

How to Download the *HealthyNow App*



STEP 1: Go to the app store in your smart phone and search for 'HealthyNow'

STEP 2: Select download

STEP 3: Log onto the [To Your Health! Wellness Portal](#) from your computer

STEP 4: Click on the 'HealthyNow' widget on the bottom right-hand side of the page

STEP 5: Follow the instructions under 'Login Information'

STEP 6: Once the app is downloaded on your phone, you can use the portal code **MONTE** to login. *Enter your phone number and pin when requested.*

STEP 7: You are now able to earn wellness points on the go and keep track of your progress!

