

Getting Started

1. Download the app. The **WellBe[®] Virtual Assistant App** is available on the Apple App Store and the Google Play Store. Scan the QR code with your phone's camera or QR reader.
2. Once you have downloaded the app you **MUST** use the username and password below. **DO NOT** create a new user.
 - **USER NAME:**
 - **PASSWORD (Temporary):**



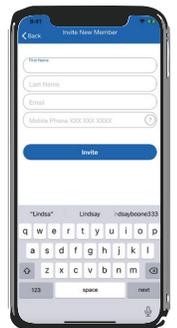
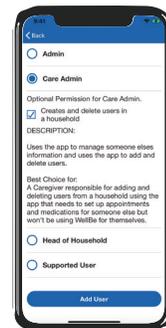
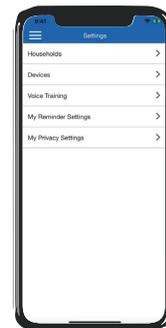
During initial set up you will be prompted to create a new password.

Setting Up the App

Once you are logged in, you can search the device location, set medication or appointment reminders, and keep track of important health information privately on your phone in the app.

If you have multiple family members or caregivers, you may invite them to join your "**Household**" and use the app. Follow these steps:

1. Select  at the top left corner on the home screen.
2. Select **Settings** → **Households and Members**.
3. Select **Your Primary Household**.
4. Select **Add User** at bottom of the screen.
5. Select **User Type** (*Care Administrator is most common*) and **Add User**.
6. Enter **First** and **Last Name**, **Email** and **Mobile Phone Number** of the person you are inviting.



The person you invited will receive an "**Invitation Code**" email from noreply@handsfreehealth.com and should follow the steps. Once the user has created their account, log into the app to **approve and confirm**:

1. Go to your **Primary Household** and select the **Invitations** tab on the right. Each new user must be approved by you (*even though you invited them - this is for security compliance*).
2. Select **User's Name** and,
3. **Approve** the new user.
4. **Check the boxes** for the care profile(s) they can see.
5. Go to **Settings** → **My Privacy Settings** and grant access to the new user to see your data.

Locating Your Watch

The **WellBe[®] Virtual Assistant App** lets you ping the approximate location of the watch:

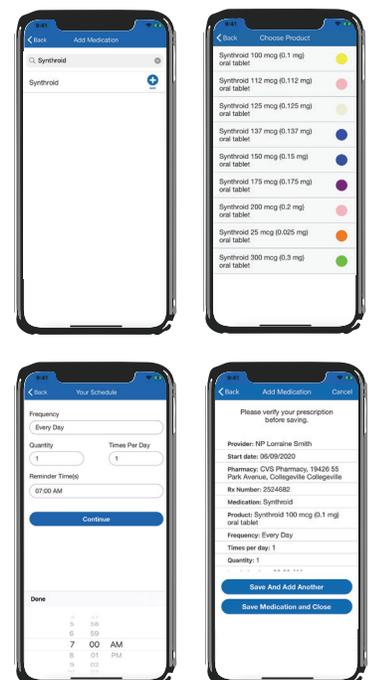
1. Log into the **WellBe[®] Virtual Assistant App** on your smartphone.
2. Tap on "**Settings**", then "**Devices**" and select the device you want to locate.
3. Tap on "**Device Location**" and accept the disclaimer.
4. The map will show you the most recent location it has received. Tap "**Locate Now**" to get an updated approximate location.
 - The watch will chime for **30 seconds** while reporting its location. The wearer can stop the chiming by **tapping on the watch face**, or **on the side button**. This is useful if someone has misplaced their watch!
 - **In a few minutes**, you'll get an updated approximate location.
 - Location in the app will use either GPS or cellular tower triangulation and **may not show the exact location**. The monitoring center has additional tools to locate the user in an actual emergency.

Set Medication or Appointment Reminders

If setting reminders for **yourself** or **only one person**, start by tapping on "**My Health**" and then "**Medications**". If you are supporting **multiple device users** (*i.e., mom and dad each have their own watch*) start by tapping on "**Settings**" → "**Households & Members**" → Select the **Household** → Select the **user** you want to create a reminder for.

Add a Medication Reminder:

1. Add medication by **tapping the (+) icon** at the bottom right of the screen.
2. Search by the **name of the medication** and select the correct medication by **tapping the (+) icon** to the right of the medication name. Follow the prompts for dosage, provider, etc.
3. Select the **desired reminder time** to take the medication. A medication reminder can have its own time or be added to a group (*Morning, MIDDAY, etc.*). Select whether you want the medication to be added to a **medication group** or kept as a **separate reminder** and then tap "**Continue**."
4. The watch will remind the user to **take their medication and confirm**.
NOTE: Reminder notice on watch face remains illuminated for 2 hours if not acknowledged, then resets.



Important Note:

To receive notifications, you must be registered as a care contact on the account. Download and activate the **WellBe[®] Virtual Assistant App** on your smartphone.