

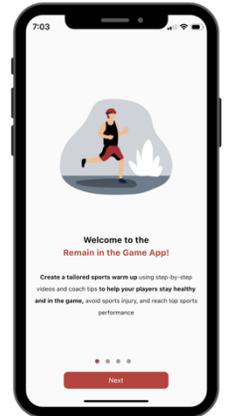


The Remain in the Game Mobile App is here!

Use the **Remain in the Game App** to create a tailored sports warm up for use online or on the field. Use the step-by-step videos and coach tips to help athletes stay healthy and in the game, avoid sports injury, and reach top sports performance.

Beta Testing Guidelines: Help us make improvements before we go fully live. Please see the instructions below for steps that guide you through downloading the Remain In The Game app (beta version) for your Apple IOS or Android device.

- ⇒ *Try it out and tell us what you like or don't like.*
- ⇒ *Any features to add, change, or remove for a better user experience?*
- ⇒ *We want your feedback!*



Apple IOS Device: (please read full instructions before starting)

1. Open your device and go to the App Store. Search for the app “TestFlight”, and download.
2. Once the app has downloaded onto your device, come back to this email on your apple device and click **THIS LINK:** <https://testflight.apple.com/join/qgNfalhe>. *You must be able to access this link from your phone to download the beta version of the RITG app.*
3. The above link should automatically take you back into the “TestFlight” app where you will be prompted to download the beta version of “The Remain in the Game Mobile App”.
4. Once on this screen, Tap the Blue “Accept” Button, and then tap this same button one more time to “Install” the app.
5. Once the app is finished downloading (this should only take a few moments, at most a few minutes), you should be able to click the blue “Open” button.
6. Once you have pressed the “Open” Button, you will be taken into the app, and prompted to click “Next” until you have finally gotten to the “Welcome to the Remain in the Game App!” screen.
7. From here, feel free to explore the app by creating an exercise program, looking at tips and advice from coaches/players, or even taking part in the exercise activities shown!
8. Please note any issues, improvements, or comments you might find while navigating app and send your feedback to kirsten_ambrose@med.unc.edu and jeffery.driban@tufts.edu

Android or other Non-Apple Devices: (please read full instructions before starting)

1. Go onto your device and access this email. Once you have it opened, click **THIS LINK:** <https://play.google.com/store/apps/details?id=com.ritg.app.app>. *You must be able to access this link from your phone in order to download the beta version of the RITG app.*
2. The above link should automatically take you to the Google AppStore, and you should be prompted to install the “Remain in the Game” App. Click the “install” button to download.
3. Once the app is finished downloading (this should only take a few moments, at most a few minutes), you should be able to click the “Open” button.
4. Once you have pressed the “Open” Button, you will be taken into the app, and prompted to click “Next” until you have finally gotten to the “Welcome to the Remain in the Game App!” screen.
5. From here, feel free to explore the app by creating an exercise program, looking at tips and advice from coaches/players, or even taking part in the exercise activities shown!
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