



ACTIVEFORHEALTH.EU



D3.2 MOBILE APPLICATION

November 31st 2025

COORDINATOR: Kinetic Analysis



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Co-funded by
the European Union

Presented by

Adrian Geissel, Surpass Sport Systems Ltd. (Ireland)

Melvin Franken, Maarten Gijssel, Kinetic Analysis B.V. (The Netherlands)

Revision History

Version	Date	Author(s)	Comment
1.0	28 November 2025	AG, MF	Deliverable
1.1	3 March 2026	AG	Added download links

Table of Contents

<i>Introduction</i>	<i>4</i>
<i>Overview.....</i>	<i>4</i>
<i>App Overview</i>	<i>4</i>
<i>Sample Screenshots.....</i>	<i>5</i>
<i>App Distribution</i>	<i>7</i>
<i>Technical Discussion</i>	<i>8</i>
<i>Data Protection</i>	<i>9</i>
<i>Intellectual Property Rights.....</i>	<i>9</i>
<i>Future Proofing</i>	<i>10</i>

Introduction

This document aims to describe the mobile application developed to complement the objectives of the EHLA - European Healthy Lifestyles Action project.

The first key task for the project was to select a name for the app, to communicate intent for the users and to ensure that the name was available for domain name and related registrations.

Following a partners brainstorming and selection process, the chosen name was *Active for Health*, working off the domain name activeforhealth.eu

The domain was registered and hosts the project website on <https://activeforhealth.eu>, containing document deliverables, partner profiles, advices and other information in support of the communication and dissemination tasks.

The app is available for iPhone and Android users, with profiles and participation data stored in the secure and safeguarded SURPASSPORT platform.

Overview

The website include direct links and automated prompts to allow website stakeholders to easily install the app from Google Play Store and Apple App Store.

While hosted separately, the online presence includes a landing page which is used when deep links are sent to users, such as for profile verification or event registration. This page (<https://app.activeforhealth.eu>) is not normally visible to users, as the links are configured for automated processing by the mobile operating system to launch in the app.

Similarly, stakeholder and partners will be granted access the portal, published to <https://dashboard.activeforhealth.eu>. The portal reuses the user's app authentication details and presents navigation options and content according to their roles and permissions.

App Overview

The EHLA project uses the mobile app to connect the school and teachers with the child's family to extend the reach and impact of the action. The *Active for Health* app will share the planned schedule with parents, provide access to educational content and request feedback on enjoyment from each participant at pilot activities.



The *Active for Health* app presents dynamic navigation and content depending on the user's role, or roles, and also on the data associated and linked to their profile.

Typically the teacher or school administrator will configure the class and add the child, using the parent(s) email or mobile number as contact.

For teachers, once the class and students have been added, can view student profiles, schedule pilot activities and view feedback and messages from parents.

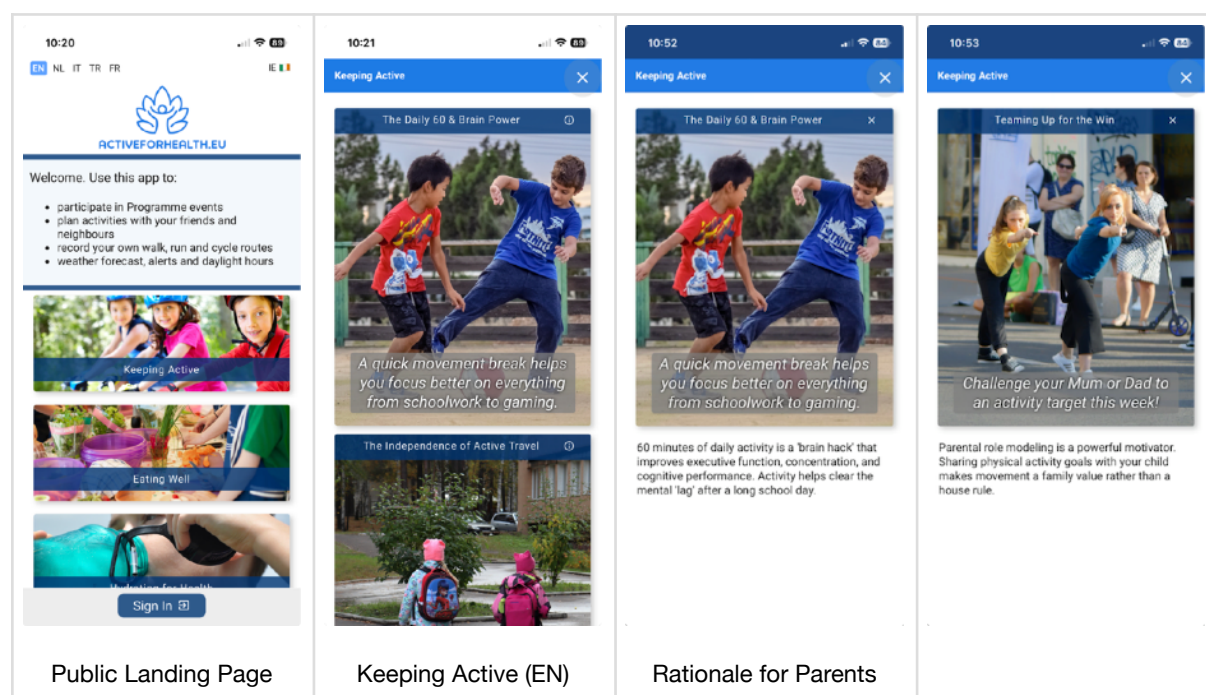
Parents will receive an invitation to activate their access profile, by means of a uniquely encoded validation link. Once activated, they can see the activity schedule for their child, or children, respond to feedback notifications and send direct messages to the class teacher, should the need arise.

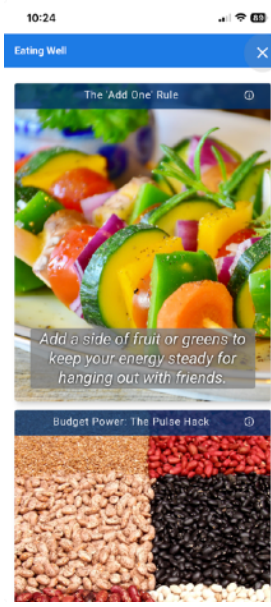
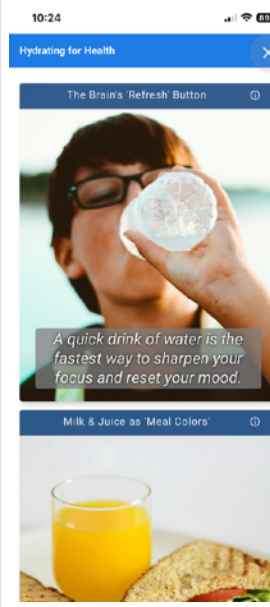
Peer buddies are securely supported in the app with an easy process, where one parent presents their profile QR code and the other opens the scanner. The link is established when the first parent confirms, enabling independent scheduling of activities and related messaging.

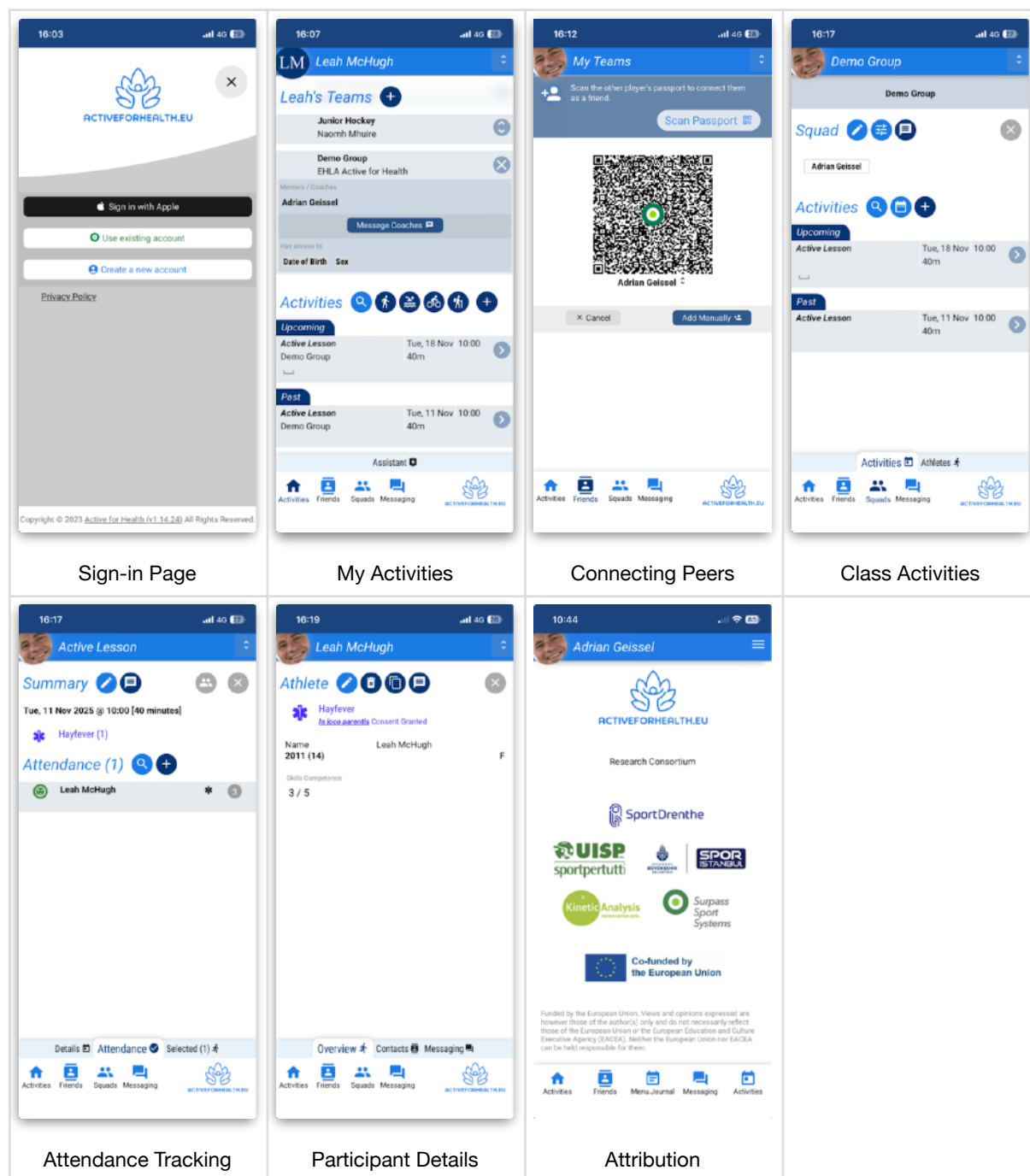
The app includes static resource materials, indexed for easier navigation, to allow parents to access curated advice on activity levels, healthy eating and the importance of drinking well.

The static resource materials are also available to public, non-authenticated users who have installed the *Active for Health* app.

Sample Screenshots



 Eating Well (EN)	 Eating Well (EN)	 Hydrating for Health (EN)	 Hydrating for Health (EN)
 Keeping Active (NL)	 Keeping Active (IT)	 Keeping Active (TR)	 Keeping Active (FR)



App Distribution

The app is registered with both Google Play Store (for Android) and Apple App Store (for iOS), with confirmation and adherence to their data protection and usage policies.

Distribution in this manner ensures a familiar, robust and reliable install and upgrade process for users and also optimal device compatibility.



This approach ensure support for push notifications, which (when enabled) are used for reminders, prompts and other messages generated from the platform for the user's attention.

Google Play Store	Apple App Store
	
https://play.google.com/store/apps/details?id=com.surpassport.participate.ehla	https://apps.apple.com/ie/app/active-for-health/id6745903721

Technical Discussion

The *Active for Health* app is powered by the SURPASSPORT participation platform, providing secure and safeguarded data storage and processing.

This platform uniquely features a child-centred design within a data framework that models their relationship within the context of community and grassroots sports organisations.

In addition to managing data for organisations, groups, activities, participation records and more, the platform intelligently triggers notifications for common and key events, such as automatic date / time / location changes; or automatically requesting feedback on enjoyment following participation in an activity.

The administrator portal is published at <https://dashboard.activeforhealth.eu/> and allows teachers to manage their classes, and for project administrators to invite and manage participating schools and organisations.

The platform includes support for research studies, presented as inline questionnaires and notified based on a configured schedule. This can support sampling parents before, during and after their involvement in the pilot programme.

The architecture of the platform allows for project-specific modules to be developed, which may support, for example, a daily or weekly suggestion or tip linked to a healthy lifestyle.

Resource and support materials, prepared and translated by the pilot partners, will be encoded and hosted on the platform and presented to users through the app. These materials will also be available to public / non-activated users and offers value to a wider audience..

Data Protection

Data captured and recorded by the mobile app and stakeholder portal is managed by Surpass Sport Systems Ltd. under an implied Data Processor Agreement to the project consortium. The data is physically hosted in Amsterdam, Netherlands and all processing is completed within the EU / EEA.

All communications and data exchanges are encrypted while in transit across the public internet and sensitive personal data, such as date of birth, are encrypted when stored in our database..

Users must authenticate to access their profiles or to participate in any management or participatory capacity, with full support for the device secured “Sign in with” facility operated by both Apple and Google.

Access to data is firmly based on the users designated relationship to the data, calculated in real-time for each data record, and instantly revoked should the relationship be rescinded.

Surpass Sport Systems Ltd. voluntarily retain an independent Data Protection Officer to further demonstrate our commitment to protecting user’s data, for this project and other initiatives involving sensitive personal information.

Data Privacy statement is available at <https://activeforhealth.eu/data-privacy>.

Intellectual Property Rights

The technology platform, front-end and all associated source codes and automated processes use or access existing modules, components and frameworks and remain the property of Surpass Sport Systems Ltd. and respective third-party owners.

The technology used in the *Active for Life* mobile application and stakeholder portal is licensed for use by the EHLA - European Healthy Lifestyle Actions project through the company’s involvement as partner to the project, with a commitment to retain public access to the app for a period of 12 months following project completion, and beyond according to the successful enactment of the project sustainability plan, as outlined in the document: *D5.2: Sustainability and Exploitation Plan*.



Future Proofing

The related project document *D5.2: Sustainability and Exploitation Plan* expands on future opportunities for the app and platform for extended impact and potential reuse in follow-on studies or in other projects with similar objectives.

