1. Install the Food Allergy Fix app on your mobile device from the Apple Appstore or the Google Playstore.

2. Submit an account request.
   a. Tap the Food Allergy Fix icon to open the app.
   b. Tap the "Need an account?" link and follow the prompts to complete the following steps.
   c. Enter your first and last name, your email address, and a password for the app. Keep in mind that the email is case-sensitive.
   d. Select your Country and State.
   e. Review the Terms of Use, Privacy Policy and HIPAA Agreement and tap the "I agree" checkbox on each one. Tap Submit.
   f. Tap Sign Up, and leave the message open.
   g. Open your email and find the "Verify Account" message sent from the Food Allergy Fix. Tap the Activate Account link, and then tap Continue when prompted to verify your account.
   h. Back in the Food Allergy Fix app, tap Continue at the open message.
   i. At the Sign In page, enter your email address and password and tap Sign In.

3. Add your information in the Food Allergy Fix App.
   a. At the Patient Dashboard, tap Patient, then tap Add New Patient. Enter your name, date of birth, gender, height and weight. Tap Save and OK.
   b. At the Practice Information page, click the drop-down arrows and scroll to find your Practice and Provider. Tap Save and OK. Your information is sent to your practice for review and confirmation. You will be alerted when that is completed.
   c. Tap OK, and select each of your medications and dosages at the Emergency Plan page. Complete each type of medication, even if you choose "Other." Tap Save and OK. Your provider will review your medications and approve or modify them. You will be alerted if any changes are made.

4. Define your reminders in the Food Allergy Fix app.
   a. At the Patient Dashboard, tap Notification Settings and tap OK.
   b. Turn on the Dose Reminder and set your dose time(s).
   c. Turn on the Missed dose notification and set the number of days of missed doses that will trigger the alert.
   d. When both notifications are set up, tap Save and OK.

5. Turn on Food Allergy Fix Notifications on your mobile device.
   In addition to configuring notifications in the app, you must also allow those notifications on your mobile device. The location of these settings can be slightly different in different versions of your device's operating system.
   iOS:
   a. Select Settings and then select Notifications.
   b. Scroll to find the Food Allergy Fix and tap to open the settings.
   c. Turn on "Allow Notifications" and set the remaining options to your preference to control where and how the notifications are displayed.
   Android:
   a. Select Settings and then select Apps.
   b. Scroll to find Food Allergy Fix and tap to open the settings.
   c. Select Notifications and turn on "Allow notifications".
   d. Under Notification types, allow Lock Screen, Badge, and Pop-up notifications.
   e. Tap Notification Categories and enable "Miscellaneous" and "FCM Notifications"