

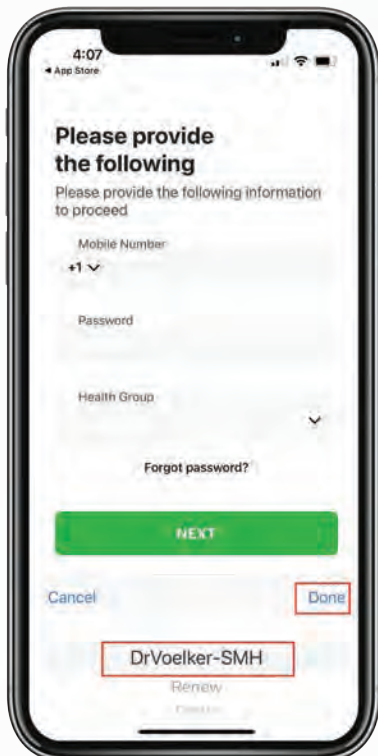
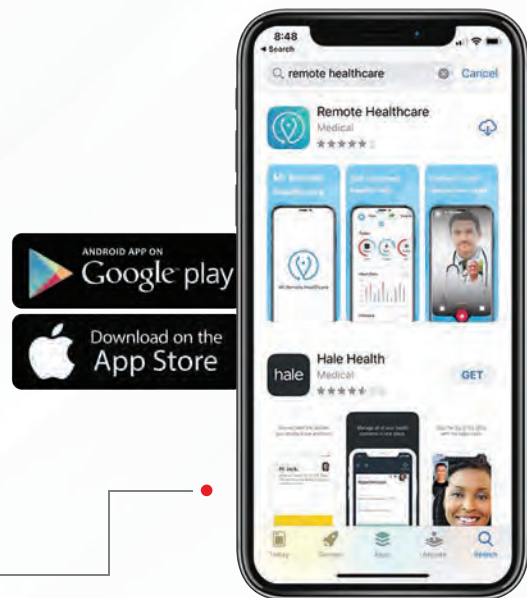


EASY STEPS TO SET UP YOUR **MiHealth/BioAnalytica** app

First, you must download your app from either the Apple App Store or the Google Play Store. The following links to the MiHealth app should have been sent to your cell phone. The apps can also be found using the keywords "MiHealth" or "MiHealth Monitoring"

STEP 1

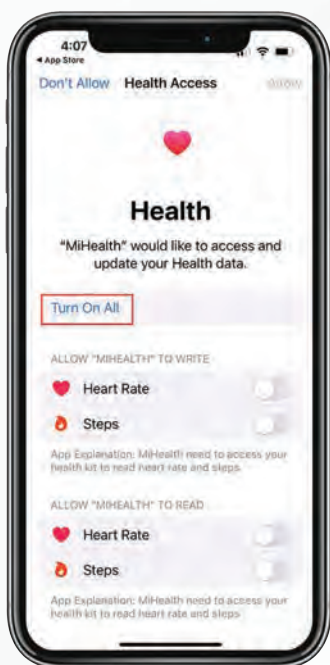
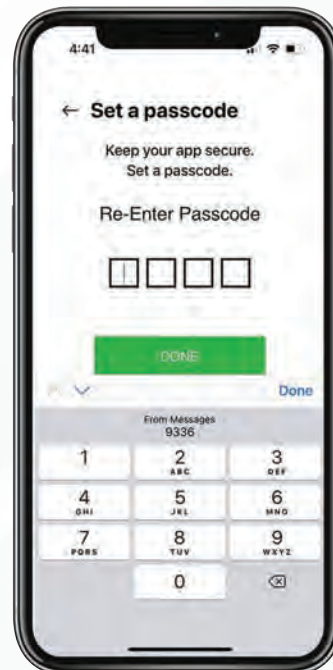
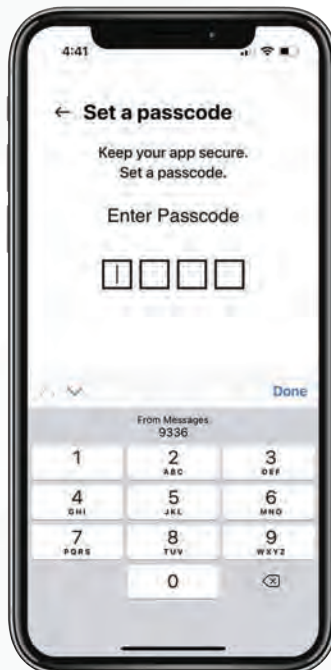
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After downloading the MiHealth app, open it and view the following screen.

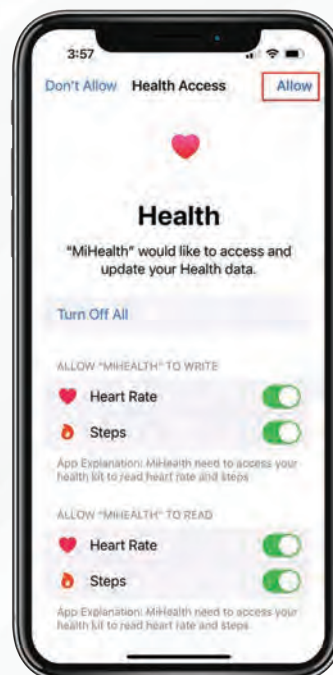
1. Your username and password should have been sent in an e-mail upon registration.
2. Select "DrVoelker-SMH" as your Health Group

You will be prompted to set a 4 digit code to log on to the app. This is required to maintain HIPAA compliance and protect your data.

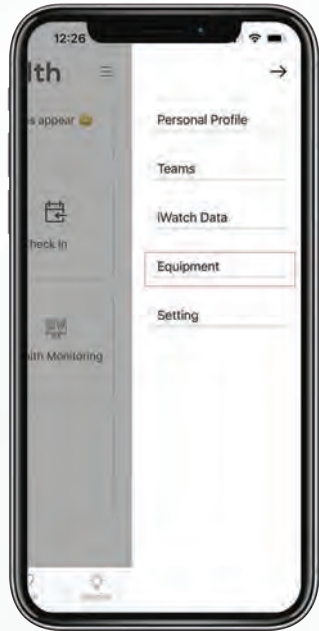
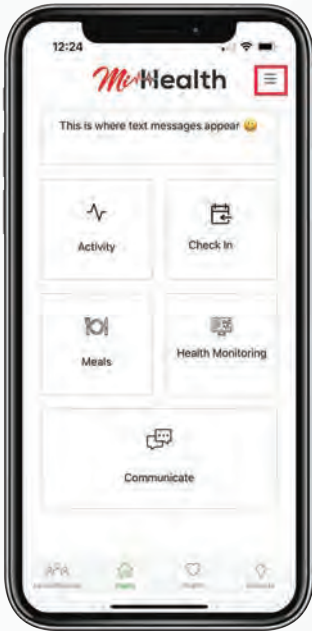


If you have an iPhone and Apple Watch, you will be prompted to access the Apple HealthKit data **Select "Turn on All"**

Next Select **"Allow"**



If you are using a Fitbit you will need to sync your Fitbit with the MiHealth app

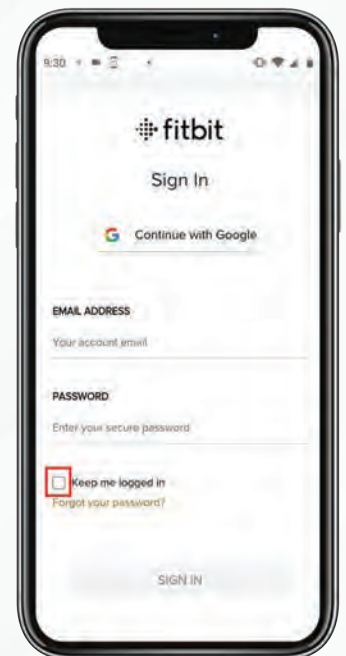


1. Select the 3-bar icon in the top right corner

2. Select "Equipment"

3. Slide the button on the Fitbit icon

2. Enter your Fitbit account information and select "Keep Me Logged in"



That is it! You are connected!