

Downloading the STEPS app – a quick guide

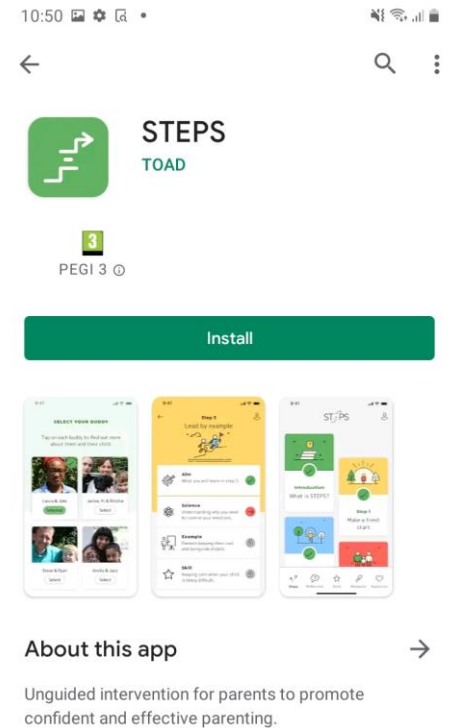
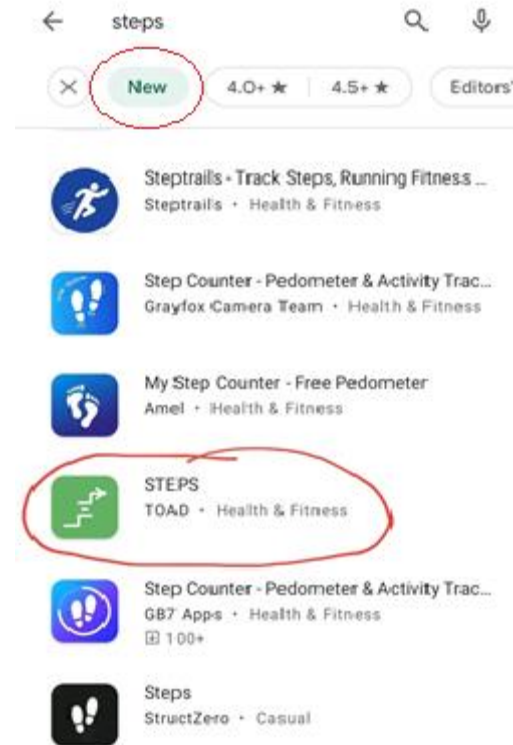
This quick step-by-step guide will provide you with instructions on how to download STEPS on your smartphone.

1. Search for the STEPS app in the Apple or Google Play Store by typing in 'STEPS' and filtering by 'new' apps.

Or follow the relevant link below to download STEPS:

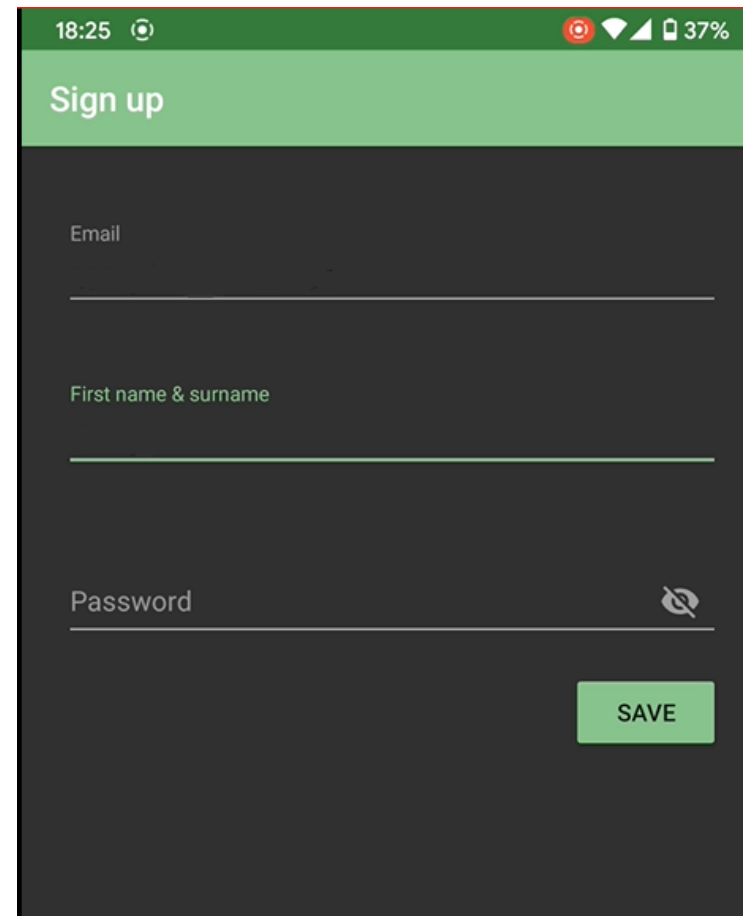
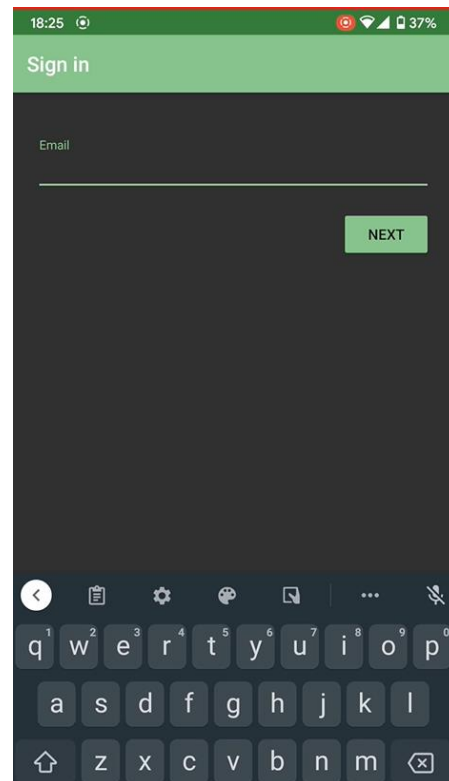
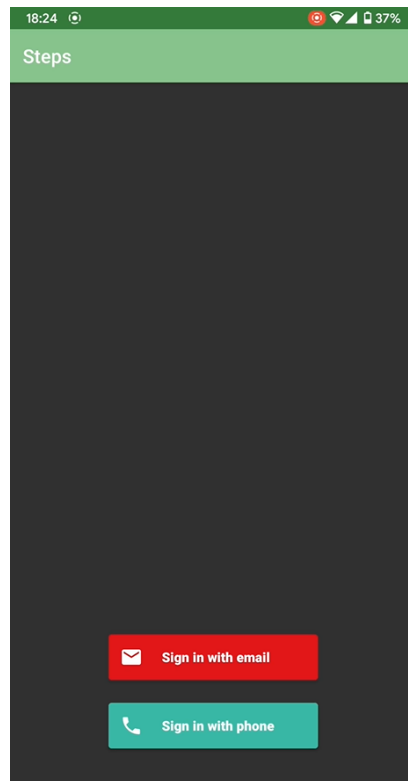
Download it on the [iTunes Store](#).

Download it on [Google Play](#).



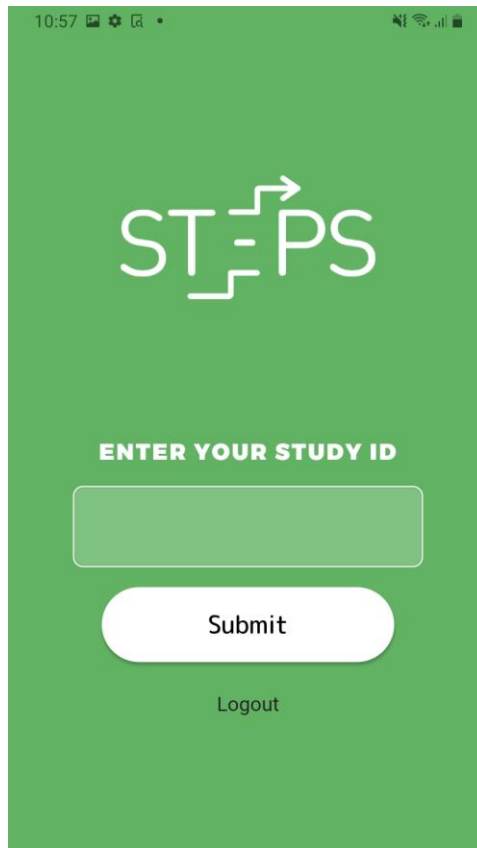
2. Register using your email address or phone number.

3. Enter your first name & surname, and create a password.

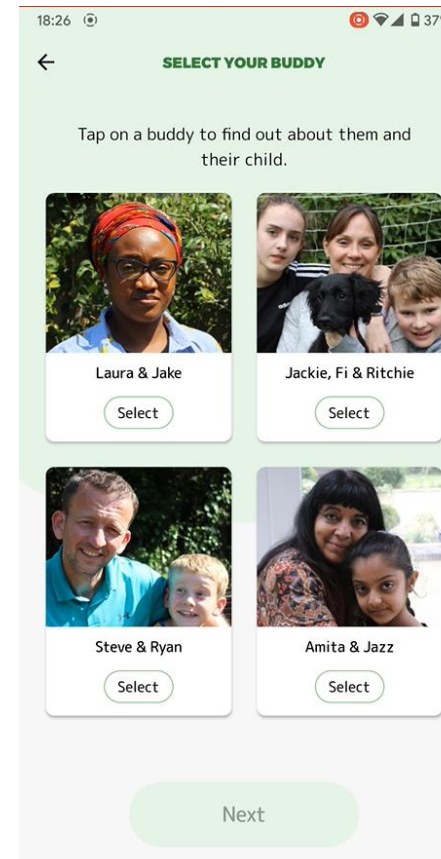


Please note: you must register for STEPS using the same details you used when registering with the Apple/Google Play Store. For example, if you registered for the app store using your email address and not phone number, you must also register for STEPS using your email address.

4. Enter the study ID, sent to you by one of the researchers and click submit.

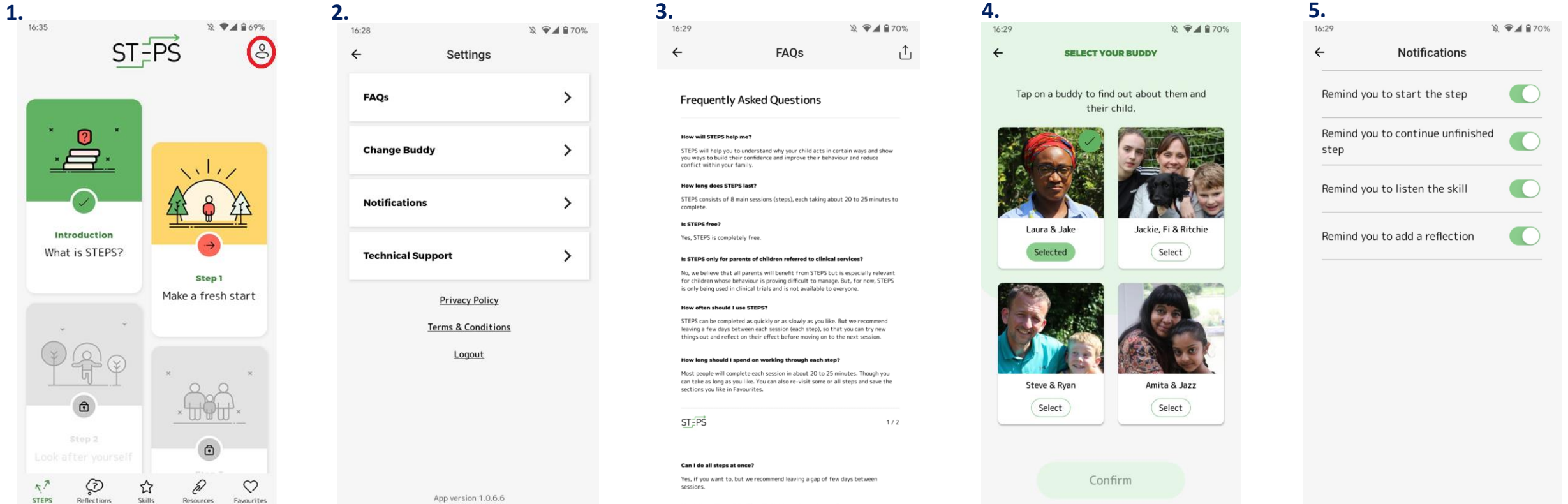


5. Tap on a buddy to watch a video and find out more about them and their child. Then select a buddy, and click next.



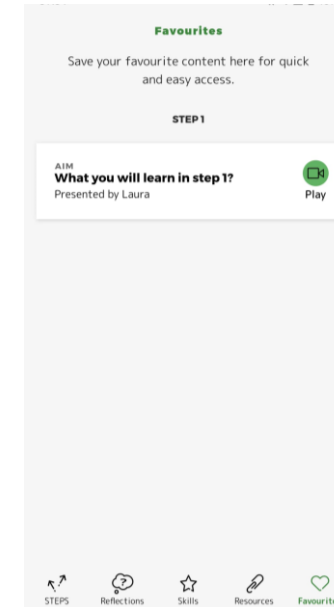
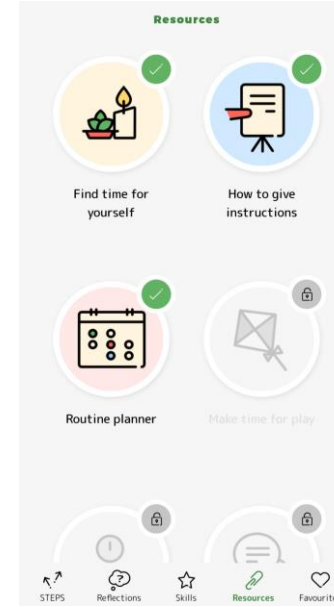
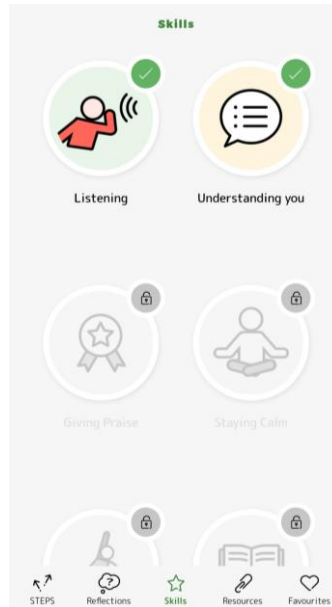
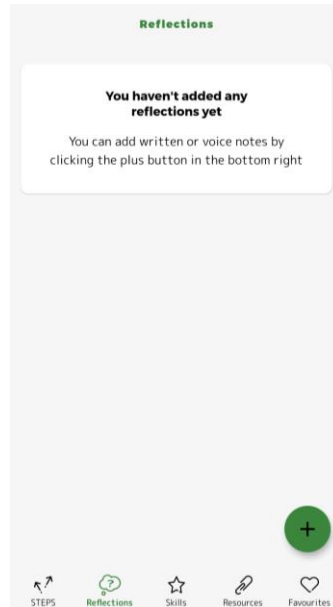
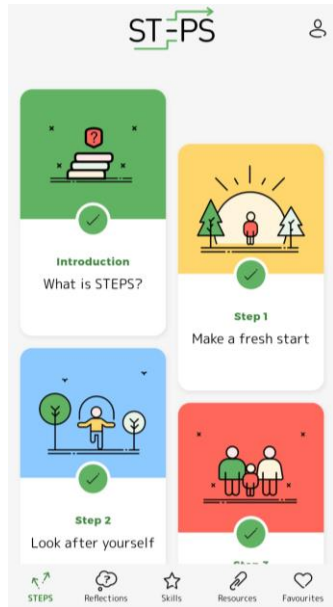
Please note: the content in the app will remain the same, regardless of which buddy you decide to select.

In the settings section of the app, you are able to access a range of features:



1. You can access the app settings via the profile symbol at the top right of the app.
2. You can select 'FAQs', 'Change Buddy', 'Notifications' and 'Technical Support'- **PLEASE NOTE FOR ANY TECHNICAL PROBLEMS, PLEASE CONTACT OPTIMA@kcl.ac.uk and not support.stepsapp.freshdesk.com as listed on the app.**
3. Under 'FAQs', you can read frequently asked questions.
4. Under 'Change Buddy', you can change the buddy you initially selected.
5. Under 'Notifications', you can enable push notifications, so that you are reminded to engage with the app.

In the bottom taskbar, you are able to access the different sections of the app:



STEPS: unlock content as you move through the app.

Reflections: record reflections to refer back to later, either by recording audio or typing. *(Please note, this is a private tool. Reflections will be stored on your phone and not shared with others)*

Skills: unlock skills as you move through the app.

Resources: unlock resources as you move through the app.

Favourites: click the heart to favourite content.