Step-by-step to download and use m-Path

1. Download m-Path on your phone
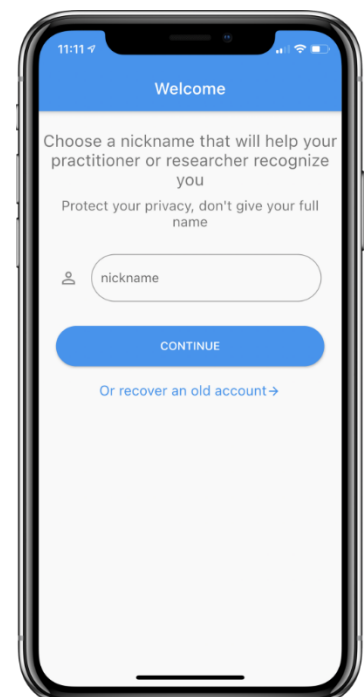
Download the m-Path app for free from App Store or Google Play

a. Type in "m-Path" and select the "m-Path" app.

b. Click on "install". After downloading, the m-Path icon will appear on your screen.

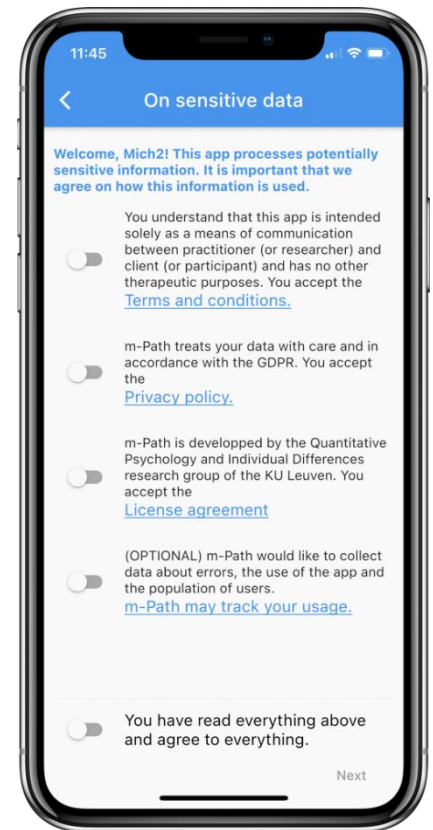c. Click on the m-Path app icon to open it.

2. Provide your nickname

Please insert any nickname for yourself here (e.g. Millie).

3. Accept the terms

Read and consent the terms policy. If you agree to the terms, you can click on all buttons.
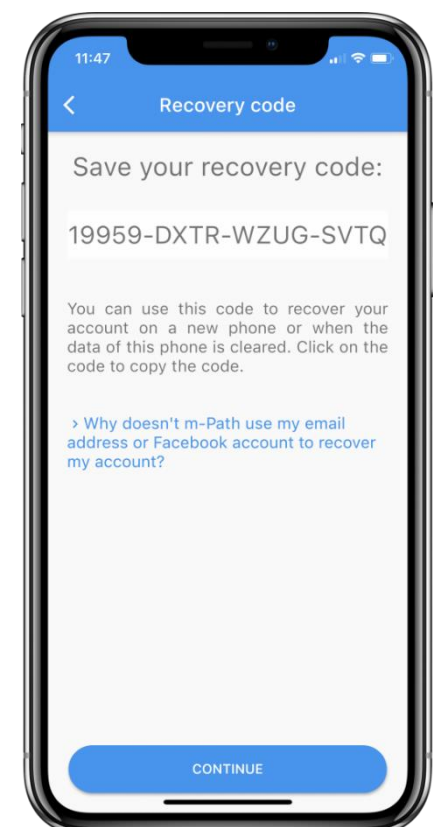
Now, read the 'license agreement'. If you agree, click "accept".

## 4. Save your recovery code

Your recovery code is a code that can be used to recover your account on a new device or after reinstalling the app.

Tip: Save your recovery code on another device than your phone, such as on your computer or in your agenda.

5. Insert your personal Code

a. Click on gear icon in the upright left corner of your screen.

b. Click on "My practitioners", then click on the plus icon

c. When prompted, type the code you received via qualtrics (it should look like !xxxx xxxx)

d. Digital Mental Health Group should show up.

e. Now, click on the button on the right to add us as your practitioner.
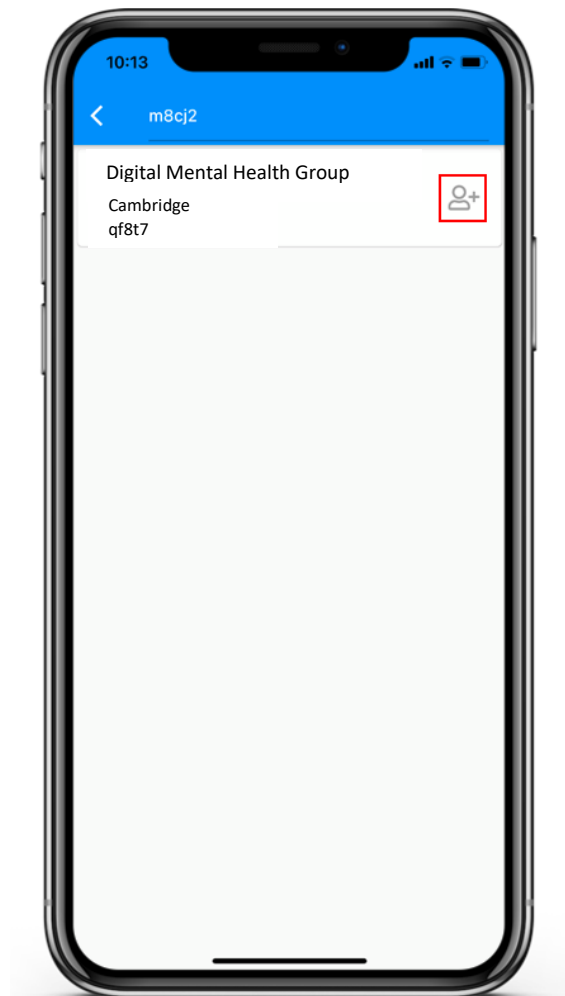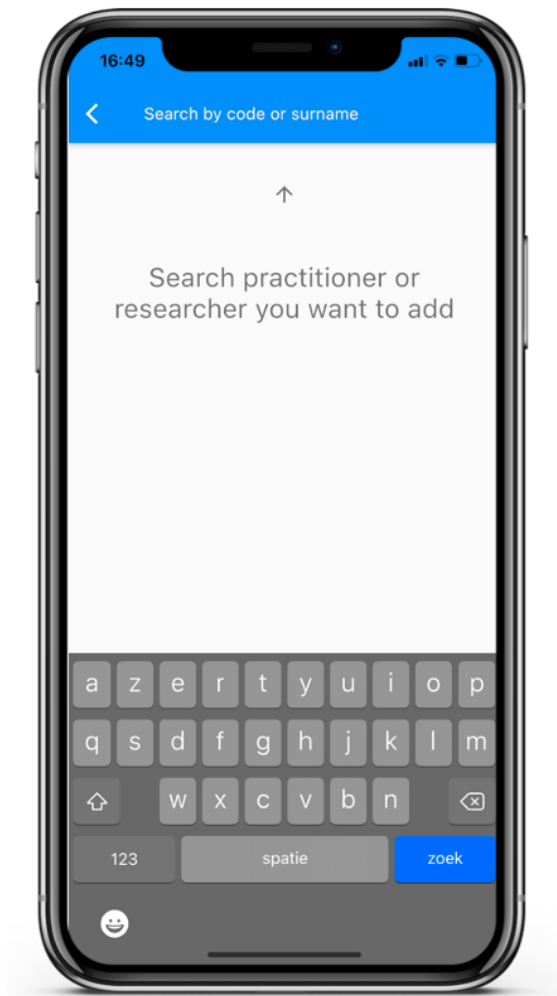
6. Turn on notifications from m-Path in your phone settings

m-Path needs internet access to receive notifications (WIFI or broadband cellular network such as 4G). Notifications should be allowed on the phone to receive notifications.

For Apple users:

1. Open Settings.
2. Tap on Focus, then Do Not Disturb, and make sure it's turned off.
3. Go to Settings, then Notifications, find m-Path, and ensure Sounds is on.
4. Turn up your sound volume and check if you can hear other app notification sounds.

For Android users:

Notifications are usually on by default when you first open m-Path for Android versions up to 13.

For Android 13 and newer:

1. Open Settings.
2. Find and tap on Apps, then select m-Path.
3. Make sure Notifications are allowed.

Well done! You are all set to start using m-Path now.

Please do not hesitate to contact us at dmh-group@mrc-cbu.cam.ac.uk if you have any questions.