# Navigating the HumHealth App

A QUICK GUIDE TO THE MOST HELPFUL FEATURES

HOW TO VIEW YOUR PAST READINGS

- Navigate to the menu button (☰) in the upper lefthand corner on the home screen.

- Scroll down to the "Self Assessment" section and select "Vitals."

- To view your reading history, select the section you want.
To adjust the range, select one of the time frame options at the top of the graph.
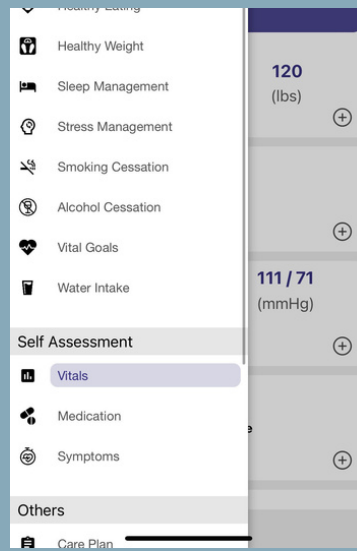
DOWNLOAD THE APP

Scan the QR code below or search for the app manually.
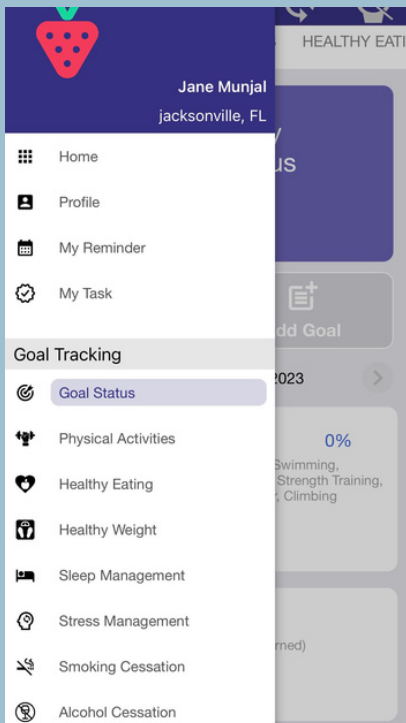
Apple App Store
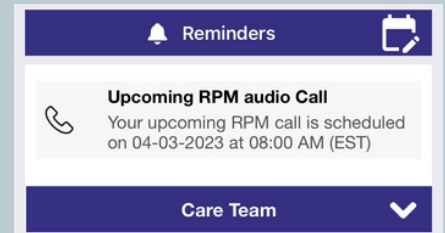
Google Play Store

HOW TO SET HEALTH GOALS

- Navigate to the menu button (☰) in the upper lefthand corner on the home screen.

- Scroll down to the "Goal Tracking" section and select "Goal Status."

- Select the goal option that best suits your needs. Input the required goal information.

- Select "Save" when completed.

HOW TO SET REMINDERS

- View monthly reminder calls on the home page.

For Vital Reminders:

- Navigate to the menu button (☰) in the upper lefthand corner on the home screen.

- Select the third option "My Reminder."

- At the bottom right of that page, select the "Add Reminder" button.

- Input the necessary information. Select "Save" when done.