**For iOS Users: Downloading the "Physical Activity (Patient)" App**  
Using a Public Link below:  
https://testflight.apple.com/join/RxbTJ4RP

• Receive the Public Link: Click on public link above for the "Physical Activity (Patient)" app. This link allows you to access the app without an invitation.

• Open the Link on Your iOS Device: Tap on the link from your device. This should open a webpage with an option to view the app in TestFlight.

• Download TestFlight from the App Store: If you haven’t already, download TestFlight from the App Store. It's necessary for installing beta apps on iOS.

• Install the App via TestFlight: In TestFlight, you'll see the option to install the "Physical Activity (Patient)" app (named “Physical Activity”). Tap 'Install' to download and install the app on your device.

• Open and Test the App: After installation, open the app from your home screen and start using it.

**For iOS Users: Downloading the "Physical Activity (Provider)" App**  
Using a Public Link below:  
https://testflight.apple.com/join/EuVPk3qM

• Receive the Public Link: Click on public link above for the "Physical Activity (Provider)" app. This link allows you to access the app without an invitation.

• Open the Link on Your iOS Device: Tap on the link from your device. This should open a webpage with an option to view the app in TestFlight.

• Download TestFlight from the App Store: If you haven’t already, download TestFlight from the App Store. It's necessary for installing beta apps on iOS.

• Install the App via TestFlight: In TestFlight, you'll see the option to install the "Physical Activity (Patient)" app (named “Provider app”). Tap 'Install' to download and install the app on your device.

• Open and Test the App: After installation, open the app from your home screen and start using it.

**For Android Users (Using an APK)**

• Receive the APK File: Following are the APK files for both the Physical Activity - Patient and Provider app.  
https://testphysicalactivity.com/provider.apk  
https://testphysicalactivity.com/patient.apk

• Allow Installation from Unknown Sources: Before you can install the APK, you need to allow your device to install apps from sources other than the Google Play Store. Go to Settings > Security (or Privacy) and toggle on 'Unknown Sources'.

• Download and Open the APK File: Tap on the APK file to start the installation process.

• Install the App: Follow the prompts on your screen to install the app. If a warning message appears, confirm that you trust the source.

• Open and Test the App: Launch the app from your home screen and begin testing.

Following is the QR code for Physical activity server:  
Picture1.png

Note: Please contact raman.dhanoa@dogwoodhealthconsulting.com to create the test accounts