

Participant

Jump Rope For Heart/Hoops For Heart Mobile App

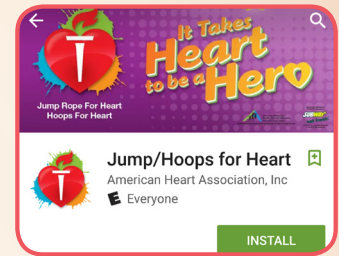
Raise lifesaving donations by using the mobile app to reach out to friends and family. Here's how.



SHAPE America and the American Heart Association collaborate on the Jump Rope For Heart and Hoops For Heart programs.

1

Download the app. Go to the **iTunes** app store and download the app called **Jump/Hoops** or go to the **Google Play** store and download the app called **Jump/Hoops for Heart**. You can find direct links to these apps on your Zoo Crew HeadQuarters page.



2

Get started! Open the app on your mobile device. Enter your Jump Rope or Hoops For Heart username and password. Can't remember your password? No problem, just tap **Forgot your password?** to reset it.

3

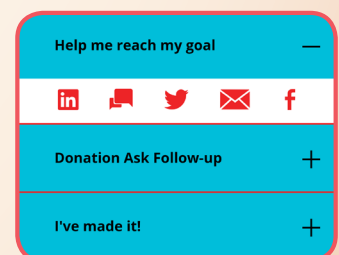
Explore. Navigate the app using the icons at the bottom of the screen:

- The house button gets you back to your home screen from any page.
- The right-facing arrow takes you to your message center to send and post messages about your event. You can also send an e-card, which is a great way to let friends and family know you're taking the challenge to start a heart healthy habit.
- The person icon takes you to your donation page. Here, you can edit your story, upload an image, or share your page with others.
- The clock image allows you to log in to Facebook to schedule posts about your event.
- The dollar sign takes you to a page to track your donations.
- The question mark takes you to an FAQ support page.
- The power button icon signs you out of your account.

4

Tell people about your event. Tell your friends and family why participating in an American Heart Association event is important to you. Tap the right-facing arrow to go to your message center, where you can use templates to easily send emails or text messages or to post messages to social media platforms such as Facebook, LinkedIn, and Twitter. Select a message option, such as "Help me reach my goal," and then select the platform for your message.

When your message is ready, add recipients for email and text messages and tap **Send** or **Post** for social media messages. Your message will be sent instantly. Messages requesting donations will include a link to your personal Jump Rope or Hoops For Heart donation page where friends and family can make a secure online donation.



Be sure to have your parents' permission before downloading the app and sending or posting any messages.