1. Download and save [this shortcut](#)

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

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**

🧩 **My Shortcuts** ›

📁 Show Folder...

🛡 **Shield Instagram**

6. Setup finished!