



Getting Started with the InsideTracker App

Once your blood results are available we recommend you download the InsideTracker app, where you'll turn your results into action.

Download the App

1. Please visit the App Store (Apple) or the Google Play Store (Android) and search for "InsideTracker."
2. Install the app, open it and log in by entering your account information.

Attention: The app is only usable with blood results in your account. You will receive an email notification when your results are available, then return to these instructions.

How to Create an Action Plan

1. Upon logging in you will be brought to a welcome screen. Click "Next" in the bottom right to scroll through the tabs.
 - a. The app will ask you if you would like to turn on push notifications; click "allow". By enabling notifications, you will receive unique and personalized tips, as well as reminders to check in on your committed actions.
 - b. Once you arrive on the last welcome screen click "Get Started".
2. Please select a Goal and then click "Next".
 - a. **"Overall Health"** is a great place to start if you are unsure of which to select.
 - b. You can change your goal at any time, but we recommend sticking with a goal for at least three months to see improvement in your biomarkers.
3. Set your pace.
 - a. Selecting "focused" will populate one action to your plan, and "strive" will add up to five. Your selected pace does not limit the recommendations that are available to you when you select "Edit Plan" in the next step.
4. The app will then generate your Action Plan. A small number of recommendations that are most effective for you will be automatically selected.
 - a. You can adjust your plan by clicking the "Edit Plan" button in the middle of your screen. This will bring you to a list of all available Actions. To add or remove any Actions, use the toggle on each recommendation.
 - b. Once you're content with your selections click "Save Changes".
5. Your Action Plan will be set up and viewable from the "Plan" tab of the app. To view specific information or instructions about your recommendations please click the

“View details” button at the bottom of each Action. We highly encourage viewing the details behind each recommendation for additional information.

6. Connect your Apple Watch, Fitbit or Garmin by clicking the “Account” icon in the top left corner of the app, then select the “Fitness Tracker” tab, where you will see pairing options.

Instructions for Daily Check Ins

1. To keep on track with your plan, InsideTracker recommends logging into the app and checking in at least once a day. You can “Check in” from the “Home” tab of your app by clicking the empty circle next to the Action.
2. We also recommend answering the 5 Daily Journal questions found in the middle of your “Home” tab. These will help us to provide you with more insights and Pro Tips.
3. To customize reminders for your Actions you can click the Account icon on the top left and the click “Notifications”. From this page you can set a daily reminder to check in as well as customize reminders for individual Actions.