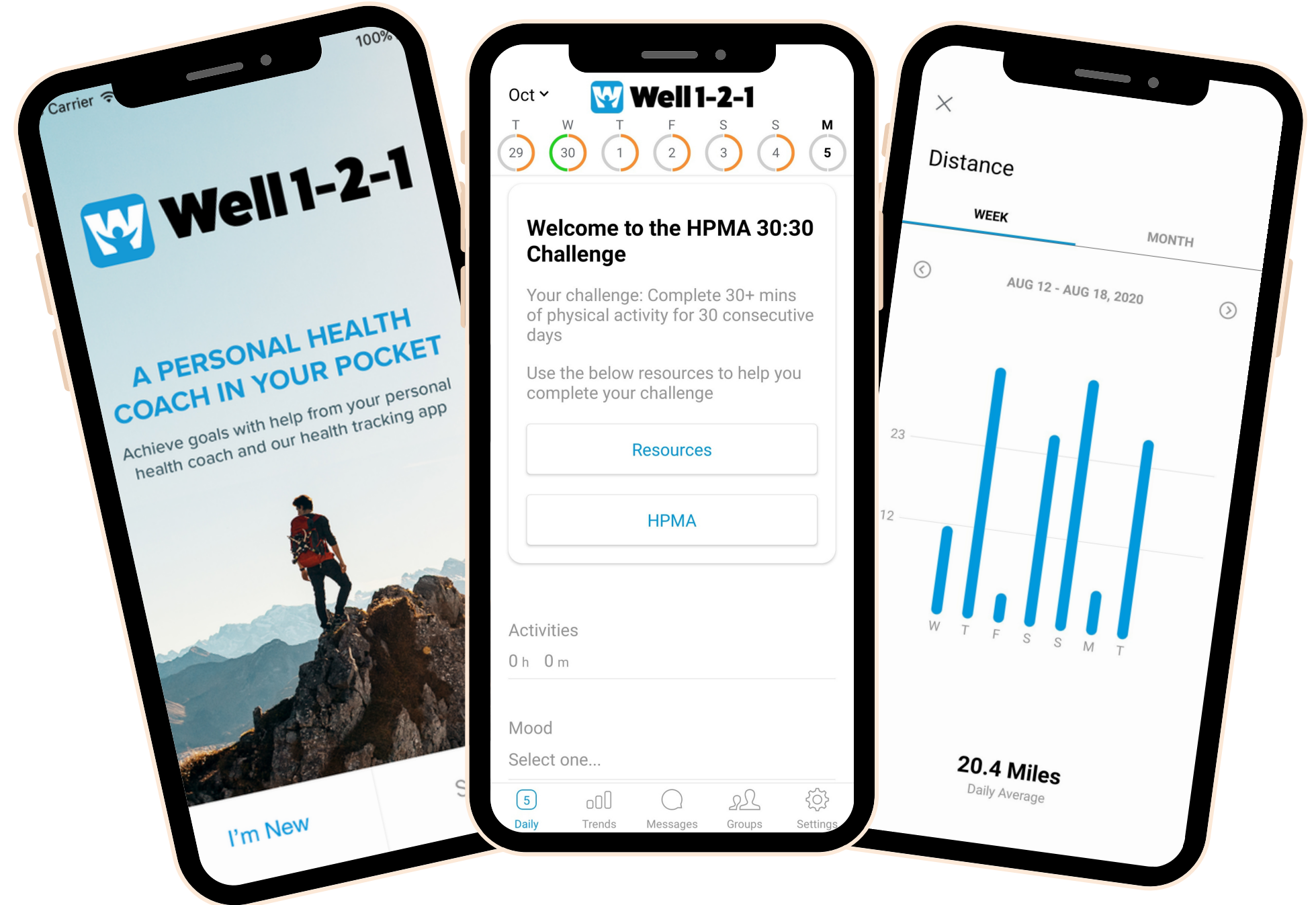


# Well 1-2-1

## App Setup

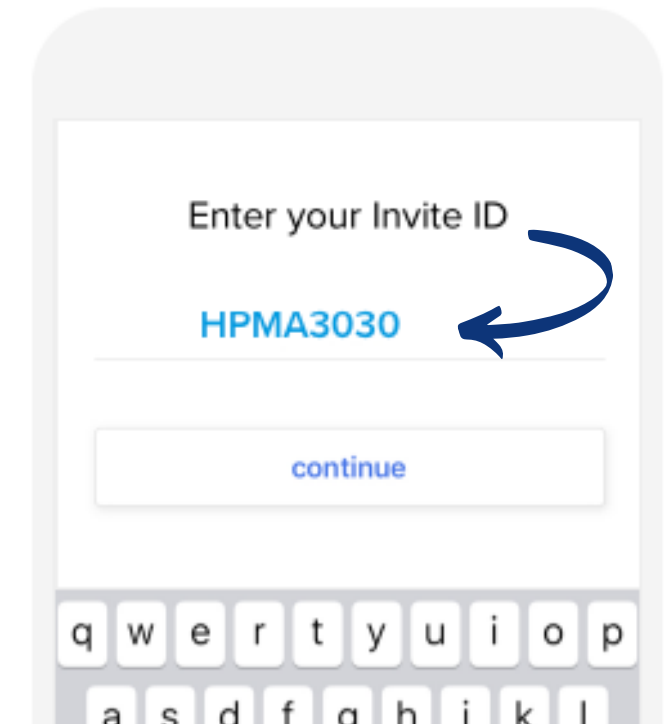
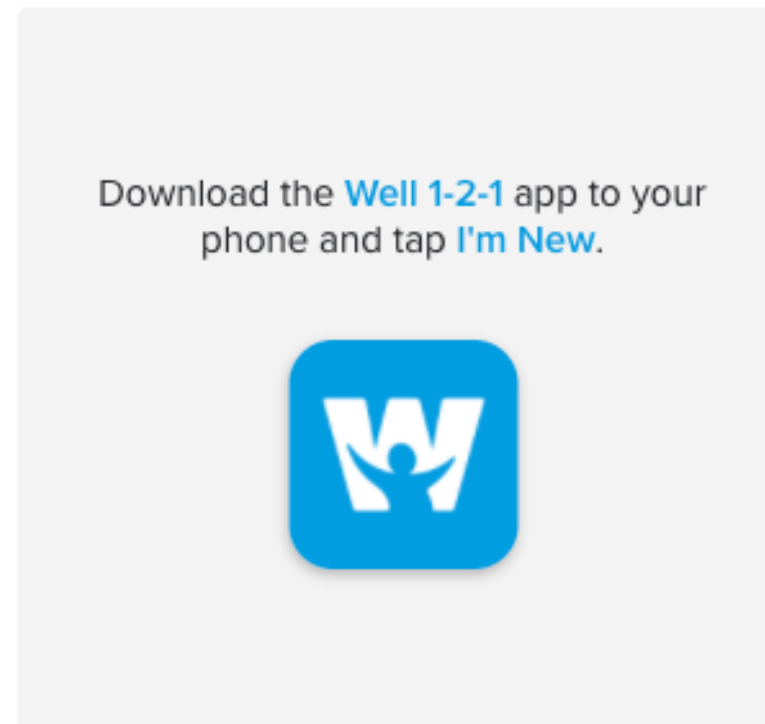


# Step 1: Download the Well 1-2-1 App on IOS or Android

## If you know your log in details

1. Download the Well 1-2-1 app
2. Tap 'Sign in'
3. Enter your Invite ID: **HPMA3030**
4. Enter your details.

## If you are new to the Well 1-2-1 app



## Step 2: Pair with partner apps

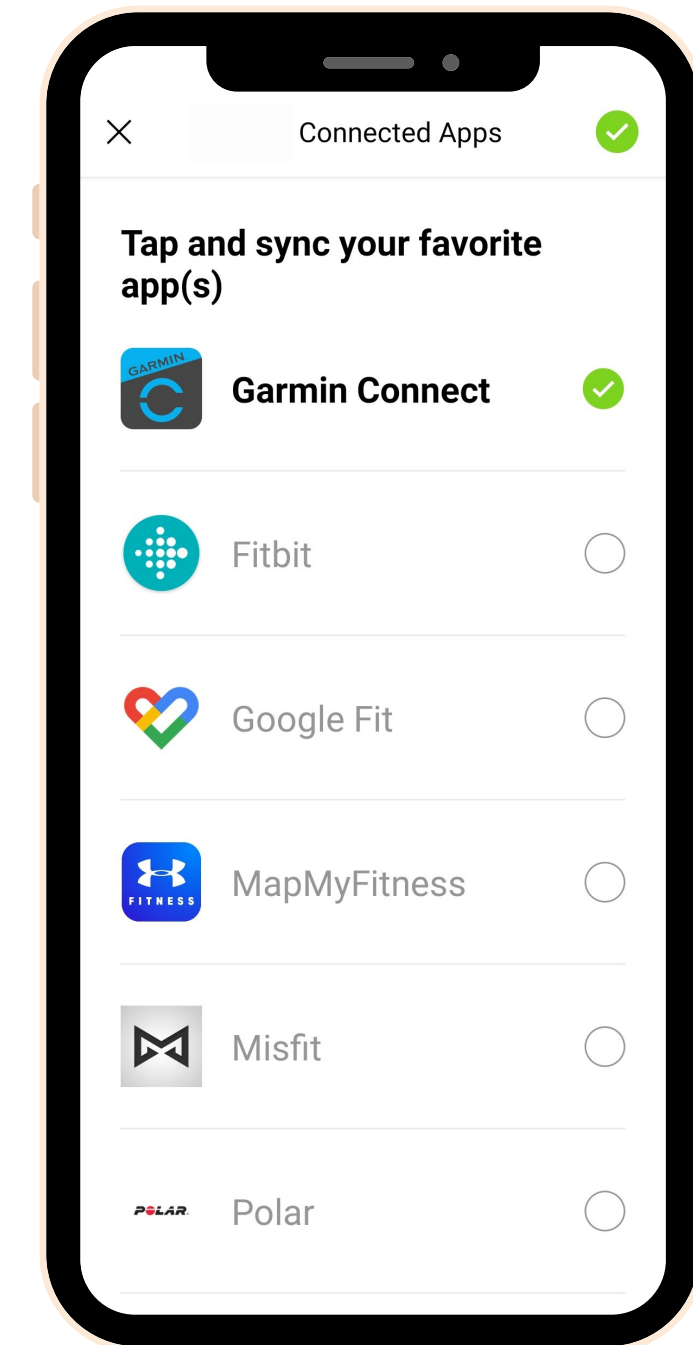
There are two places to sync with other apps from within the Well 1-2-1 app. First, during the sign-up process, you'll be prompted to choose from a list of apps available after you've entered your Invite ID and created your account with an email and password.

Each app has its own unique way of syncing, so it's important that you know what to expect when syncing with each app.

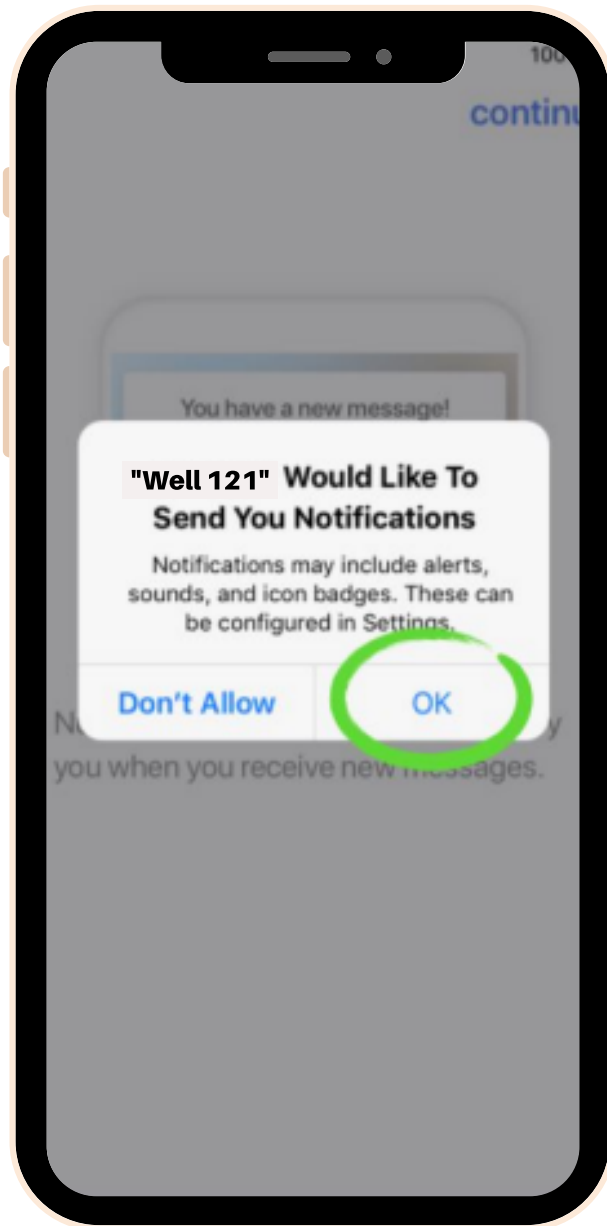
Our '**Well 1-2-1 app pairing guide**' details the syncing process for the most popular apps that Well 1-2-1 users sync with: Apple Health, Fitbit, Garmin, and Google Fit.

**Although we don't recommend it, You can opt to skip this step during sign-up.**

If you skip this step, you can always find this page later by tapping the **Settings** tab in the Well 1-2-1 app and selecting **Connected Apps and Trackers**.



# Step 3: Make your wellbeing the priority



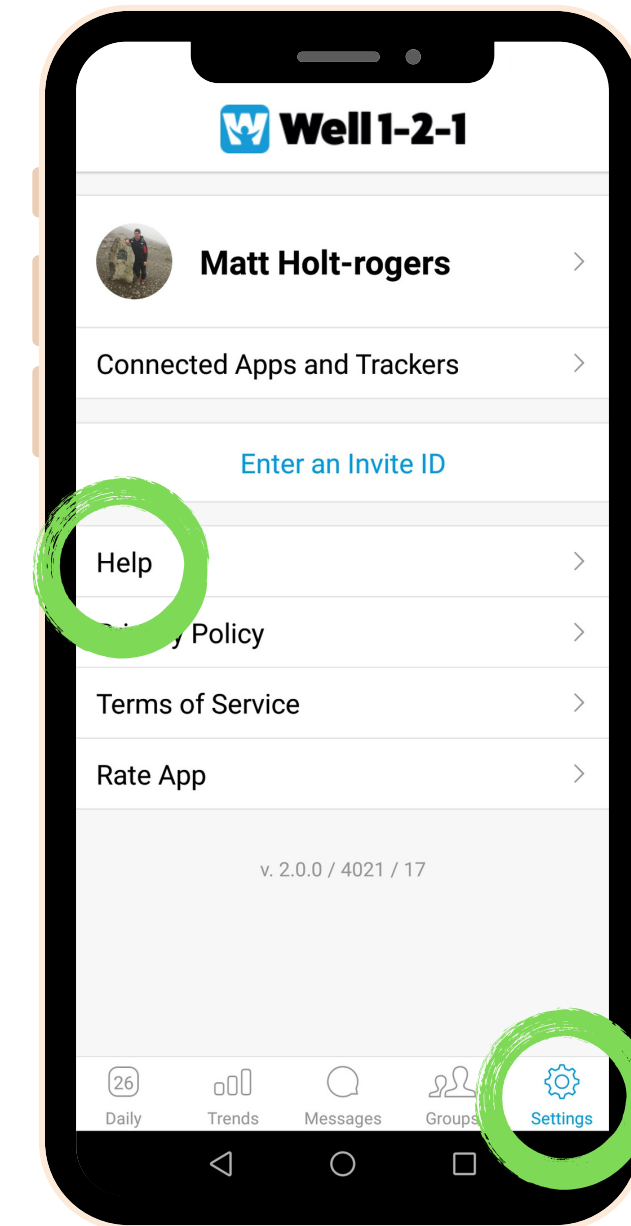
## Enable push notifications

Notifications help ensure that you never miss an important message from us.



## Put your wellbeing first

Place the app icon on the first screen of your phone for easy access and a reminder each time you use your phone.



## Ask for help

Don't let a technical hurdle inhibit your progress. If something isn't working, tap help in settings and send us an email.



# Well 1-2-1

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