

Let's

BEGIN

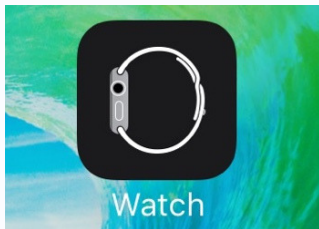


Five steps to set up your Apple Watch



1. CHARGE YOUR APPLE WATCH

If your Apple Watch is not already charged, plug the charger into your USB port and magnetically attach it to the back of your watch. Leave the watch until it is charged (1 - 1.5 hours).



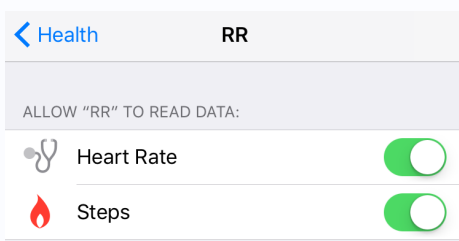
2. SHOW RR ON YOUR APPLE WATCH

Tap on the Watch icon on your iPhone. Scroll down to locate the RR app icon, then toggle **Show App on Apple Watch** to ON.



3. ADD THE RR COMPLICATION

Go to the same Watch icon on your iPhone. Tap **Complications** under My Watch and enable RR. RR will now be accessible from your watch face.



4. ENABLE HEALTHKIT FOR RR

Tap **Settings** on your iPhone and then tap **Privacy** and **Health**. Then, select the RR App and turn Heart Rate and Steps ON.

5. USE RR FOR 30 DAYS

There is no time to waste! The next 30 days will fly by. Get started today by logging meals on your phone and urges, behaviors and mood on your watch.

NEED SET UP HELP?

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