

Download our NEW Ride for Heart mobile app to enhance your virtual experience! The app brings Ride to your fingertips: set fundraising and fitness goals (and track them!), earn achievement badges and rewards and get active on event day following one of our digital heart-shaped maps! Some quick tips for how to get started are below.



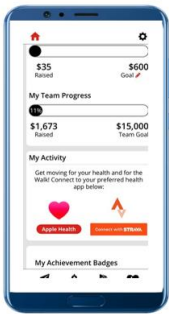
Download the Ride App



Search for **H&S Ride for Heart** in the app store



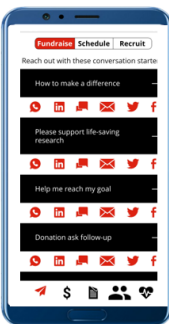
Sync your fitness tracker



- On the home screen click on Apple Health/Google Fit or Strava to sync your activity tracker
- If you use a fit bit or other device, make sure it is connected to Google Fit or Apple Health
- To track your activity accurately you need to ensure you are tracking the activity you registered for (Ride, Walk or Running) in your fitness device
- You can also track your activity manually right on the home screen



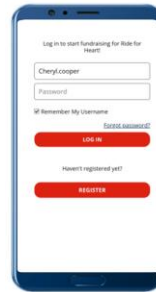
How to fundraise



- Make fundraising easy with our app! Click the send messages at the bottom of the screen
- Choose from templated fundraising or recruitment messages (if you are a team captain)
- Make sure you have connected your social channels via the gear icon in the top right
- Send via Facebook, Twitter, What's App, Snapchat, email or even SMS!



How to login or register



- Registered Already? Use your existing username/password to login to the app
- Not registered? No problem. You can click the register button and complete your registration on our website.



Edit your fundraising page



- You can edit your personal or team fundraising pages (if you are a team captain) directly from the app
- Click on the Edit Pages button at the bottom of your screen and choose personal or team at the top of the next screen
- Click the "Edit my story" button and customize as you please
- Upload a fun photo of you sharing your heart by clicking on the filters button



Need more help?

- Please read our detailed Ride for Heart [user guide here](#) or contact your Heart & Stroke representative.

Manulife is back as the Heart & Stroke Ride for Heart Title Sponsor. We're honoured to partner with an organization that shares our commitment to better health for people in Canada.