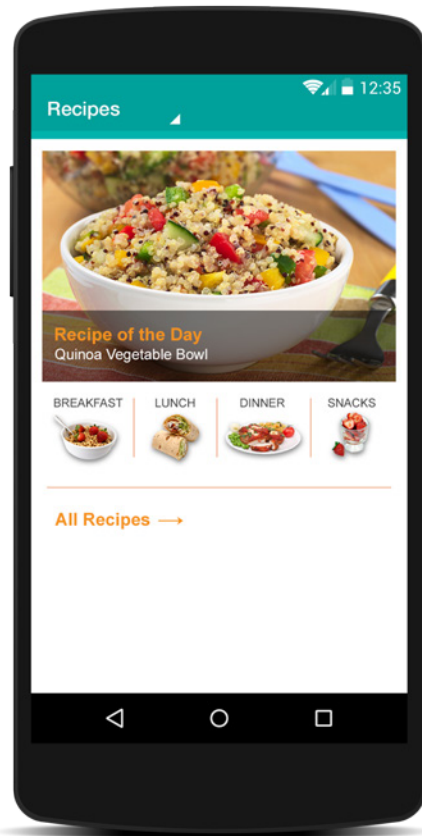
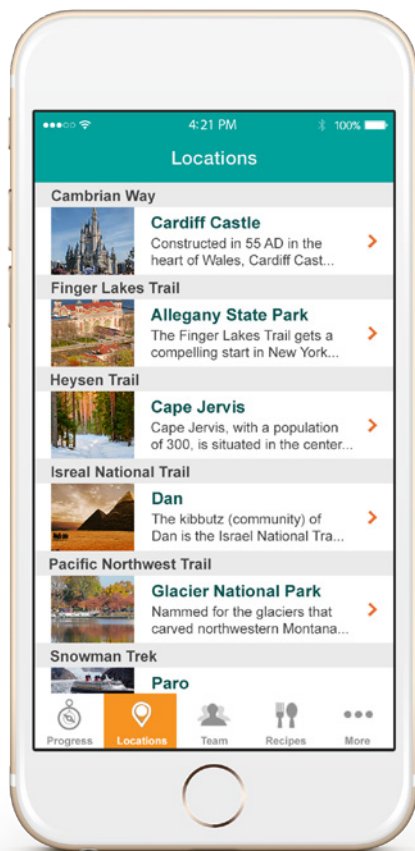


# MOBILE GUIDE

*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.)

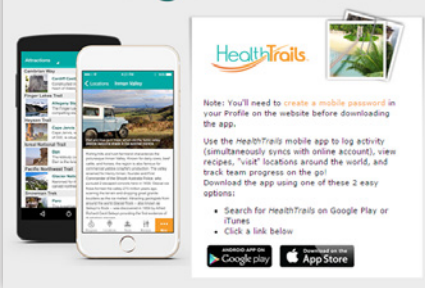


#### CREATING A PASSWORD

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

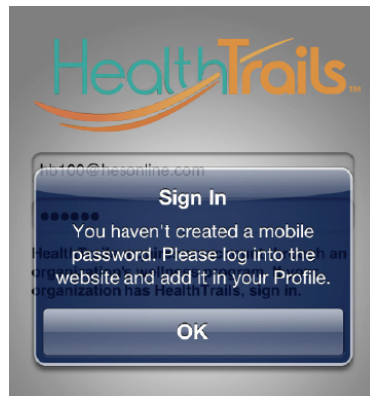
**Note:** Password needs to be a minimum of 4 characters.

#### 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)

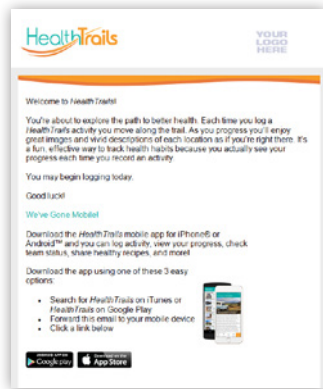
### Downloading the App

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.

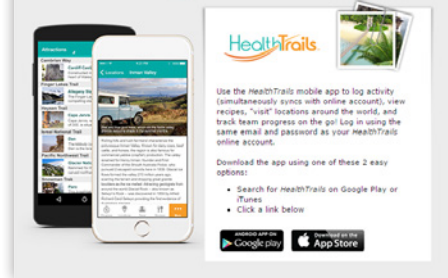
This icon will appear on the Home page. (Once participants download/log into the app on their smartphone, it will no longer be viewable.)



### 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.