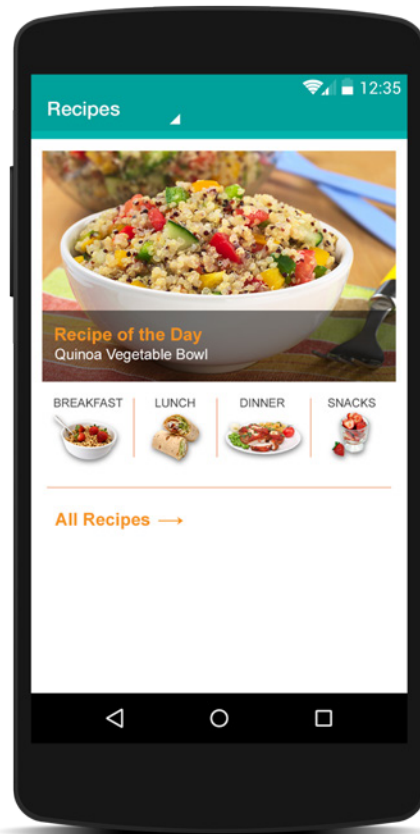
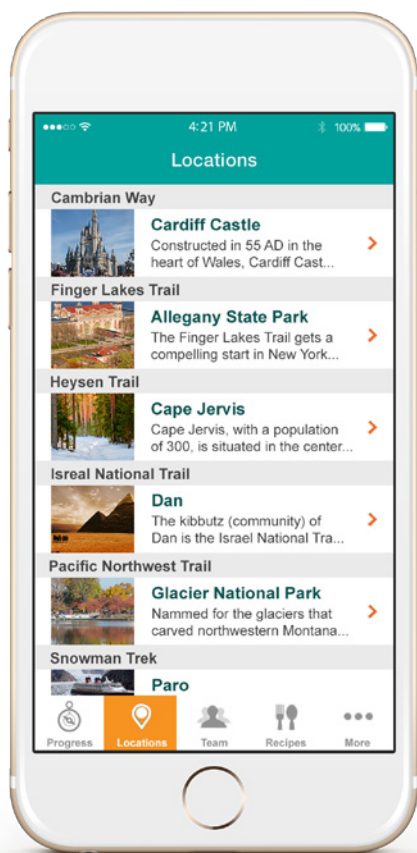


MOBILE GUIDE

HealthTrails is even easier... with the iPhone® and Android™ app. From certain devices, participants can track activity, “visit” locations around the world, check team status, view daily tips or recipes, plus more — without missing a step.



HOW IT WORKS (SSO)

Downloading the App

Once mobile is enabled, participants will have 2 ways to download the app:

1. WELCOME EMAIL.

The hyperlink "create a mobile password" will direct them to their *HealthTrails* account Profile to add a password for the app. Then they can:

- Search for *HealthTrails* on Google Play or the App Store on their mobile device
- Forward the welcome email to their mobile device, then click on Google Play or App Store
- Click on the Google Play or App Store link.



2. GET THE APP! ICON.

This icon will appear on the Home page. (Once participants download/log into the app on their smartphone, it will no longer be viewable.)

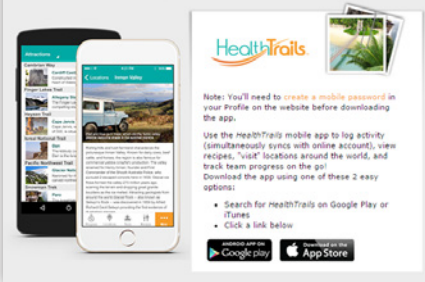


CREATING A PASSWORD

In Profile, participants type password, retype it, and click Update.

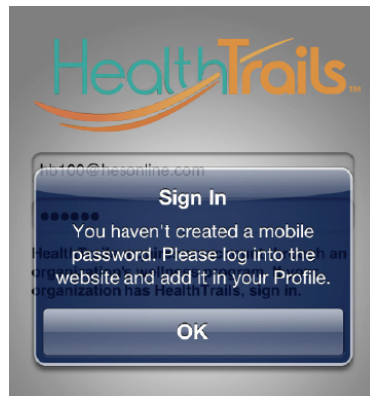
Note: Password needs to be a minimum of 4 characters.

We've gone mobile!



After clicking the "Get the App" icon, "We've gone mobile!" will appear. The hyperlink "create a mobile password" will direct them to their *HealthTrails* account Profile. Then they can download the app by searching their mobile device for *HealthTrails* using Google Play or the App Store or by clicking the Google Play or App Store link.

If participants try to log into the app without creating a password first, this sign-in message will appear: "You haven't created a mobile password. Please log into the website and add it in your Profile."



LOGGING INTO THE APP

Participants can log in using their *HealthTrails* account email and the mobile password they just created, then record activity — which simultaneously syncs with their online account.

HOW IT WORKS (NON-SSO)

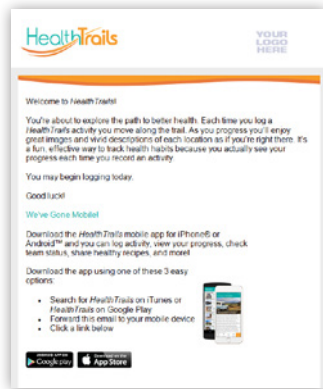
Downloading the App

Once mobile is enabled, participants will have 2 ways to download the app:

1. WELCOME EMAIL.

At the bottom of the email, they can:

- Search for *HealthTrails* on Google Play or App Store on their mobile device
- Forward the welcome email to their mobile device, then click on Google Play or App Store
- Click on the Google Play or App Store link.



2. GET THE APP! ICON.

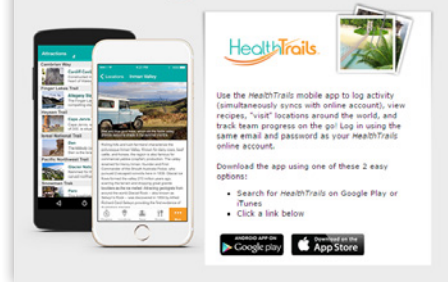
This icon will appear on the Home page. (Once participants download/log into the app on their smartphone, it will no longer be viewable.)



LOGGING INTO THE APP

Participants can log in using their *HealthTrails* account email and password, then record activity — which simultaneously syncs with their online account.

We've gone mobile!



After clicking the "Get the App" icon, "We've gone mobile!" will appear. They can then download the app by searching their mobile device for *HealthTrails* using Google Play or App Store or by clicking the Google Play or App Store link.