



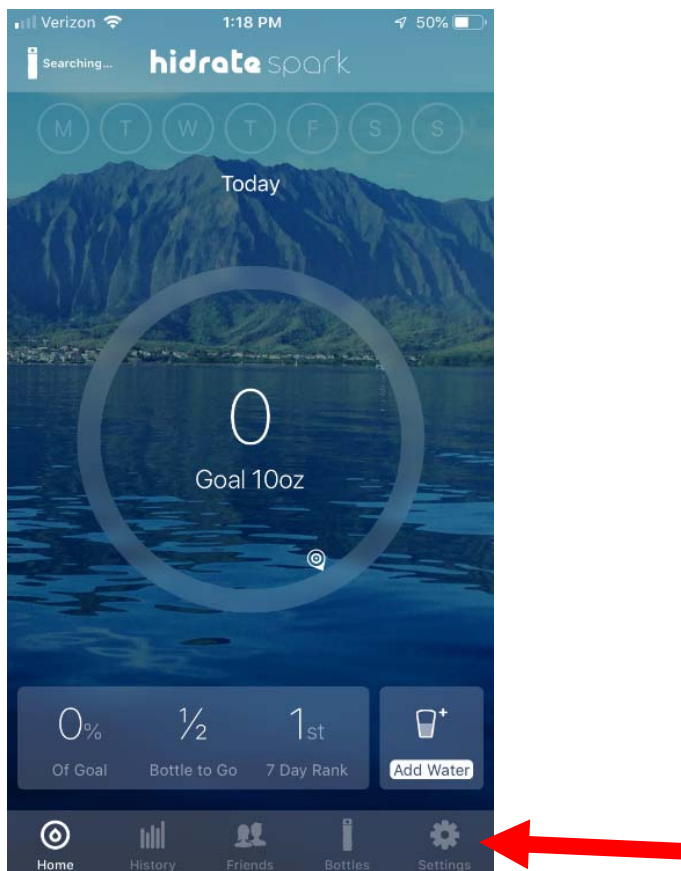
Hidrate Spark Glow and App Reminders
Set-up Instructions – Apple Devices
Version 2.0
January 22, 2019

2 Low-Touch Intervention Instructions – Apple Devices

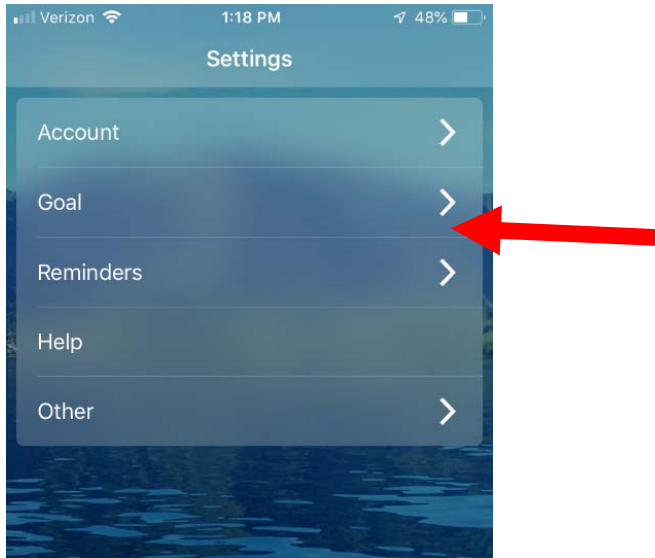
The following instructions explain how to set up the glow reminders and app reminders functions in the Hhydrate Spark app.

2.1 Glow Reminders

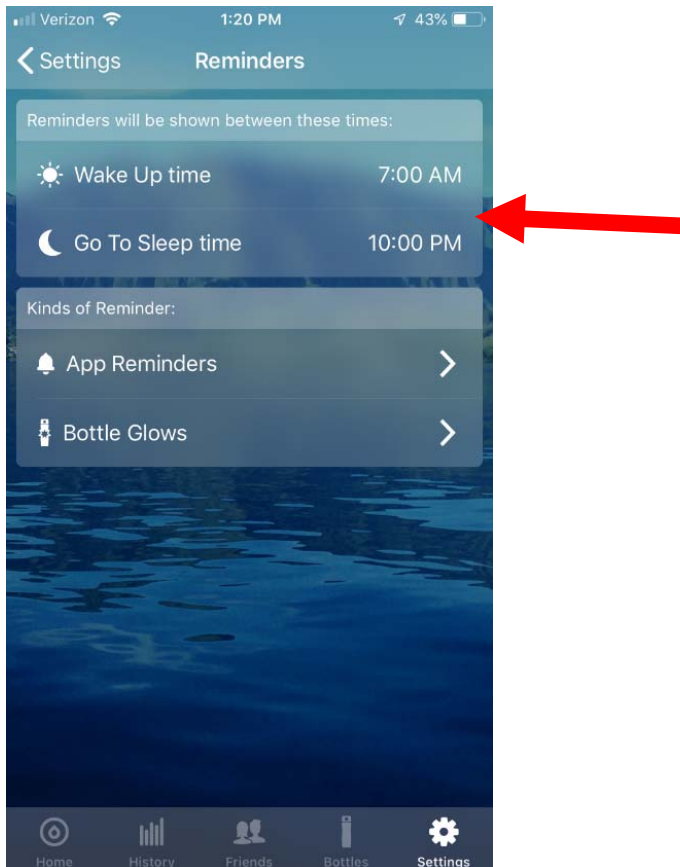
1. Choose the “Settings” icon  in the home screen:



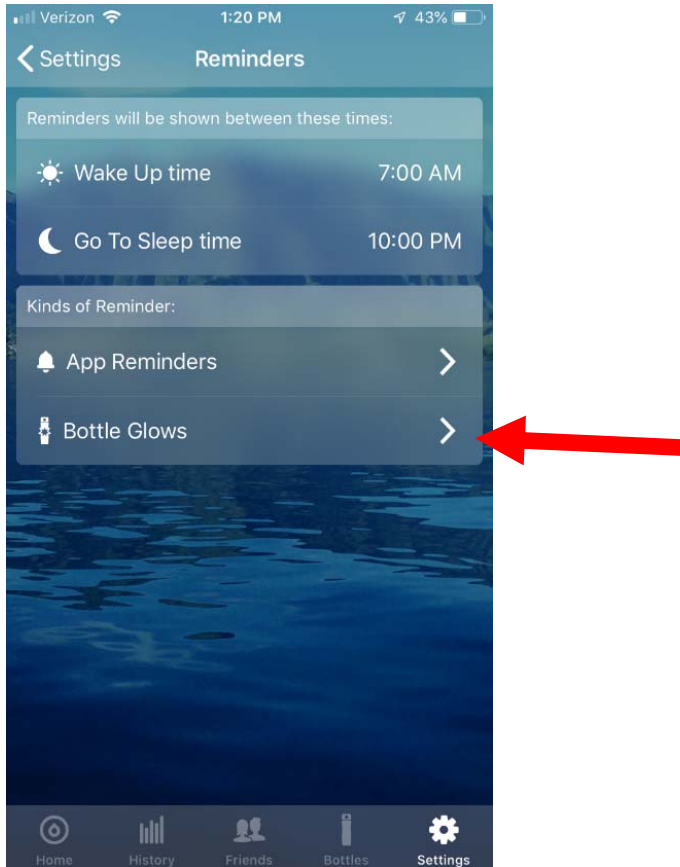
2. Tap on "Reminders"



3. Set your wake up time and go to sleep time

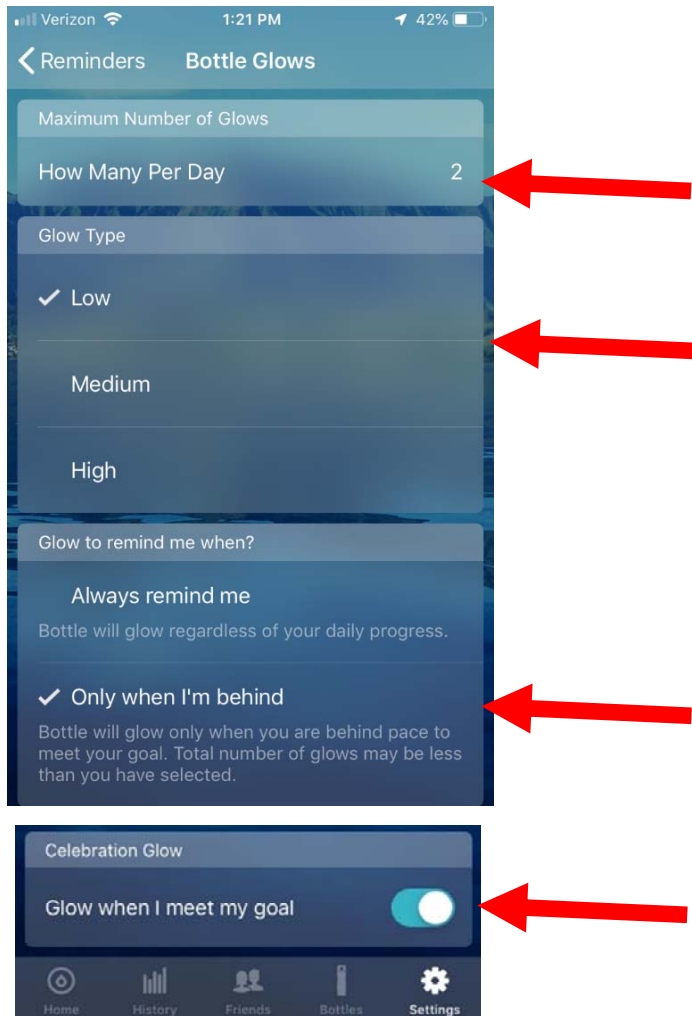


4. Tap on “Bottle glows ”:




5. Set the following:

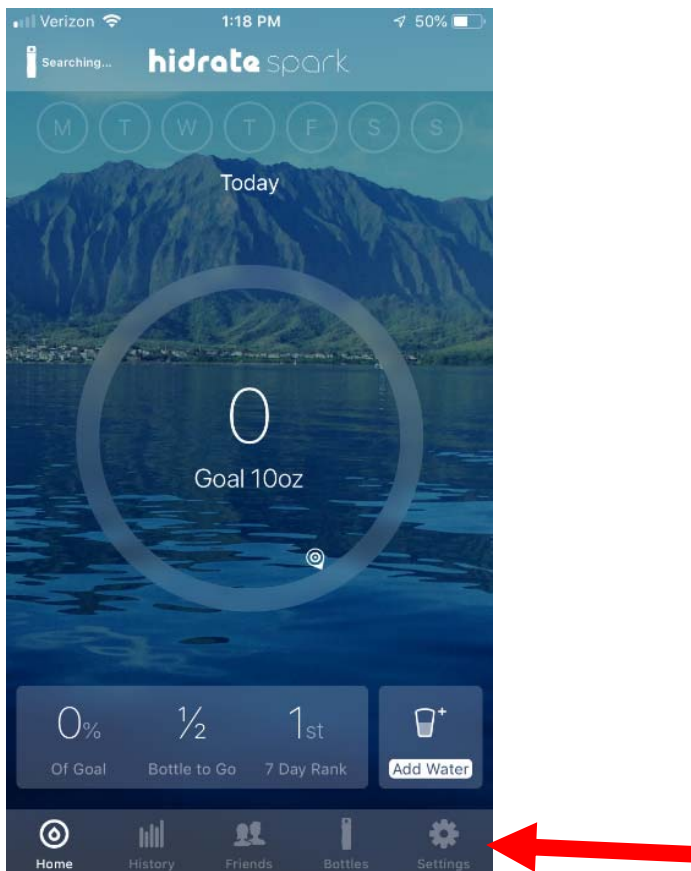
- How many times throughout the day you would like the glow – tap and then select a number from 0 to 10.
- Glow type – select the option of your choice
- Check either “Always Remind me” or “Only when I’m behind” options.
- If you want a celebration glow when you meet your goal, slide the “Glow when I meet my goal” button to on (slide right, so that the green shows).



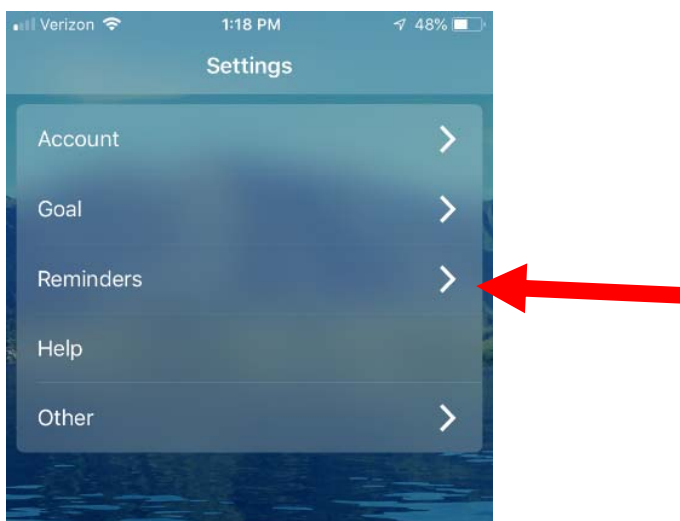
You may go in at any time to change the glow notification settings.

2.2 App Reminders

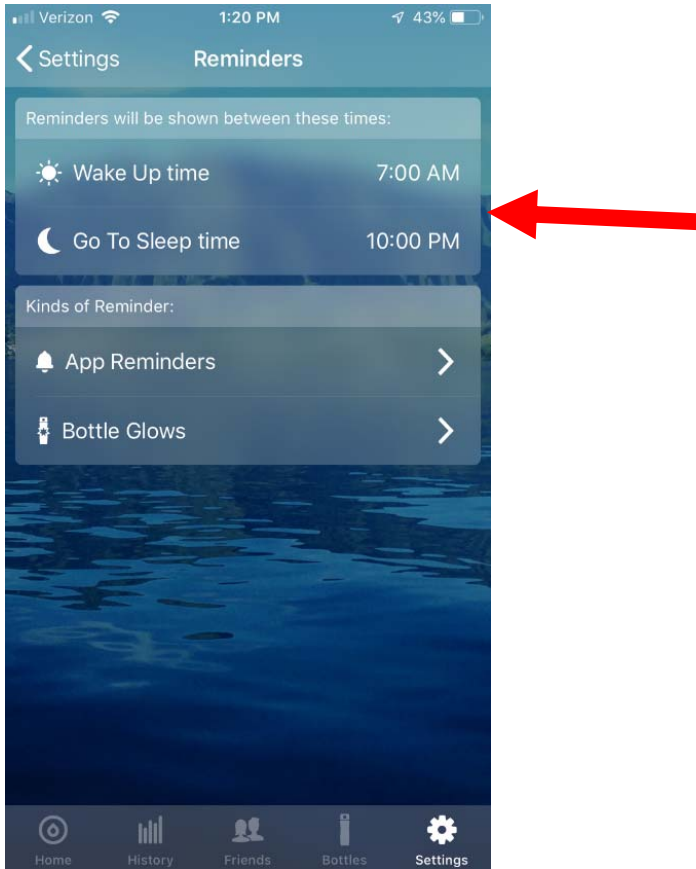
1. Choose the “Settings” icon  in the home screen:



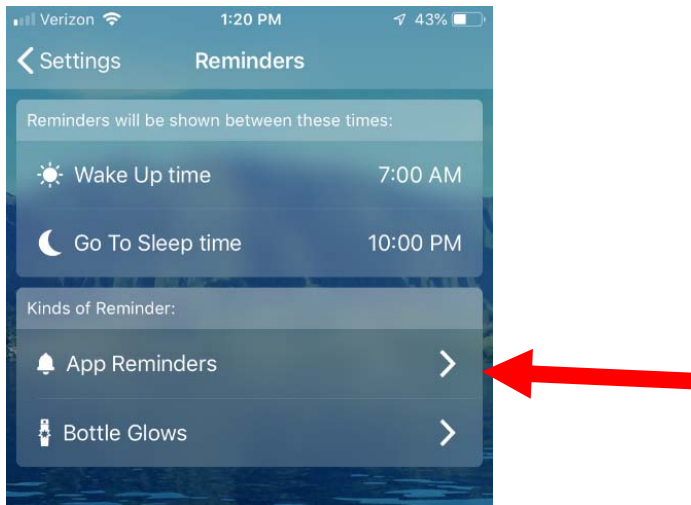
2. Tap on “Reminders”:



3. Set your wake up time and go to sleep time



4. Tap on "App Reminders"



5. Set the following:

- How many reminders you would like to receive – tap and then select a number from 0 to 10
- Check either “Always Remind me” or “Only when I’m behind” options.
- Choose the types of reminders you want to receive (“Funny” and/or “Quotations”) by sliding the buttons to the right (so that the green shows).

