

GETTING STARTED WITH THE HEALTHTRAC APP

The HealthTrac App is available as a free download to anyone using an iPhone or Android phone.

To download on an iPhone

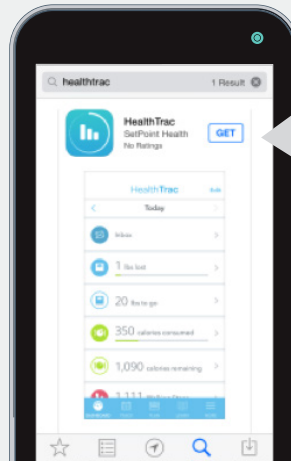


Go to the App Store and search for: "HealthTrac".

To download on an Android phone



Go to Google Play and search for: "HealthTrac".



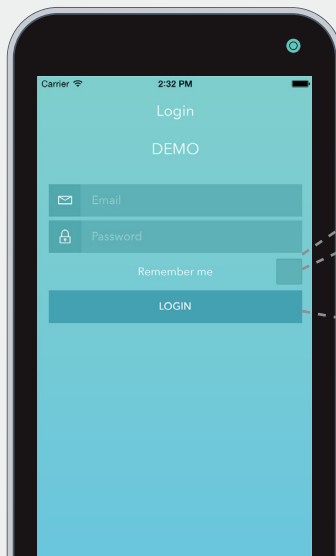
Tap "GET" and then "INSTALL" to download the HealthTrac App.

(Note: If asked to enter iTunes password, this is the password used to access iTunes on your iPhone or Apple computer.)



Once downloaded, the HealthTrac App can be accessed via this icon.

Navigating the Login Screen



Username - your email address.

Password - password emailed to you by your Program Provider.

Note: your login information is the same as when you log in on a computer.

Select "Remember me" if you would like your login information to be saved for the next time you log in.

After you Log In:

The first screen you see after logging in is called the Dashboard. For more information on how to navigate the Dashboard, please refer to **Navigating the Dashboard** tip sheet.