



D A M S T R A

Install and
Register App

Solo for
Apple Watch

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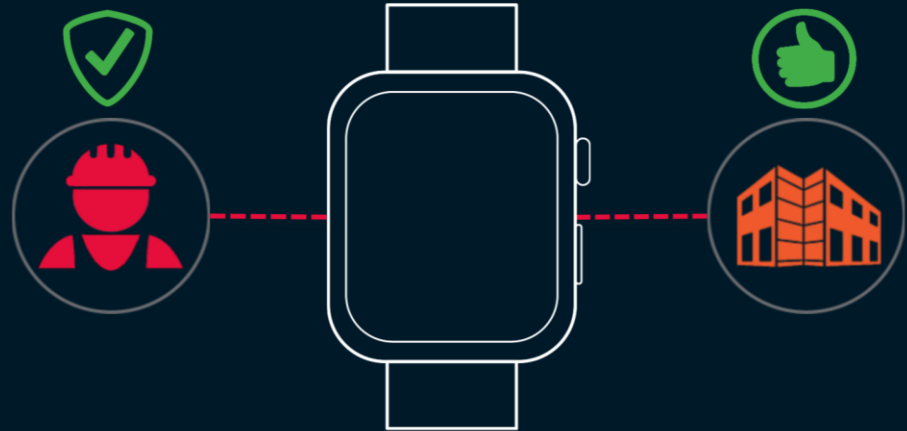
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Install and Register Apple Watch App

Introduction

The Solo Wearable App for Apple Watch is designed to help keep you safe and connected to your Organisation as you go about your daily tasks.

Getting started is easy and in this guide we'll explain how to install the Damstra Solo Wearable app for Apple Watch, and how to register it to your Solo account.



Install and Register Apple Watch App

Launching the App Store

If you don't already have the Damstra Solo app on your watch, begin by launching the App Store on your Apple Watch.

To do this, **press** the digital crown to view the home screen, then **tap** the 'App Store' icon.



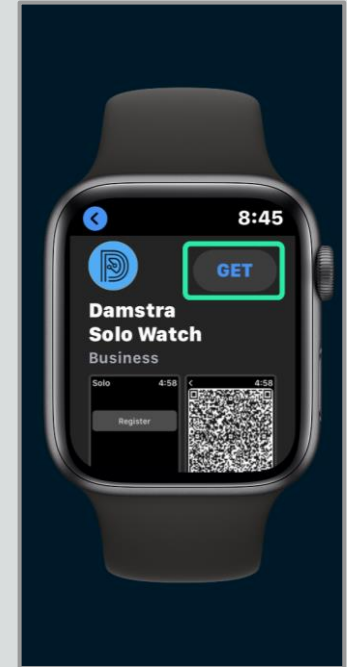
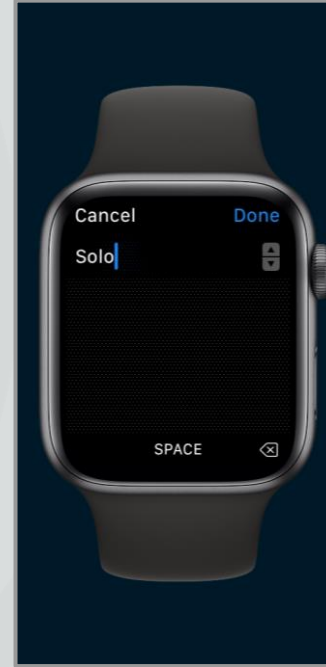
Install and Register Apple Watch App

Installing the Solo App

At the top of the screen **tap** 'Search' to find apps and search for 'Solo' using the dictation or scribble modes.

Browse the search results for 'Damstra Solo Watch' and **tap** 'Get' if it's your first time installing this app, or the 'Download' icon if you've done this before.

The app will install to your Apple Watch.

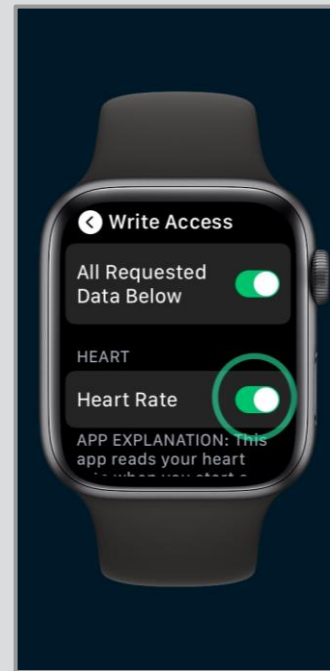


Install and Register Apple Watch App

Initial Launch: Health Data

Tap the digital crown to return to the home screen, then open the newly installed app.

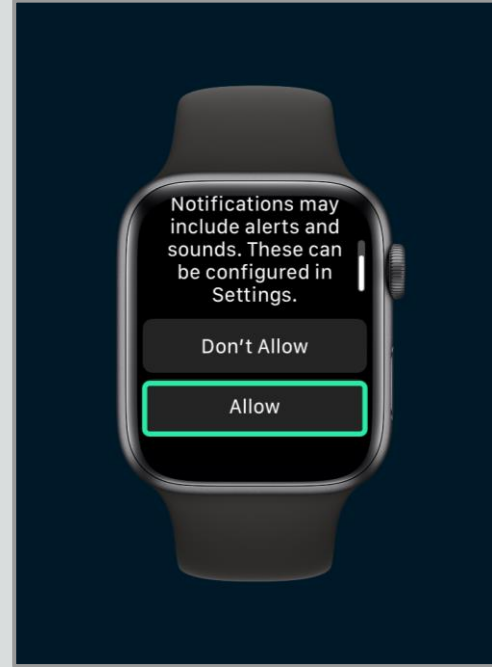
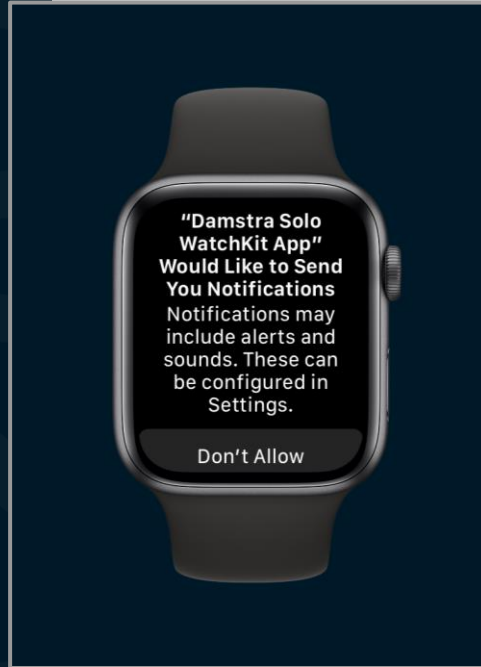
On first launch, Solo will ask for permission to access and update your health data. This is so that your Employer can monitor your heartrate. **Tap** 'Allow' and enable access to this data.



Install and Register Apple Watch App

Initial Launch: Notifications

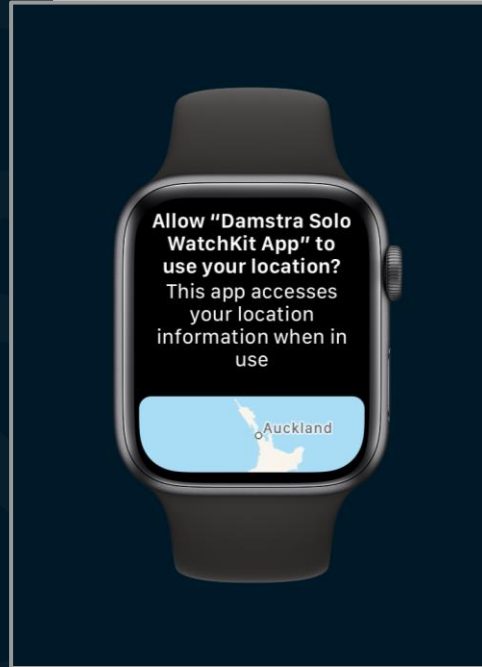
Next, Solo will ask for permission to send you notifications. This is so that your Organisation can send you messages. **Tap 'Allow'.**



Install and Register Apple Watch App

Initial Launch: Location Data

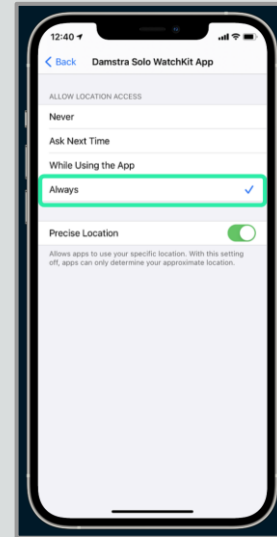
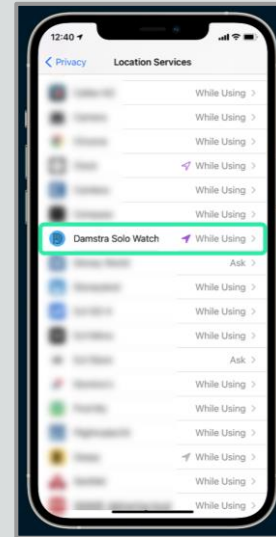
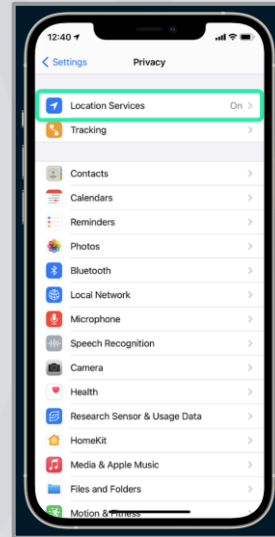
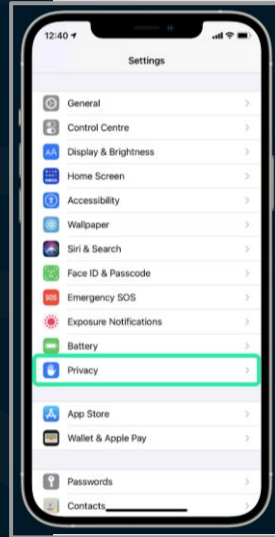
Next, Solo will ask for permission to access your location data. This is so that your Employer can see where you are and is asked even if your Organisation does not make use of this feature. For now, **tap** 'Allow while using app'.



Install and Register Apple Watch App

Changing Location Services

Now, we need to change this to 'Always Allow', which can only be selected via your iPhone. Open your iPhone settings and go to 'Privacy' then 'Location Services'. **Locate** 'Damstra Solo' in the list and select 'Always'.



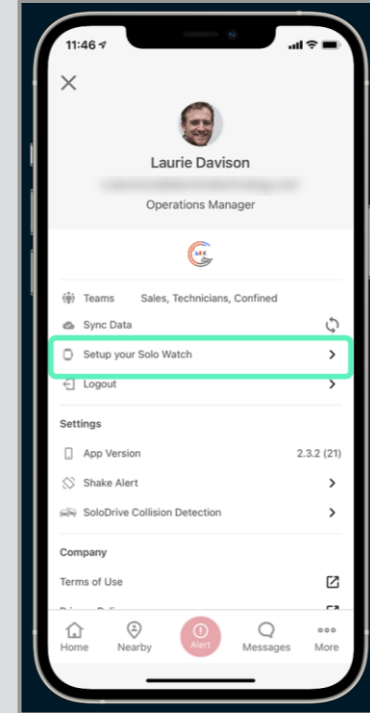
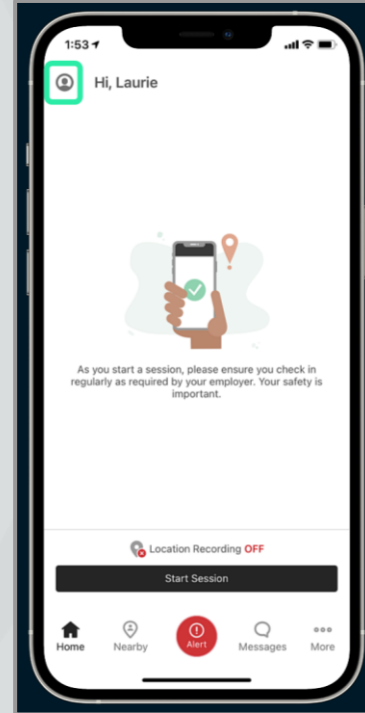
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Register Watch with Solo Account

To register the Watch app to your Solo account, we'll need to use the Solo app on your iPhone.

Launch the app and **tap** the 'user' icon toward the top-left of the screen.

Tap 'Setup your Solo Watch' and allow Solo to access your camera.



Install and Register Apple Watch App

Register Watch with Solo Account cont.

Now, on your Apple Watch, **tap** 'Register' and aim your phone's camera at the QR code. Your phone will confirm successful registration and tapping 'Back' on your Apple Watch will log you in to your account.

You've now installed and registered the Solo Wearable app for your Apple Watch. Help with next steps including beginning a session and raising alerts, is available in the support portal.



