if you're on a desktop or laptop:

Don't have a smartphone? The *map4health* mobile app is also available on your desktop or laptop computer. Visit **map4health.com** to set up your account using the steps below.

Getting Started:

- 1. In the address bar, type in: "www.map4health.com"
- 2. Choose "Patient Login"
- 3. Choose "Create account here"
- 4. Create your account by adding your email, name, and creating your password. If you have a Coach Code, enter it here.

Congrats! You have successfully created your account and are now ready to use the *map4health* web portal!





connect with your coach

Coach's Name: _____

Coach's Code: _____



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The *map4health* mobile app plays an important role in your self-management journey by connecting you to your coach, your peers, and tracking activities that will help you get the most from your group sessions and beyond.

Create your account now and get started with the *map4health* mobile app!

download for iPhone:

- 1. Look for the Apple App Store icon. 🕂
- 3. Type **"map4health**" into the search bar at the top of the screen; once you type in "map4health," the app will appear at the top of a list as shown in the image.

Congrats! You have successfully downloaded and installed the app!



download and setup instructions



2. Once the Apple App Store opens, click on the **"Search"** icon at the bottom of the screen.

4. Next, tap the "GET" button and the app will download to your phone automatically.



download for Android phones

- 1. Look for the Google Play Store icon.
- 2. Inside of Google Play Store, enter the search term "map4health" at the top of the screen in the search bar.
- 3. Tap on the **"map4health"** app at the top of the list and it will take you to the next screen.
- 4. Tap the **"INSTALL"** button.

Congrats! You have successfully downloaded and installed the app!



creating an account on your phone

- 1. Open the app by tapping on the *map4health* icon on your phone.
- 2. Enter first name, last name, email, password
- 3. Enter coach code (optional—if not entered, you will not have access to the coach screen)
- 4. Turn on push notifications (or messages to remind you or to provide you with added information)*
 - Optional on iOS—if not accepted, you will not receive any notifications such as reminders for next session, achieving your goals, etc.
- Automatic for Android—included when downloaded, but can be modified in the settings 5. Turn on Health App (these are applications that automatically come with your iPhone or
- Android phone)*
 - Optional for iOS (Health App) and Android (S Health)—if not accepted, your data (such as steps taken) will not be synced with platform-specific health apps
 - If you do not have S Health installed (or an account set up) you will be prompted to install and set up your account

* Not available on web portal



