To Install:

1. Begin by downloading the *Dynamic Health* app from the iTunes or Google Play app store.

2. Now you need to authenticate the app. There are two options for authentication.
   - **Log in Via Your Institution’s Network:** Tap Institutional Network and then tap Authenticate to log in to the app if you are connected to your institution's Internal Network or Local Internet via Wi-Fi. Please note, this authentication type must first be enabled by your institution.
   - **Sign in with Your Personal User Account:** Enter your personal user account credentials and tap the Sign In button. Please note: Personal User Accounts are not available to all users.

3. After you log in, you are prompted to install via one of the following options:
   - **Partial Install:** Store text and image thumbnails on your device. Full images are available when you are connected to the internet. This option helps you save space on your device.
   - **Full Install:** Store all *Dynamic Health* content on your device. You do not need to be connected to the internet to access content on the app. Please note: Video content requires a network connection to view.

4. Your device is ready to go!