**Instruction how to use the EvoWatch App**

If your Apple Watch is already connected to your iPhone, use the following instructions (otherwise you first need to download the Watch- App):

1. Download the Testflight App from the App Store on your iPhone (https://apps.apple.com/us/app/testflight/id899247664)

2. Open the link for the beta version of the EvoWatch App on your iPhone: https://testflight.apple.com/join/mVz6w8pC

3. You automatically get to the Testflight App where you need to select „accept", „update" or „start testing".

4. Take your Apple Watch and open the evomove- App
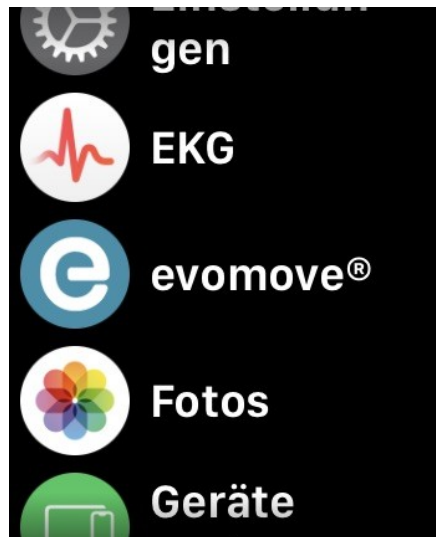
5. Swipe through the introduction pages before you connect to an evomove in your surrounding. The app shows in which position you need to hold the evomove in order to recognize the certain device. For example:
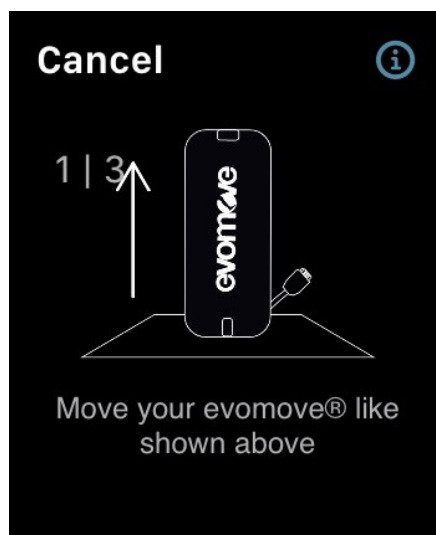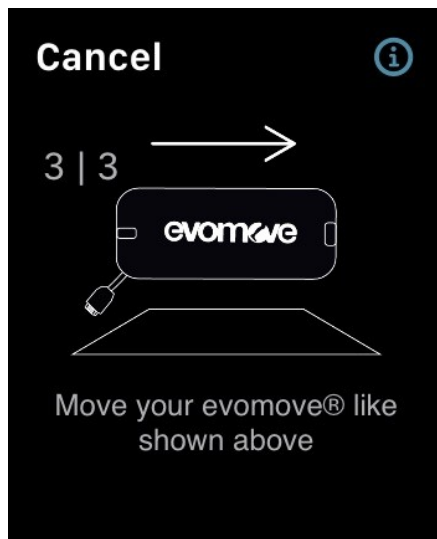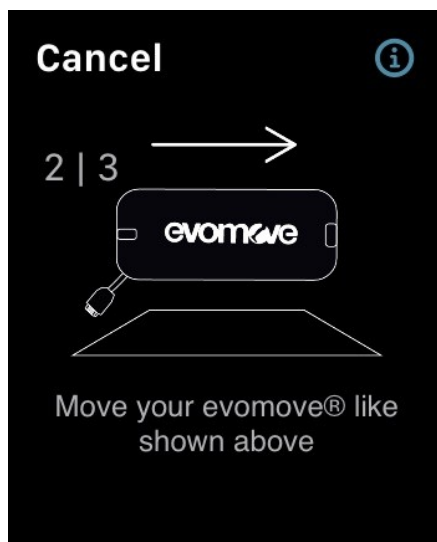
6. If the connection was successful, you get to the main screen of the app where you can turn on and off the stimulation, adapt the intensity and start the training.