

Quick Start Guide

ayubo.life mobile application





Download the ayubo.life mobile application

Visit **apps.ayubo.life/download** and press one of the icons below (Google Play for Android devices or App Store for Apple iOS devices)



Open the **Google Play Store** (Android devices) or **App Store** (Apple iOS devices) on your smartphone & search "ayubo.life" or "ayubo life"



Press the Download/Get button to download the ayubo.life mobile application to your smartphone



Initial login & registration



Enter your Mobile Number Enter the code you receive via SMS

Enter the required information

Remember to enter your current height and weight

Joining a community (NSB I'm community)





Your mobile number is not registered with NSB. Please visit your respective NSB branch office, update the contact number and click the 'Verify Account' button to enjoy the benefits.



Enter the **NSBIM** promo code during the initial login & registration If the phone number you used for registration is not associated with an NSB I'm account this message will appear on your timeline.

Update your contact number with your nearest NSB branch and press "Verify Account" to complete the process and join the NSB I'm community.

Connecting your wearable



Select Connect Devices from the Main Menu

Choose your Wearable or Medial Device Login to your Wearable device account

Allow access to your Wearable's data

The home screen

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Access all the apps's features and functionality via the home screen

Tracking workouts



Start Workout



Track your workouts directly within the app

Consulting doctors & wellness experts



Consult a doctor or talk to an expert via the life menu Appointment Booking Video and Physical visits Q&A Chat with an Expert

Viewing and managing medical/lab reports

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HEALTHY DIET TIP	ACTIVITY SUMM	ARY							
The risk of formation of trans-fats in coconut oil is minimum, as it mostly contains saturated fatty acids. Therefore, it is more suitable for deep frying.	2017-10-31	31 0 ct 17	30 Oct 17	29 Oct 17	Cholesterol mg/dL Triglycerides mg/dL	175 95	200 140	144 110	
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Doctor Dietitian Trainer Reports	Calories kCal	22.05	121.28	0 More	FASTING PLASM 2017-10-03	More FASTING PLASMA GLUCOSE 2017-10-03			
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Download lab reports from connected Hospitals

Manage family members & map reports to each member

Ordering medication for delivery



Have medication delivered directly to your residence or workplace

Subscribing to programs



Subscribe to a variety of health and wellness programs

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Eat

Video consultation



Select the Video Chat option when consulting a Doctor or Expert Select the desired appointment slot

Add the appointment to your phone's calendar if required The consultant will video call you as per the scheduled time

Support

Call 720 111 222 or Email live.happy@ayubo.life



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