

1. Download ARWell



Search "ARWell" in the appstore, then download and launch the application

## 2. Click "Subscribe"



After opening the application, click the "+Subscribe" button

3. Click "Redeem Code"



After clicking "Subscribe", click the "Redeem Code" button

## 4. Enter code



Enter the code: into the app store pop-up for a free trial of the application

# 5. Click "Redeem"



After entering the code, press the blue "Redeem" button

#### 6. Set your goals



Select a number of minutes and days of activity for your weekly goal

## 7. Patient Troubleshooting

If you run into a problem or have a question, click the "?" button on the the bottom left side of the app. For more detailed support instructions visit **www.augmenthterapy.com** or email us with questions at **support@augmenttherapy.com**.