

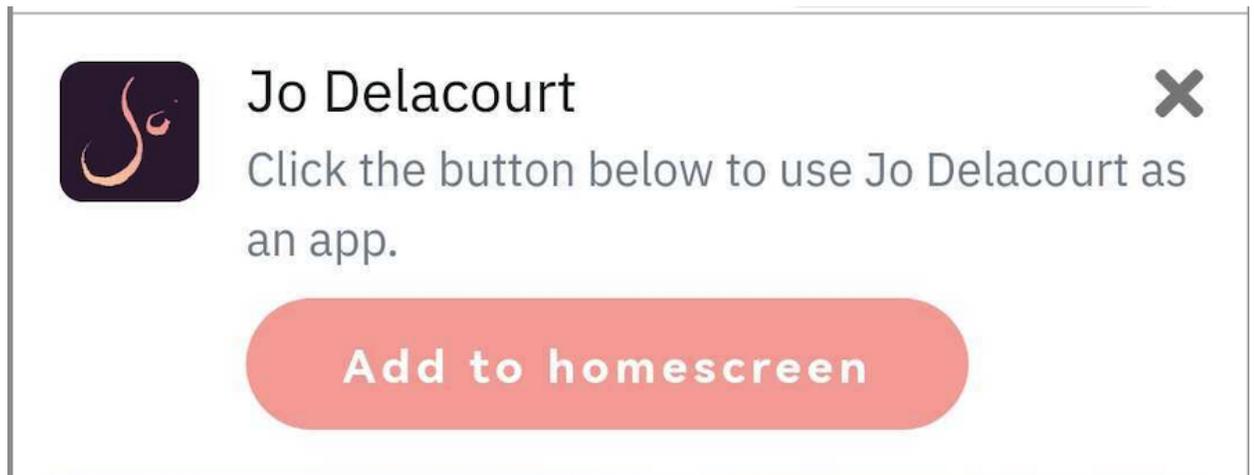
How to add the Vitality App to Your Tablet or Phone

Go to <https://www.anitaperrigo.com/> and click on the button to enter the online coaching studio.

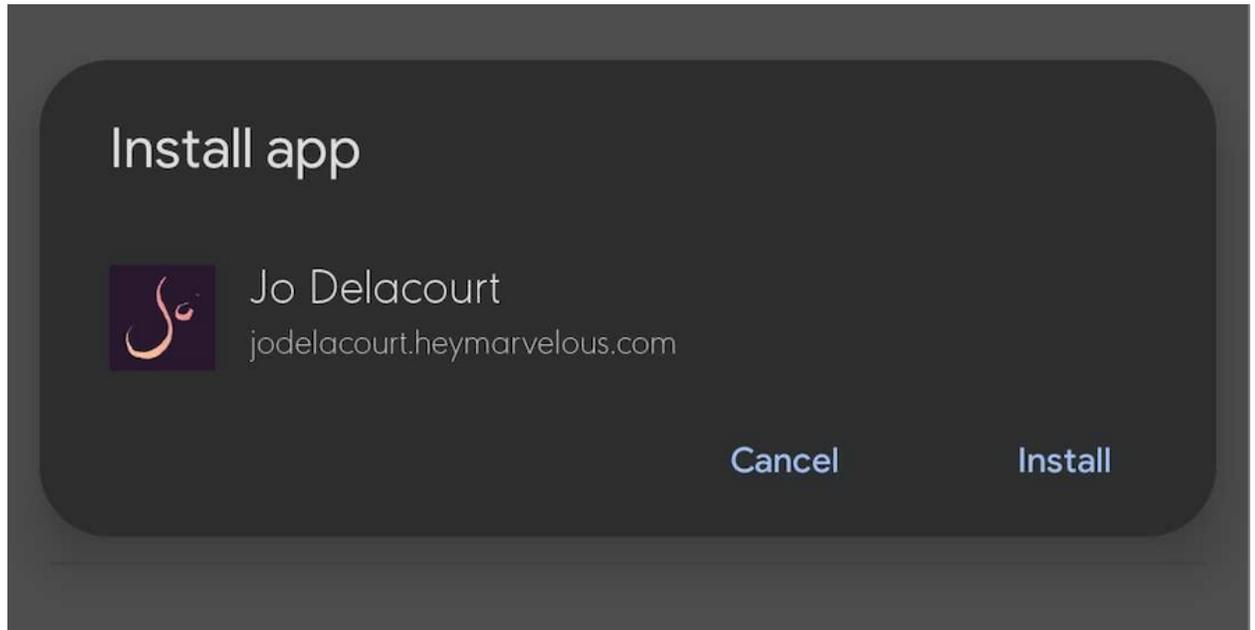
When you visit the site using the **Safari mobile browser on an iOS device** or **Google Chrome on an Android device**, you will see a pop-up at the bottom of the screen with the Vitality app icon.

Instructions for Android Devices

1. Tap **Add to homescreen**.



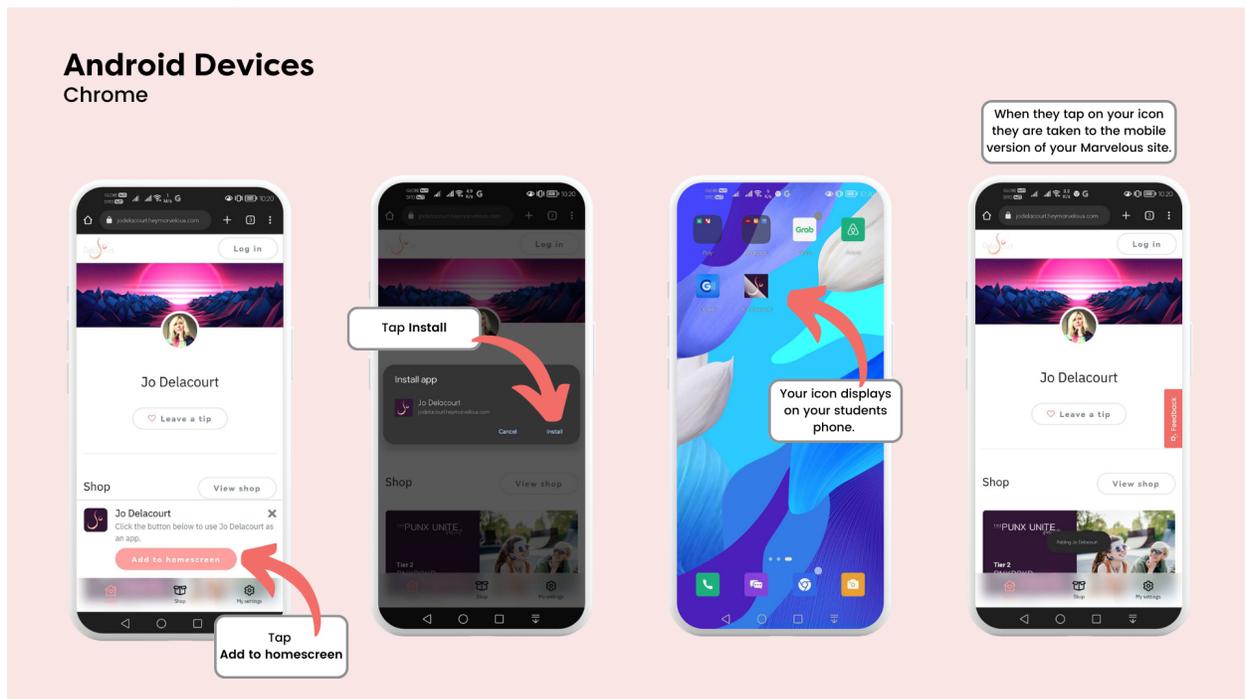
2. A pop-up will appear asking to Install the app, tap **Install**.



3. When you return to your mobile home screen, your app icon will be there.

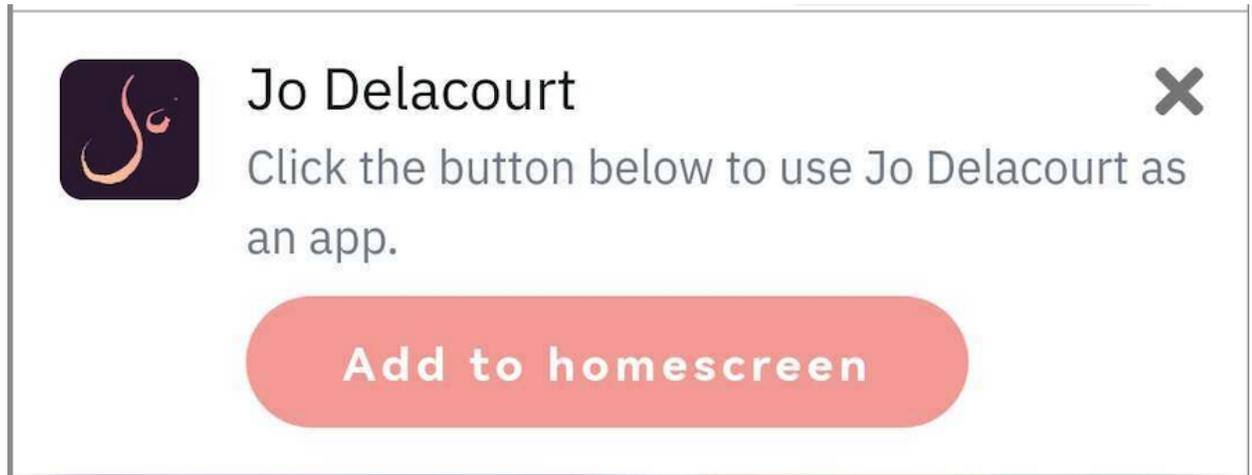
4. To access the Vitality Coaching Studio, tap on the icon.

See the visual guide below:

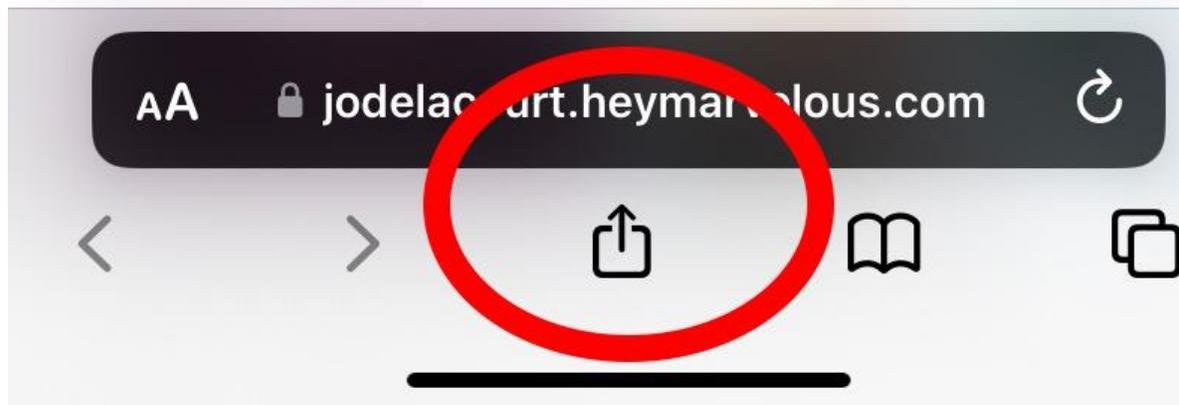


Instructions for iOS Devices

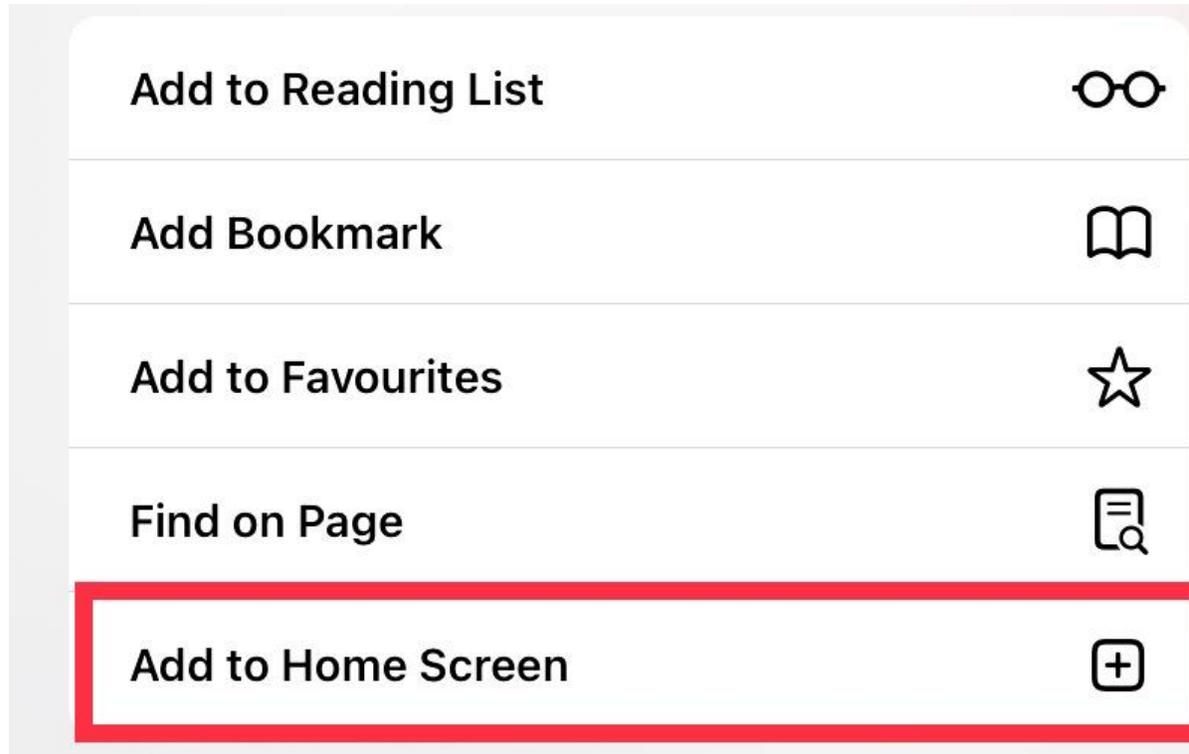
1. Tap **Add to homescreen**.



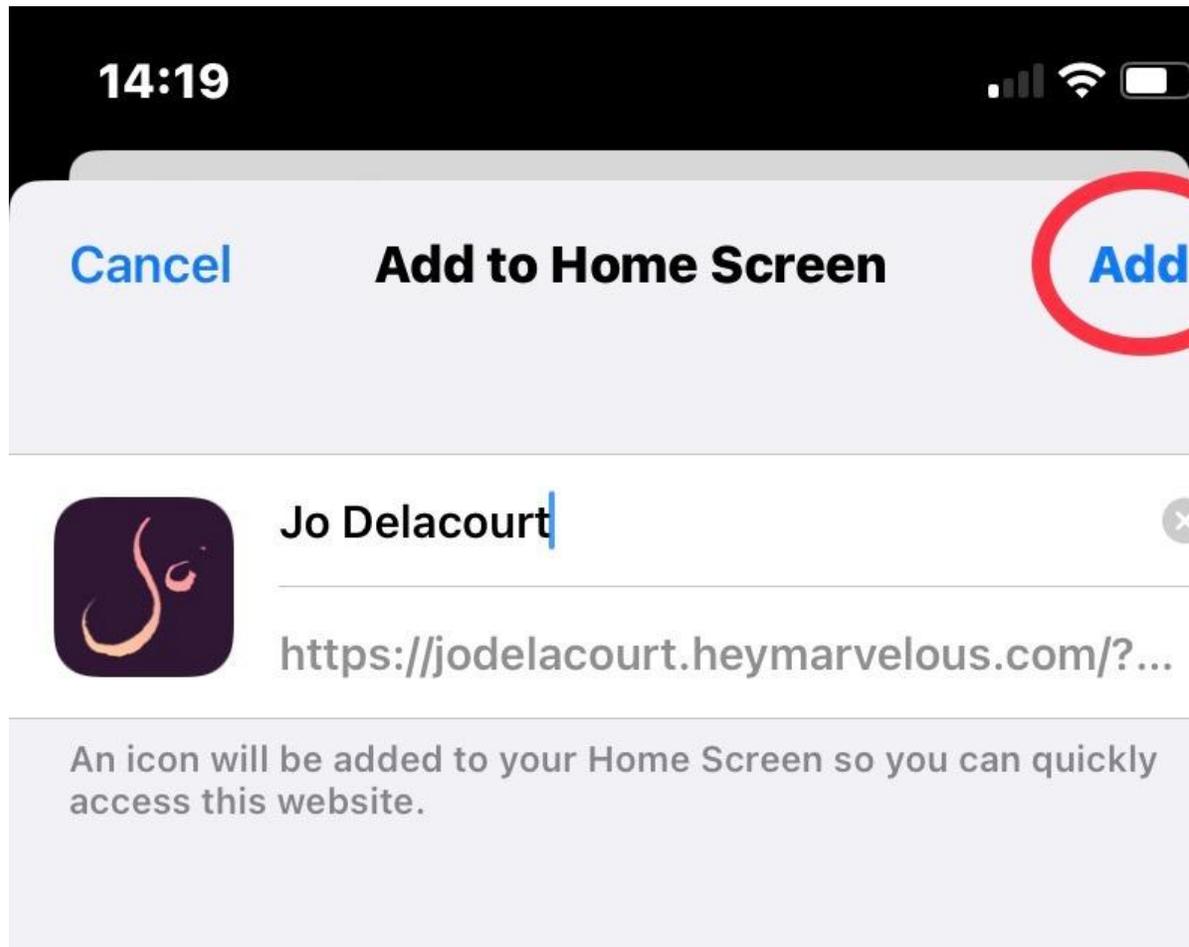
2. A pop-up will appear with the following instructions on how to add the application to your homescreen:
 - Tap the **Share icon** at the bottom of your screen:



- Scroll down until you see **Add to Home Screen**.



- Tap **Add**.

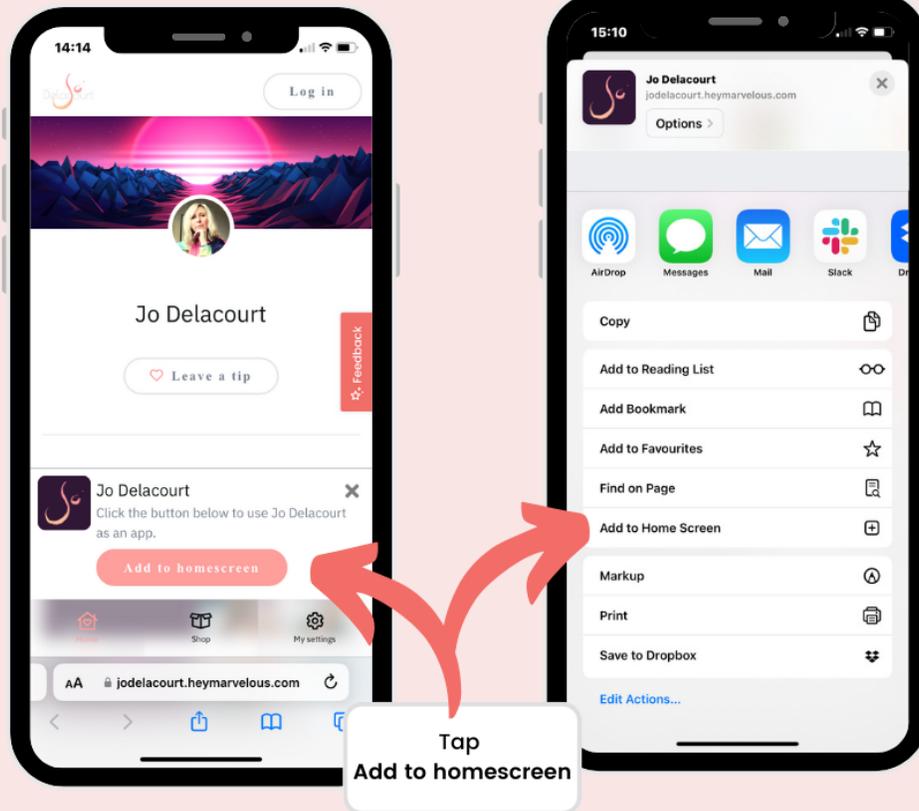


3. When you return to your mobile home screen, your app icon will be there.
4. To access the Vitality Online Studio, tap on the icon.

See the visual guide below:

iOS Devices

Safari



Tap Add

