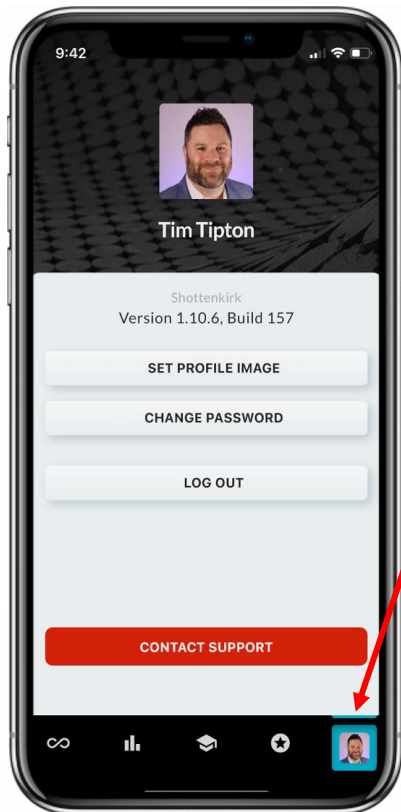# SHOTTENKIRK TRAINING APP INITIAL SET-UP

1. You will receive an email from **noreply@shottenkirk.verasana.com** with the subject line **Welcome to Shottenkirk**.

2. Inside the email you will find links to the **Apple Store** and the **Google Play Store**. Select the appropriate store link for your mobile device and download the app. (you cannot search for the app; you must be invited to join using the provided link)

3. Open the app and sign in one of two ways.
   - The first option is to utilize the **username and password** that were provided to you in the welcome email.
   - The second option is to type in your **cell number** and click on "send confirmation code" and then enter the one time 6-digit code.

4. Once you are logged into the app you should immediately go to the bottom right corner and click on your **account** button.
   - 1st you need to click on "**set profile image**" and select an existing picture or take a new headshot picture for your profile.
   - 2nd you should **change the password** from the auto-generated one that was sent to you to one that you will remember.

During set up, the app should default to allowing notifications on your device but go into your settings and make sure that **notification are turned on** for the app.