

## Track your physical activity to increase your fundraising!

The **National MS Society App** is a powerful tool to help you raise funds and awareness for a world free of MS. There are exciting new features — like physical challenges to mobile check deposit — to help you go the extra mile in your fundraising and connect with your MS community.

### How to Get Started

#### 1 Install the App

- Search “**National MS Society**” on Google Play or Apple App Store.
- Log in with the same username and password as your online Fundraising Center.

#### 2 Track Your Physical Activity

As you get ready for your event — and on event day — you can track your physical activity to build excitement and share progress.

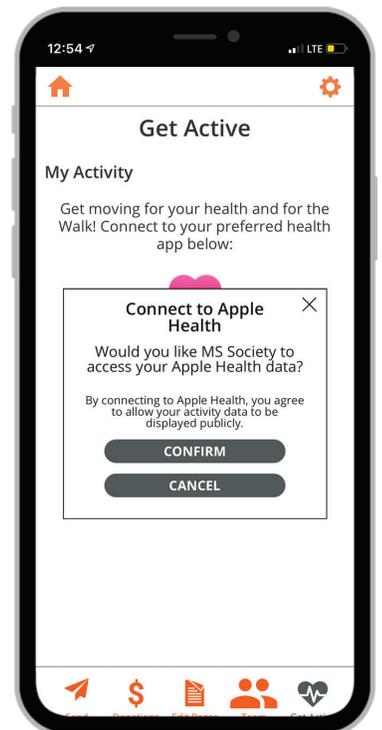
- Tap the “**Get Active**” button at the bottom of the app.
- You’ll see an icon to sync the app to either your Apple Health or Google Fit.

#### If you have an activity tracker:

- Provide authorization for the app to sync to your activity data. If you cannot sync all your activity data, go to your phone’s settings to allow full access.
- If your activity tracking device (like a FitBit or Garmin) is connected to your Apple Health or Google Fit, your activity data will automatically upload into the app.

#### If you do not have an activity tracker:

- You can manually record your activity by clicking the green “**Start**” button, then pressing the red “**Stop**” button to save your activity.
- You can also manually add an activity retrospectively by clicking the “**plus (+)**” button next to the text “**Activities**” in the top left.



The top navigation on the Get Active page lets you see you and your team's activities and contact your entire team.

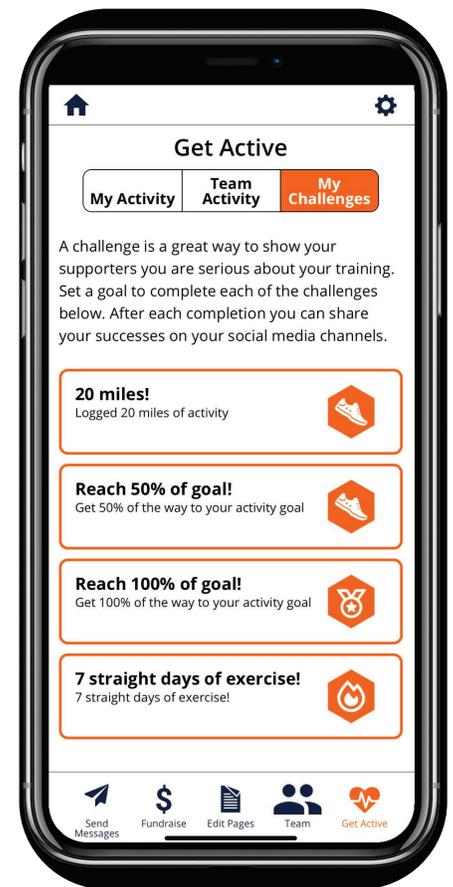
### 3 Fundraise

Do everything you do in your dashboard plus deposit checks, text, post to social, and email from your phone's address book. All from the palm of your hand.

### 4 Enter Donations

It's easier than ever to enter donations.

- Click the “**Fundraise**” button at the bottom of the app.
- Choose “**Enter Donations**” on the top navigation bar.
- Choose either “**Credit Card**” or “**Check Deposit**” depending on the type of donation you are entering.



## Questions?

Contact us at [FundraisingSupport@nmss.org](mailto:FundraisingSupport@nmss.org)  
or 855-372-1331

**Together We Are Stronger.**



National  
Multiple Sclerosis  
Society

[nationalMSSociety.org](http://nationalMSSociety.org)