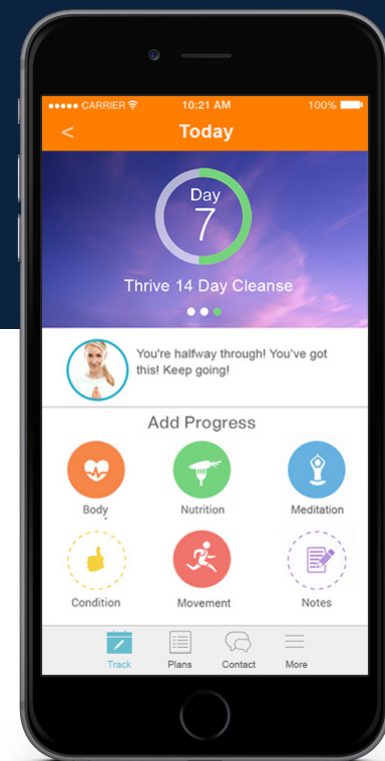


Welcome to WELL WORLD

Well World is a mobile app for your Apple iPhone or Android smartphone that provides you with all the information you need to follow your personalized health and wellness plan – recipes, meal plans, shopping lists, daily summaries and recommended supplements.

Well World also allows you to track your progress in key areas, and your practitioner will be able to follow along. The more you track, the more your practitioner will understand about how the plan is working for you, where it needs to be adjusted and how best to support you.

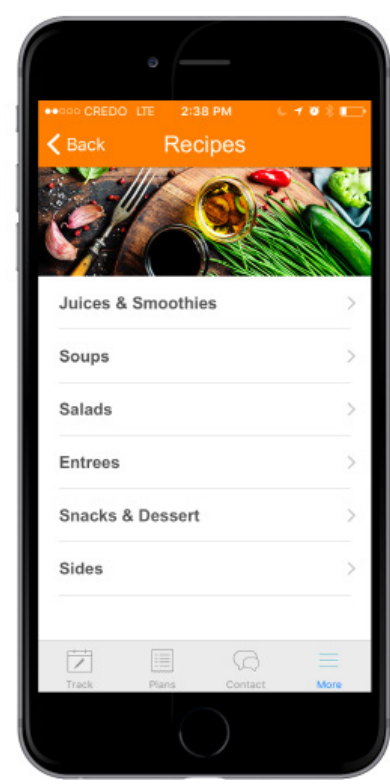
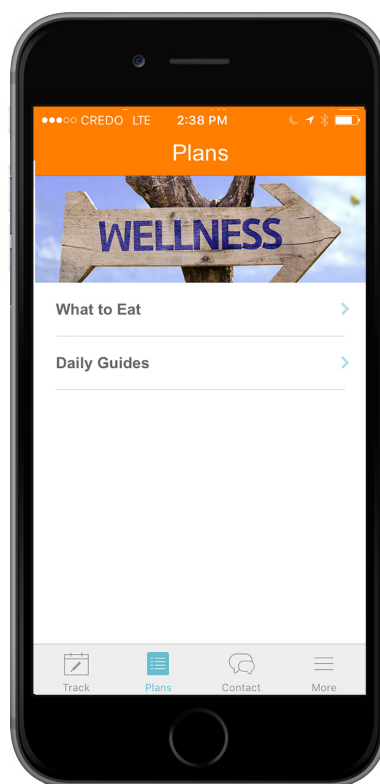


Let's Get Started!

- Check your email program for an email from Well World with an app download link and your login information. Follow the link to download the app from the App Store or Google Play. If supplements are recommended as part of your plan, you will be able to order them directly from the link in the email.
- Once you have downloaded the app and entered your login information, your app will automatically update with the plan your practitioner would like you to start.

Plan Resources

- Use the Plans menu to view the plan guidelines for any day of the plan.
- Check out the More menu to find recipes for all the meals in your plan, weekly shopping lists, as well as any additional documents or videos your practitioner has included for your reference.



How to Track

Following your plan and logging your progress is simple with Well World. From the Tracking Dashboard you have easy access to the different parts of your lifestyle health and wellness plan:



Body – How are you sleeping? Have you lost weight? What is your blood pressure? Your app is pre-configured so that you can track what is important to your practitioner and your individual wellness program.



Nutrition – What are you eating? Take a photo of your food, type in a note, log the plan items you're consuming (and even the off plan items too)!



Meditation – If mindfulness or meditation is part of your wellness program, you can record time spent meditating.



Condition – How are you feeling? Tired? Depressed? Foggy Brain? Happy? Energized? Clear headed? Tracking daily symptoms allows for correlating how you feel to what you are doing for movement, supplements and nutrition.



Movement – Are you moving? Walking? Stretching? Doing Yoga? Track it! Are you wearing a Jawbone, Fitbit or other wearable? Automatically upload your data to Well World.



Journal – Do you know that people who journal are more successful at following a plan? This is your place to record all the details (just use the Home or microphone button on your phone and you can even dictate your entries!)

Get the most out of your Well World app



Take the Tour! When you first open the app, there is a short tour you can take to show you the key features of the app. Any time you forget something, you can find the Tour under the More menu.

Personalize your Profile – upload a profile picture to make your profile complete.

Turn on In-App Notifications - Say yes to In-App Notifications when you first install Well World. You will then receive automated reminders to help keep you on-plan. You can also turn this feature on or off under the Profile menu.

Sync your health and fitness tracking devices or apps – if you have a health or fitness tracking device or app, turn on data sharing by choosing Import Data for the appropriate device type(s) under your Profile. This will enable you and your practitioner to see key information in your Well World profile.

Still need Help? Check out this short [app tutorial](https://designsforhealth.wistia.com/medias/3zvz2rzimo)
(<https://designsforhealth.wistia.com/medias/3zvz2rzimo>)