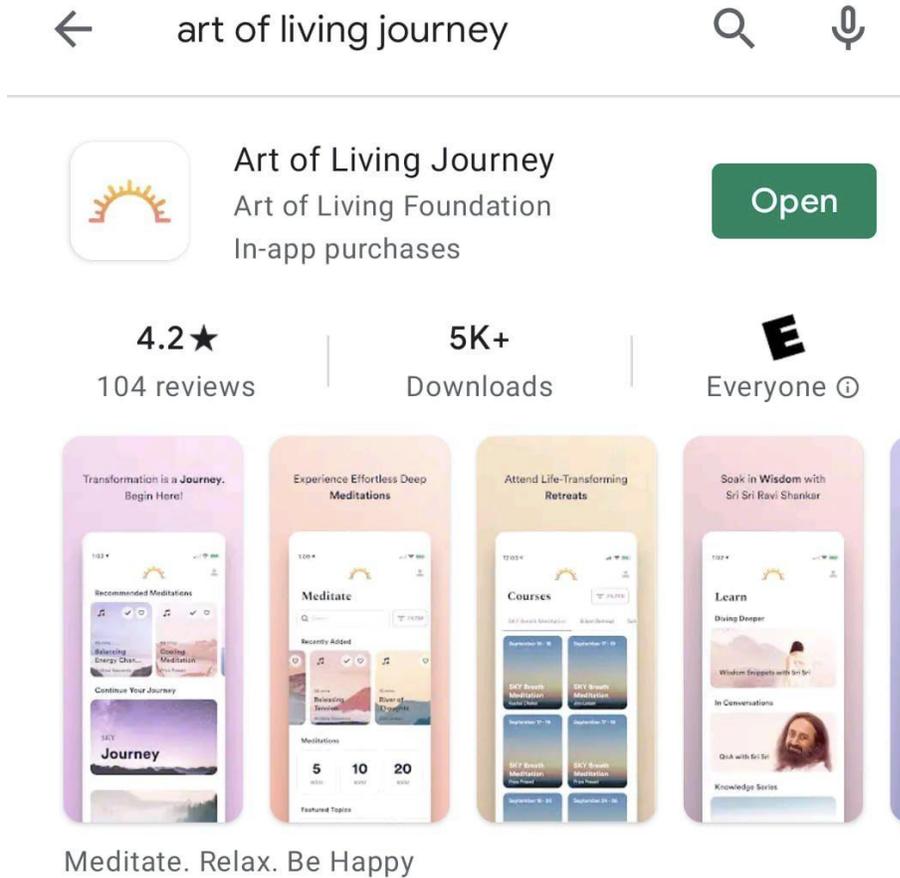


Steps to Access the Art of Living Journey App

1. Go to <http://tiny.cc/digitalmembership>
2. Choose the option of **“Sign up” (instead of option to “Log In”)**. Create an account , filling all the required details (name, email id, password)
 - a. If you already have an account created on the Art of Living Journey App - then choose the “Log In” option
3. On the next page, enter the following details
 - a. Under Account Details: Add your phone number
 - b. Under Billing Details:
 - i. Add your address
 - ii. Add the discount code you received from MetroPlusHealth (e-mail help.memberexperience@metroplus.org to receive your code)
 - iii. YOU DO NOT NEED TO ADD ANY CREDIT CARD INFORMATION
4. Complete check out and go to the next page - you will get a message congratulating you on the sign up for the membership
5. On your Phone App Store, download the **Art of Living Journey App**
 - a. Play Store:
https://play.google.com/store/apps/details?id=com.aol.app&hl=en_US&gl=US
 - b. Apple Store:
<https://apps.apple.com/us/app/art-of-living-journey/id1469587414>
6. Login to the App using the account you have created (email id and password)
7. You will now be able to use the app as required for a time period of 3 months

App Screenshots to download and use the app (step 5 and 6 above)

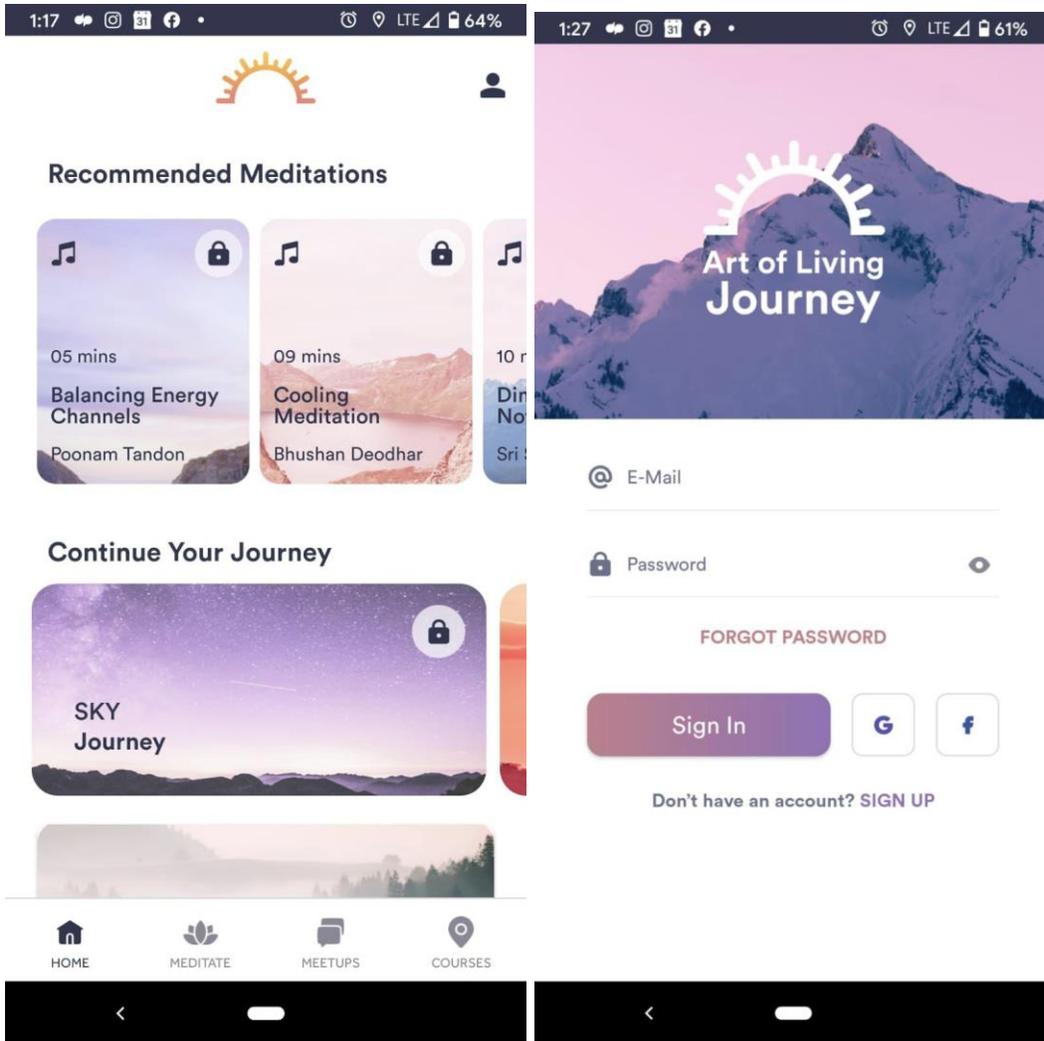
#1. What the Art of Living Journey App looks like in the App Store



#2. When you download the app it takes you to the Home Screen. When you click on any of the meditations, here, it will take you to the Sign in Screen

HOME SCREEN

SIGN UP SCREEN



#3. To get full list of meditations, go to the “Meditate” tab at the bottom of your home screen and access all the meditations available



Meditate

Recently Added

07 mins
Acceptance
Bhushan Deodhar

05 mins
Balancing Energy Channels
Poonam Tandon

05 n
Cal
And

Meditations

5
mins

10
mins

20
mins



Meditate Section (clicking on “Meditate” tab on the home screen takes you to this screen)

Additional FAQs:

1. Ensure you download the **Art of Living Journey** App. There are several other Art of Living Apps, so ensure you download the right one
2. In case you have any questions, please reach out to support@us.artofliving.org