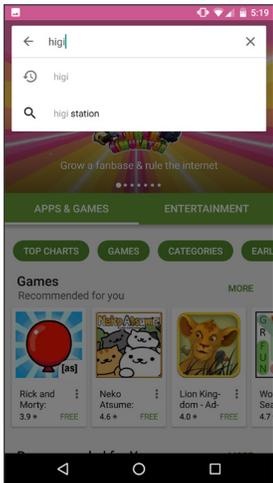


# Navigating the highi platform – for mobile

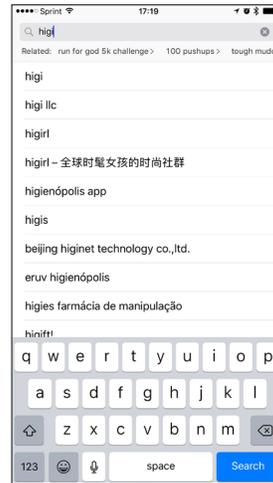
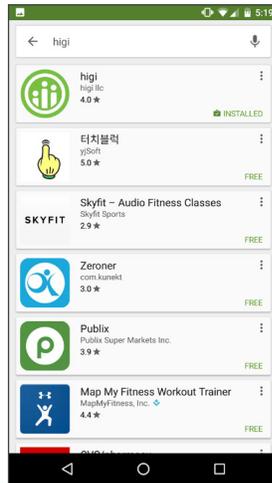
A detailed guide to help users keep tabs on their health by using the highi app

## Download the app

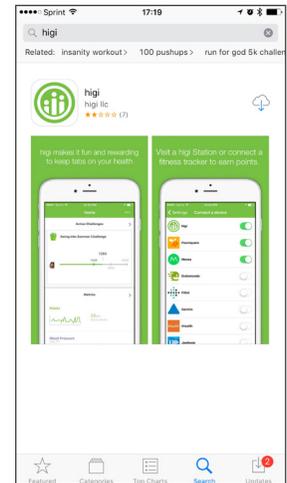
Find the highi app in the app store for iPhone or Google Play store for Android. Type “highi” in the search bar and select the highi app for download



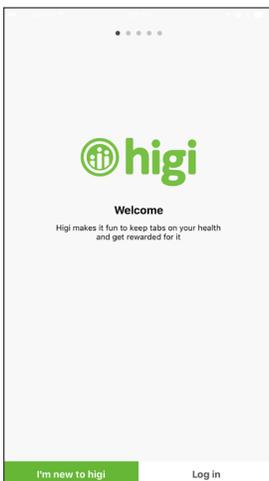
Android



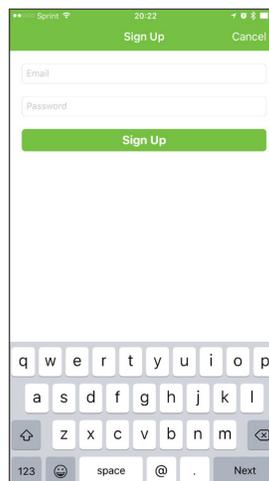
iPhone



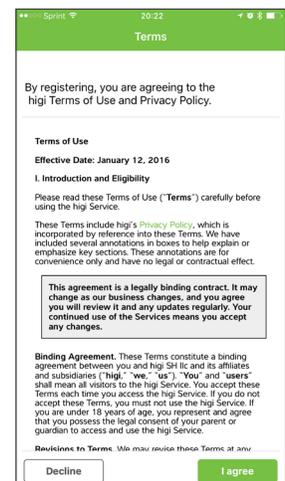
## Sign in or create an account



Open the highi app. To create an account, select “I’m new to highi” at the bottom of your screen.



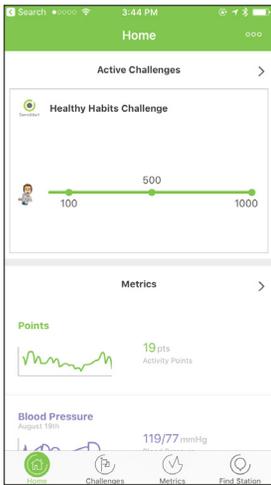
Enter your email address, desired password and click “Sign Up”.



Agree to the terms and conditions and follow the prompts to set up your account.

## Home

From the home screen, users have access to key information including:



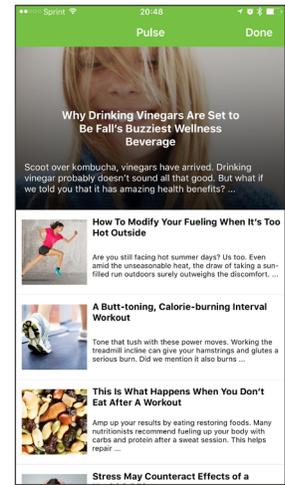
Challenge you've signed up for.



Your high points total.



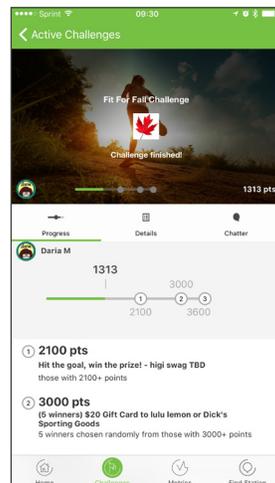
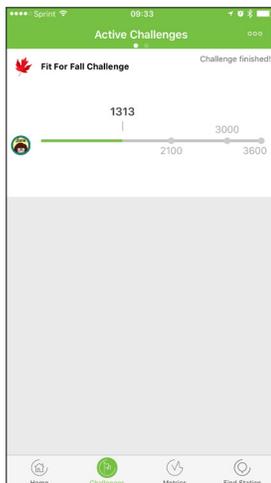
Current body stats.



Health & Wellness Content on the high feed

## Challenges

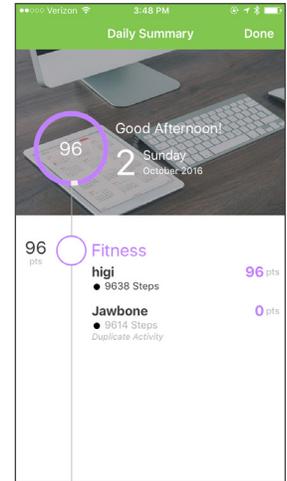
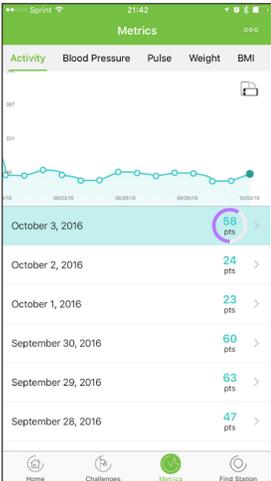
Join challenges right from the app.



You can see the list of available challenges and touch for more detail and to sign-up from your phone. Once you've signed up for a challenge, you'll see your progress to date on your home screen as well as the challenge screen.

## Metrics

The metrics screen shows your body stats over time, as well as your high points total.

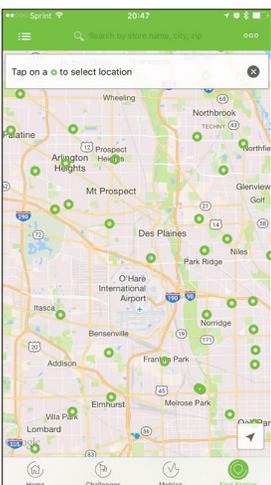


One way to earn high points is by visiting the station. Each time you get a reading, you'll get more points. You can swipe through **Activity**, **Blood Pressure**, **Pulse**, **Weight**, **BMI** and **Body Fat** or navigate directly to each section by touching the category at the top.

You can also connect your Bluetooth® enabled devices or synced activity apps through the high app. Click "connect high" from the Blood Pressure or other metrics screen and select any devices you'd like to sync. From there, you'll earn points and see activity from those apps or devices directly in your high account.

## Find a station

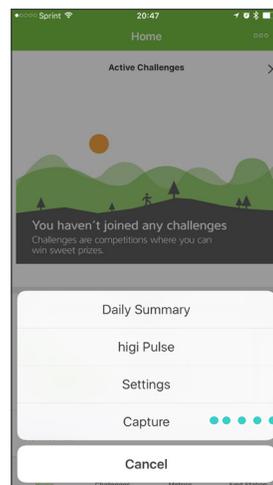
Use the "Find a Station" screen to locate the high station closest to you.



You can search by store name, city or zipcode, or simply by tapping your screen to select a location.

## Menu

Quick access to your daily activity and points summary, the high Pulse blog, etc.



Press this icon ... for the menu.

If the station can't connect to the internet for any reason, "Capture" allows you to photograph a QR code on the high station, which saves your results to your account.