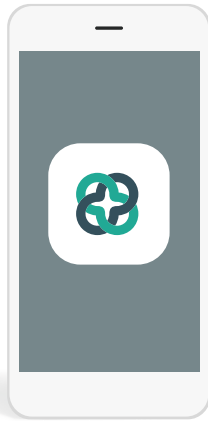# TetherAll: Quick Setup Guide

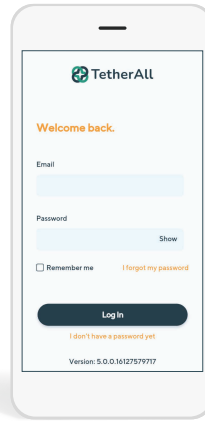**1**

On Mobile: Download TetherAll from app store.

On desktop: enter my.tetherall.io into browser.
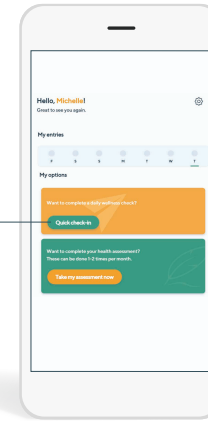
2

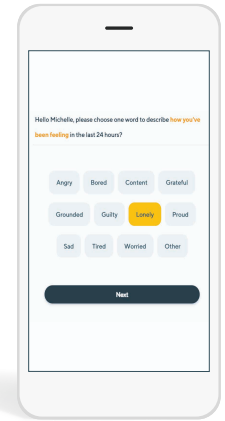**Login** with the credentials provided to you by your healthcare professional.

3

After logging in, click on **Quick check-in**.
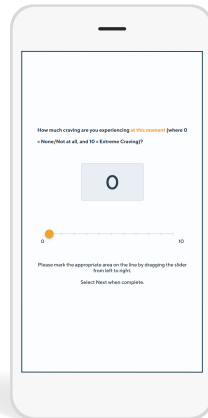
(Check-ins should be completed daily.)

4

Select a mood word and click **Next**.
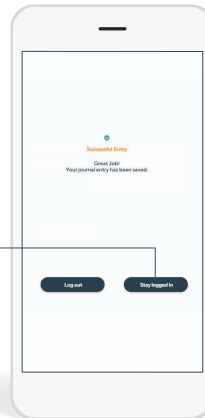
5

a. Answer the 2 assessment questions.

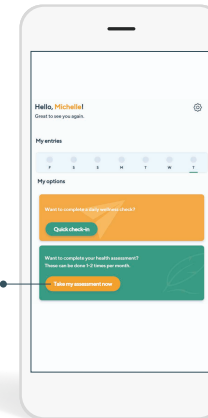**b.** Write down your thoughts in the journal (optional).

6

Select **Stay logged in** and select a mood word again.

7

This brings you back to the home screen. Click on **Take my assessment now**.

(Health assessments should be completed as instructed by your provider)

8

Complete all assessment questions.

That's it - you're done!

TetherAll
A Digital Compassionate Tether