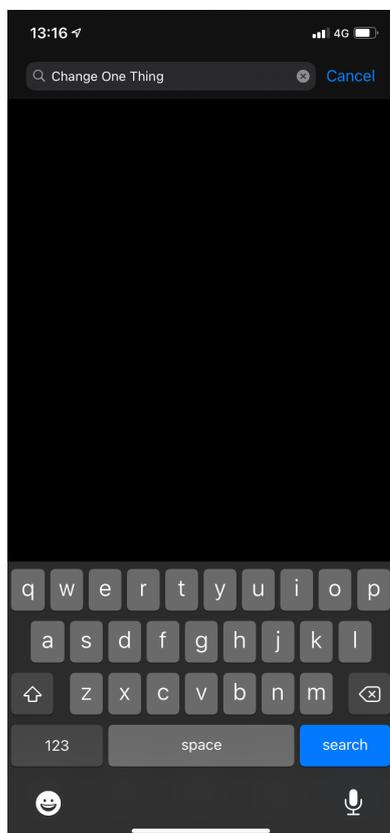
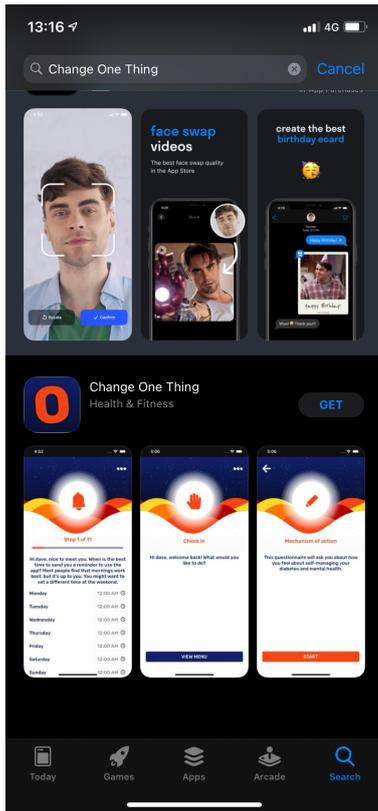


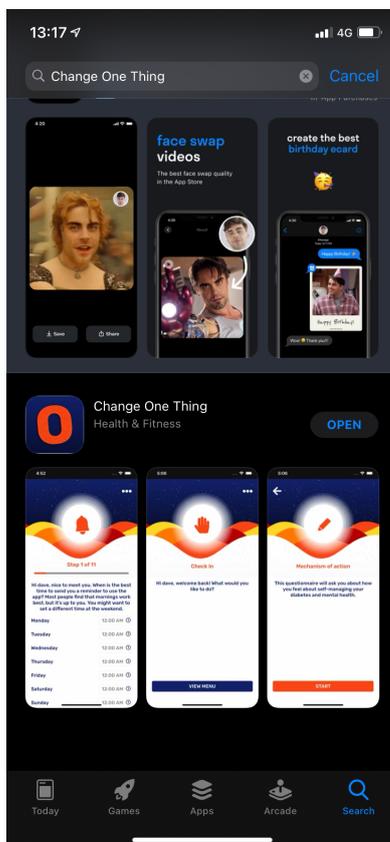
# Downloading the Change One Thing app and Logging in.



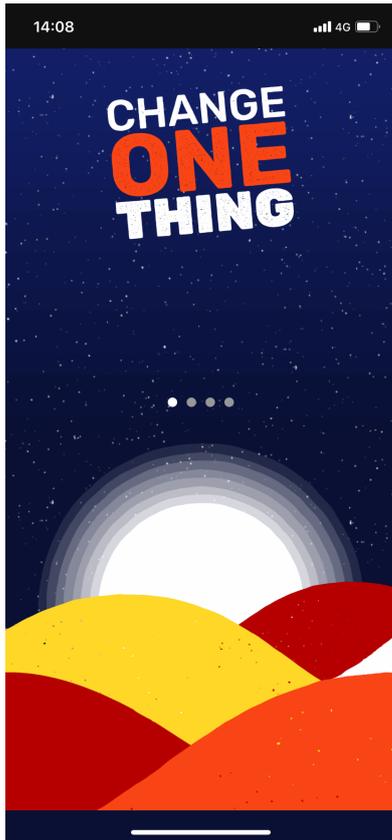
Open the App Store and type 'Change One Thing' into the search bar.



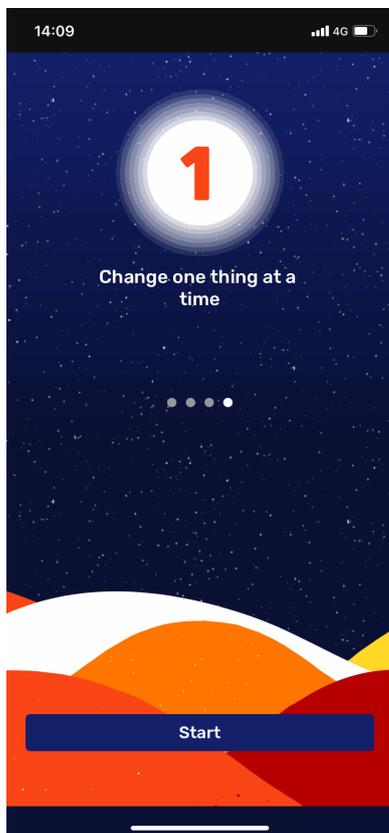
The first app that appears in the store should be our 'Change One Thing' app for the DIAMONDS programme. Tap the 'GET' button that appears next to the title.



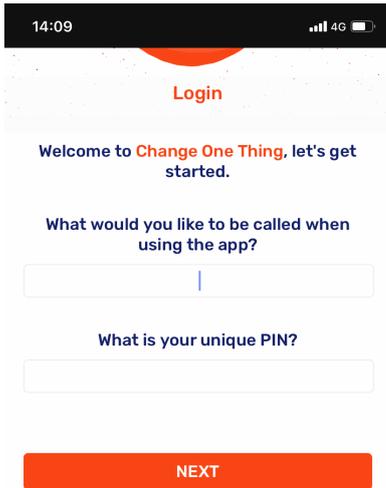
Once the app has successfully downloaded, tap the OPEN button to start the app.



The Change One Thing landing page should appear, to start the logging in process swipe left to move through the introductory pages.

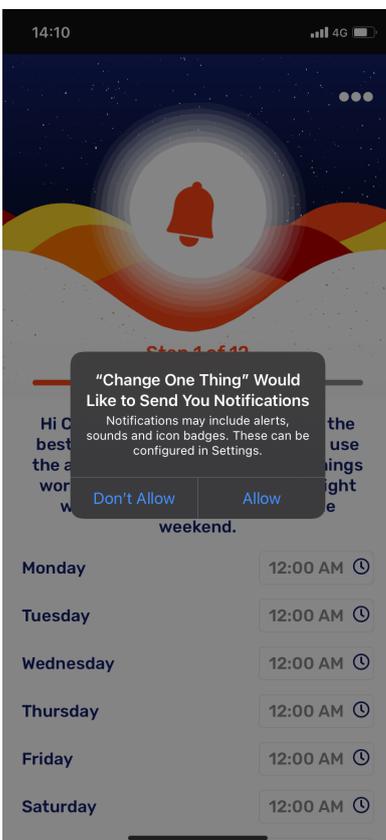
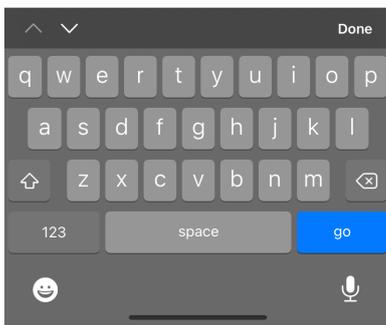


The final introductory page will have a Start button at the bottom. Tap this button to log into the app.



The login page will appear. Enter your name and the unique pin that you have been allocated.

Once this has been entered tap the 'NEXT' button.



Once you have logged on, but before you start the onboarding process, you will be prompted to either allow, or not allow, push notifications to the phone. It is important that you press 'Allow', to ensure that you receive the necessary reminders from the app.