1. When the app opens, download and add the shortcut presented
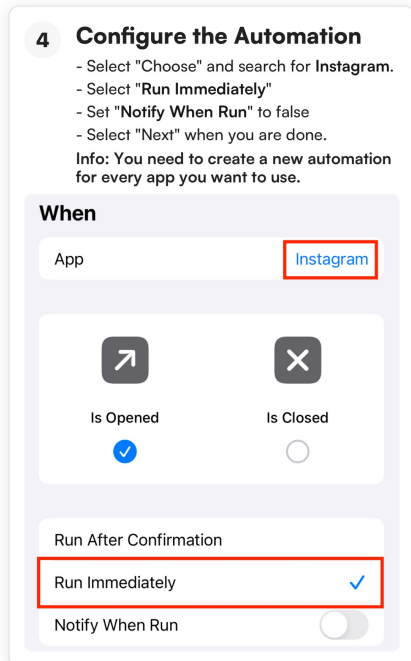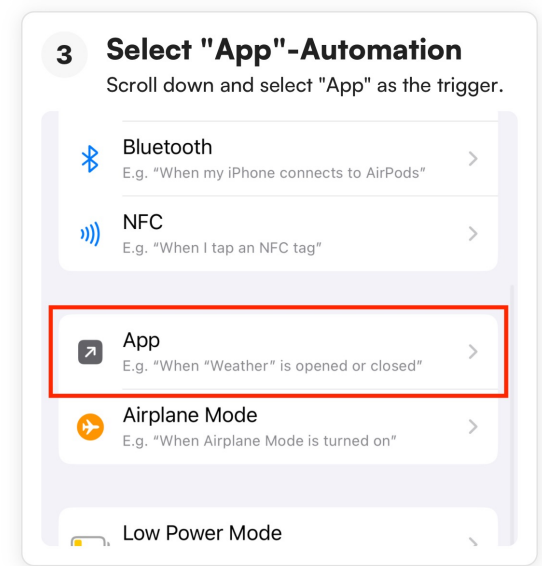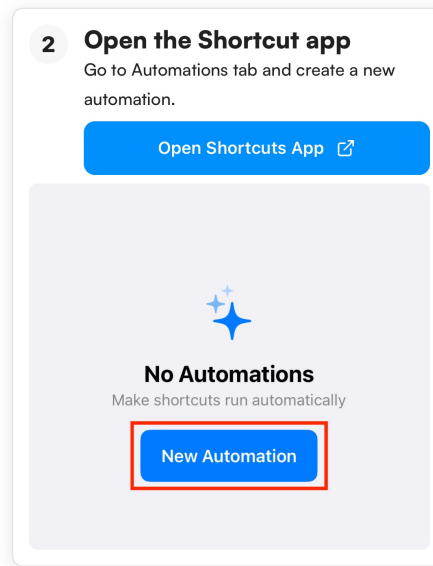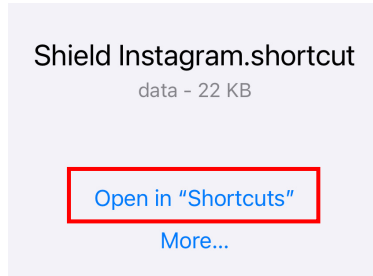
Shield Instagram.shortcut
data - 22 KB

Open in "Shortcuts"
More...

---

2 **Open the Shortcut app**
Go to Automations tab and create a new automation.

Open Shortcuts App ⧉

✦

No Automations
Make shortcuts run automatically

New Automation

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3 **Select "App"-Automation**
Scroll down and select "App" as the trigger.

Bluetooth
E.g. "When my iPhone connects to AirPods"

NFC
E.g. "When I tap an NFC tag"

App
E.g. "When "Weather" is opened or closed"

Airplane Mode
E.g. "When Airplane Mode is turned on"

Low Power Mode

---

4 **Configure the Automation**
- Select "Choose" and search for **Instagram**.
- Select "**Run Immediately**"
- Set "**Notify When Run**" to false
- Select "Next" when you are done.
Info: You need to create a new automation for every app you want to use.

When

App **Instagram**

⬈ **Is Opened** ✓
✕ **Is Closed** ○

Run After Confirmation
Run Immediately ✓
Notify When Run ○

---

5 **Configure Shortcut**

When "Instagram" is opened

🔍 Search 🎤

💡 **Get Started** ›

New Blank Automation

🕐 **Start Timer**

Se
Lo

🔷 **My Shortcuts** ›

📁 **Show Folder...**

🛡 **Shield Instagram**

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6. Setup finished!