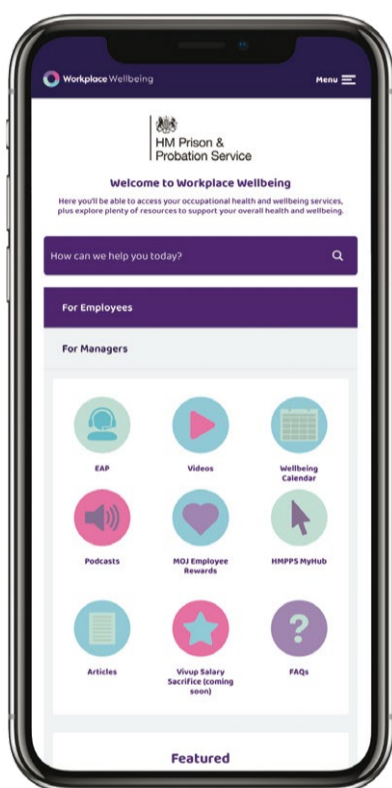



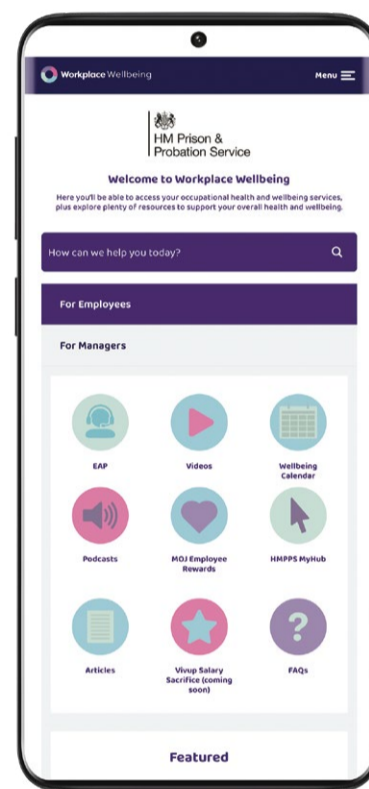
# Tap yourself into health and install the Workplace Wellbeing app onto your phone

Your wellbeing doesn't clock-off at the end of your shift... so why not install the Workplace Wellbeing app onto your phone to make it even easier to stay inspired at any time of day?



## Download to an IOS device

- 1 Visit [hmpps.workplacewellbeing.com/](https://hmpps.workplacewellbeing.com/)
- 2 Tap the **Share** icon  at the bottom of the screen.
- 3 Scroll down the list of options and tap **Add to home Screen**.  
(If you don't see this option, scroll to the bottom and tap **Edit Actions**, then tap **Add** next to the **Add to Home Screen** action. After that, you'll be able to select it from the Share Sheet.)
- 4 Type a name for the app, we recommend using **WW** to keep it short and simple.
- 5 Tap **Add** in the top-right corner of your screen.



## Download to an Android device

- 1 Visit [hmpps.workplacewellbeing.com/](https://hmpps.workplacewellbeing.com/)
- 2 On the pink button at the top of the screen, tap **Install**
- 3 You will then see a pop-up message asking you to install the app, tap **Install**

*Just a few taps away...  
from a healthier day!*

