








The Health Advocate app makes it easy to connect with your Wellness Program, **anywhere, anytime.**

 **Get a snapshot of your health** with your Personal Health Profile

 **Improve your eating habits** with recipes and meal plans

 **Jump-start healthy changes** with challenges and workshops

 **Monitor your progress** using health trackers

 **Access trustworthy health information** and helpful tips

How to Download our FREE Mobile App



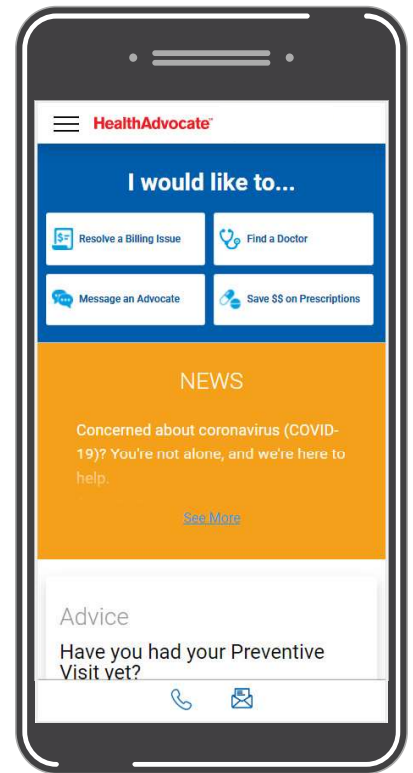
(for iPhone and iPad):

1. Tap the AppStore icon on the home screen.
2. Tap the magnifier search icon at the bottom of the screen, and type “Health Advocate” in the search bar.
3. Tap **INSTALL**.



(for Android):

1. Tap the Google Play icon on the home screen.
2. Tap the magnifier search icon in the top right corner, and type “Health Advocate” in the search bar.
3. Tap **INSTALL**.



Once you've downloaded the app, be sure to register!

- Tap the Health Advocate app icon on your phone to open the app
- Tap the **Member Login** button
- Type the **name of your organization**, select it from the drop-down box, and click **“Continue”**



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