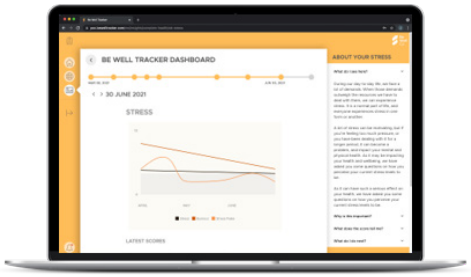
Be Well Plan App
Download Instructions

You're invited to use the Be Well Plan app.
Follow the below instructions to download the app and start using it.

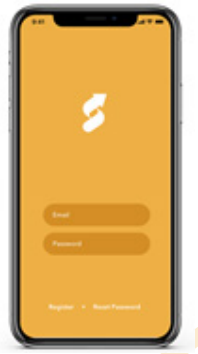
1. Access the Be Well Tracker

a. You will receive an email invitation to complete a wellbeing measurement
b. Click the link in the email and create a Be Well Tracker Account
c. Confirm your email address when you receive a verification email and you are on your way
d. If you do not receive an email invitation, please check your junk/spam folder



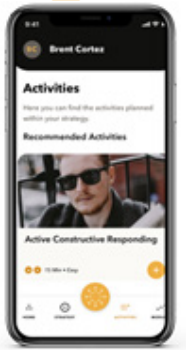
If you are logged out for any reason, you can log back in here. Please use one of the following browsers: Chrome, Edge, Firefox or Safari.

2. Complete your wellbeing measurement.
The Be Well Plan app uses your measurement results to inform what activities to show you. If you have not completed a measure, you will see a screen that will send you back to Be Well Tracker to complete one. It is recommended to do a measurement first, before downloading the app.



3. Download the app by searching 'Be Well Plan' in the App Store (for iPhones) or Play Market (for Android phones).

4. Find the app icon on your phone, which takes you to the Be Well Plan app.



5. Login to the app by using the same login details you created for the Be Well Tracker.

Start exploring the app or view a brief introduction video explaining the 'onboarding' process. Other features of the app will be explored during your Be Well Plan training.

For any issues, contact our Support Team at support@bewelltracker.com