



Help Page Content

Welcome to the BalanceBoosted Help Center!

We're here to ensure you have a smooth and enjoyable experience with BalanceBoosted. Below, you'll find answers to frequently asked questions and guidance for using our app. If you don't find what you're looking for, feel free to contact us for further assistance.

1. Getting Started

- **How do I create an account?** Simply download the app, tap on "Sign Up," and fill in the required details like your name, email, and password. Once registered, you can personalize your health profile.
 - **How do I reset my password?** Tap on "Forgot Password" on the login screen, enter your registered email, and follow the instructions to reset your password.
 - **What devices are compatible with BalanceBoosted?** BalanceBoosted works on Android (version 14 and above) and iOS (version 18.1 and above) devices.
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2. Using the App

- **How do I track my health goals?** Use the dashboard to log activities such as workouts, meals, and sleep patterns. You can also set personalized goals in the "Goals" section.
 - **Can I connect my wearable device to BalanceBoosted?** Yes! BalanceBoosted integrates with most popular fitness trackers. Go to "Settings" > "Device Integration" to pair your device.
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3. Privacy & Security

- **Is my data secure?** Absolutely. We use industry-standard encryption to keep your information secure. Read our Privacy Policy for more details.
 - **Can I delete my account?** Yes. Contact us at [Insert Support Email] to request account deletion. Please note that some data may be retained for legal or operational reasons.
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4. Need Further Assistance? If you have additional questions, our support team is ready to help. Reach us at:

- **Email:** support@balanceboosted.com

Tips for Success with BalanceBoosted

- Set realistic health goals and track your progress daily.
- Stay consistent with your logging for better insights.
- Explore all features for a deeper, personalized health experience.

We're here to support your journey to a healthier you!