Matter and Space: Getting Started
Quick Start Guide

Welcome!

Welcome to the first day of your Matter and Space pilot program! These **two-weeks** are a chance for you to explore the program while helping us refine it. **Please review and follow this guide to ensure you are well prepared for your Matter and Space learning journey!**

Pilot Dates: Monday, November 10 to Monday, November 24

- Expect to spend **15–30 minutes** per day on the experience.
- You can **pause or return to sessions anytime** within the two-week window, but we ask for you to learn for **at least 10 days** within the 2 week testing period.
- Please **connect your wearable device** *(Step 4 below)* and wear it for the two weeks of the pilot to enhance your personalization experience.
- You'll be asked to provide **candid feedback** about your experience throughout. Expect to fill out surveys and participate in discussions or interviews.
    - **Keep an eye on your email for the duration of the pilot - this is how we'll contact you about feedback opportunities!**
    - If you'd like more information about the feedback methods we'll use during this test, please review the [Providing Pilot Feedback section of the detailed guide.](#)

Getting Started

In order to set up your account, download the app, and start your learning journey, please complete the following steps in order:

1) **Activate your MAS account**
    a) Open the Matter and Space account activation email with the subject:
    "Activate your Matter and Space Account"
    (Can't find it? Check your Quarantine or Spam!)
    b) Click the button to open the unique link

  c) Create an account and sign in with Apple or Google to link it to Matter and Space

  d) Once you see the "*Let's get you where you need to go*" page, close it and move to the next step

2) Download TestFlight & the MAS Pilot App

  a) Download [TestFlight](#) onto your phone via the App Store

  b) Still on your phone, open the TestFlight invite email with the subject: *"Human Systems, Inc. has invited you to test MAS Pilot."* and click the button
   (Can't find it? Check your Quarantine or Spam!)

  c) Click Install to install the MAS Pilot App

3) Sign In to the MAS Pilot App, then begin learning!

  a) Open the MAS Pilot app from TestFlight or your phone home screen

  b) Skip over the few introductory screens: Tap "Next" and "Start Testing" to continue to the main app

  c) Sign in with the same email you used earlier at account creation

  d) Start learning!

4) Post-Orientation: Connect your wearable / smartwatch

  a) Open the MAS Pilot app and log in *(if needed)*

  b) Navigate to the home page in the app and tap the "*Settings*" bubble *(NOTE: the homepage is only accessible after in-app Orientation is complete!)*

  c) Select Health Accounts > Apple Health or Fitbit Connect

  d) Allow the MAS app the requested access. You'll see a confirmation screen with "Connected 🟢" when you successfully allow the access.

✅ **Tip:** Looking for step-by-step help and visuals to walk you through setup? Check out our [Detailed Getting Started Guide.](#)

If you encounter issues at any point during the setup process, **don't hesitate to reach out to support@matterandspace.com for help!**

Thank you for being part of this shared journey to transform how we learn, grow, and connect! Your participation makes all the difference.