you?** page.

19. Select **Next**.

20. Select **Grant Senyo permission to your data**. (Figure 1)

21. Select **Agree and Continue**. (Figure 2)

22. Select **Turn On All** on the Health Access screen (**Note:** this step may be different on Android devices). (Figure 3)

23. Select **Allow**. (Figure 3)

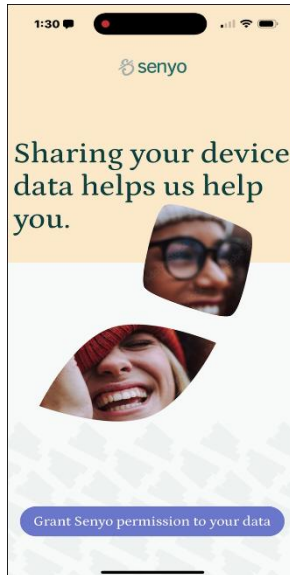


Figure 1

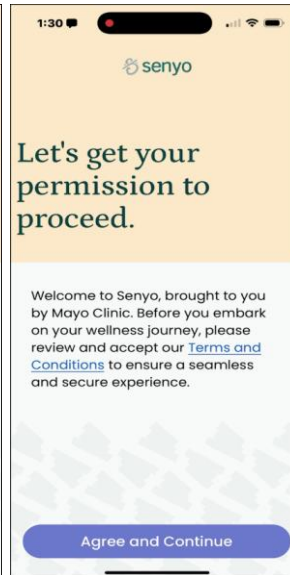


Figure 2

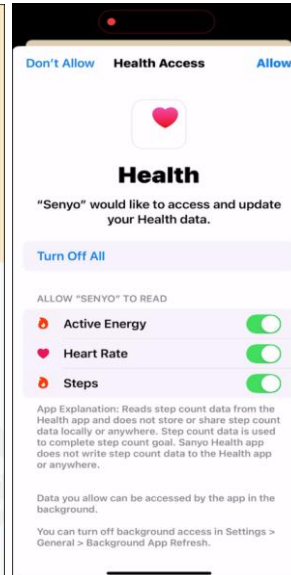


Figure 3

24. Select **Continue with Senyo**. (Figure 4)

25. An **Account Created** banner shows on the top of your screen. (Figure 5)

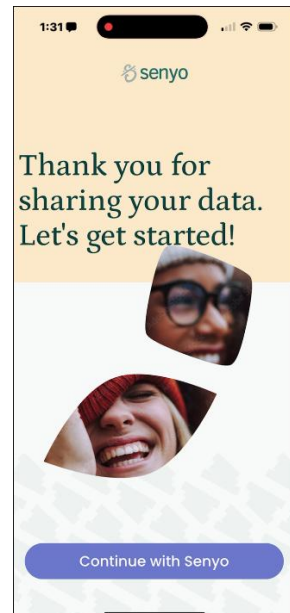


Figure 4

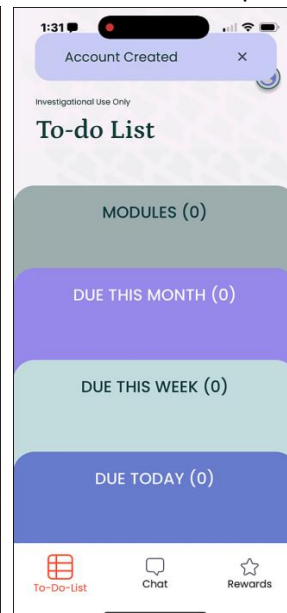


Figure 5

## Explaining & Navigating Senyo

Senyo is a platform developed to deliver content and treatment assistance for people experiencing a substance use disorder. This section covers:

- To-do List
- Chat
- Rewards

To access **To-do List**, do the following:

1. Open the app.
2. Sign in (if not already signed in).
3. Senyo defaults to To-do List. (**Note:** To-do list can be found on the To-Do List button/tab at the bottom of the screen.

Select **Chat** to access the chat feature. Chat allows you to message in real-time with your Wellness Coach.

Select **Rewards** to view your rewards and utilize points earned.

## Completing the Walking Goal

Each week, new tasks and goals are assigned and are found under **To-Do This Week** or **To-Do Today**.

1. Select **To-Do This Week** or **To-Do Today** to see assigned tasks.
2. Select **Walking Goal**.
3. Select **Open Goal**. (**Note:** the first time using Senyo, you may be prompted to share your location data.)
4. Select **Allow While Using App**.
5. You may also be prompted to share Health data with Senyo including: Active Energy, Heart Rate, Steps, and Walking + Running Distance.
6. Select **Turn On All**.
7. Select **Allow**.
8. Select **Start Goal**.
9. Once finished, select **Finish Goal**. (**Note:** You will not be able to select Finish Goal until you have achieved the goal. In this case, the step count).
10. A screen showing points achieved from goal will show on your device.

To complete other tasks and goals in the week, do the following:

1. Select **To-Do This Week**.
2. Select the task or goal.
3. Select **Open Goal**.
4. Select **Start Goal**.
5. Once finished, select **Finish Goal**.
6. A screen showing points achieved from goal will show on your device.