

Accessing Apps On Wellvolution

Using Head Space as an example:

- Click on this link: <https://wellvolution.com>
- Click on **Get Started**
- Set up a **Wellvolution** Account
- You will be sent to a “What is your health goal?” page
- **Click on the box that seems most appropriate for you**
- You will then be asked to answer 15 questions, once you do a list of APP suggestion will be generated, one of which should be Head Space
- Click on Head Space and sign up for an account
- Then go to your APP store and download Head Space with your login