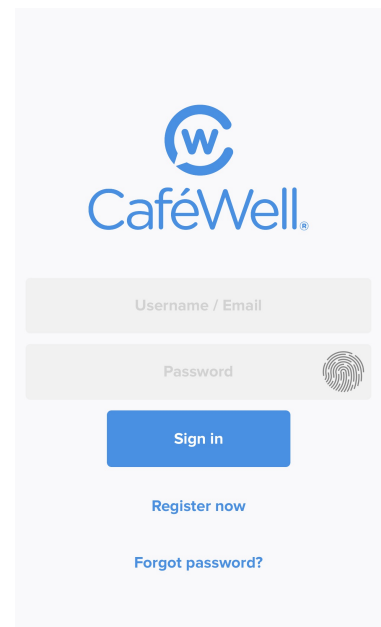


## INSTALLING THE CAFÉWELL APP

To install the CaféWell Mobile app on your device, you must have the following:

- Apple: iPhone 5S or higher and iOS 9 or higher installed
- Android: Smartphone with Android 4.4 or higher installed

Once installed, you can register and create an account.



## USING THE CAFÉWELL APP

1. Open the CaféWell Mobile app and click on the **Register now** button.
2. On the *Register Now* page, enter your HealthySteps sponsor code, “healthysteps”, in the provided field and then tap **Submit**.
3. You will receive a confirmation email asking you to verify your email address. You can verify your email address anytime during this registration process.
4. On the *Let’s Create Your Account* screen, fill in the required information.
5. On the *Security Questions* page, choose 3 questions you’d like to answer and click **Next**.
6. Submit your security question answers and click **Save**.
7. Complete the Eligibility Verification form by providing the last 4 digits of your social security number and your birth date. Click **Verify**.

Congratulations, your account has been created! From the mobile app, you can access the important features of CaféWell including your Personal Health Itinerary, programs, rewards, announcements and resources. You will also be able to log and complete activities.

### Need assistance?

Contact the CaféWell support team by email at [stanfordsupport@CafeWell.com](mailto:stanfordsupport@CafeWell.com) or by phone at [1-888-774-6680](tel:1-888-774-6680); Monday through Thursday, 6:00 a.m. to 5:00 p.m. PT, and Friday, 6:00 a.m. – 4:00 p.m. PT.