

Your local independent charity
supporting older people in
Camden since 1965

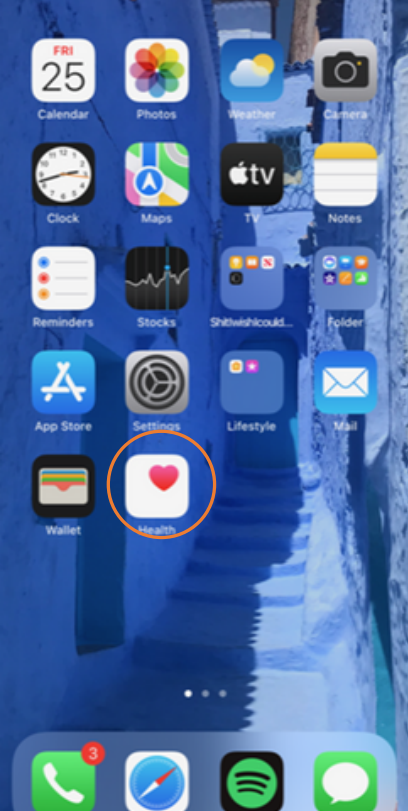
Guide to checking your step count on your phone



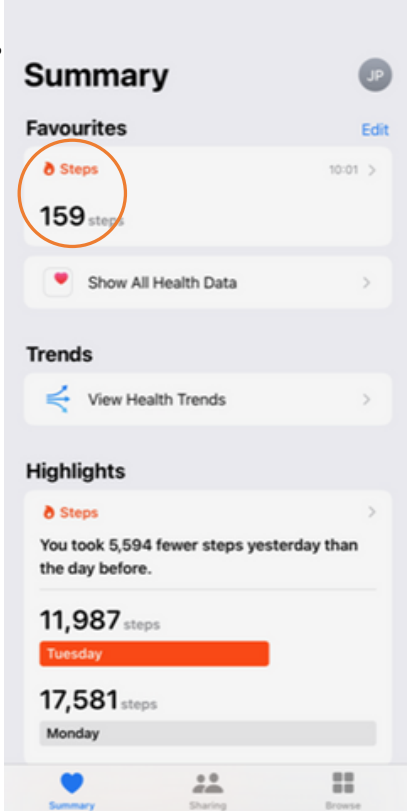
**The 'health' app on your phone allows
you to check how many steps you have
taken that day, when your phone has been
kept on your person.**

Setting a reminder on an iPhone

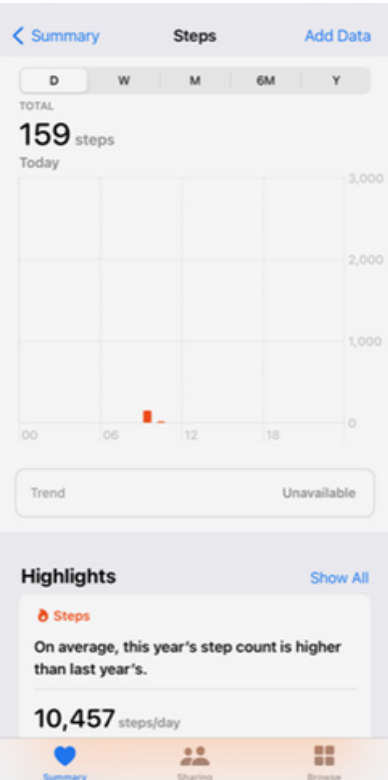
1. Tap on the 'health' icon which is the white box with a red heart in it.



2. Tap on where it says steps.

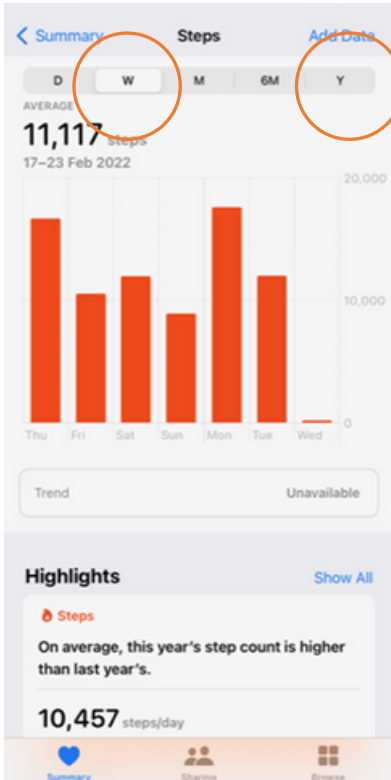


3. Here you can see the number of steps you have so far done today.



Remember it only keeps tracks of the steps when you are carrying your phone.

4. Click on 'W' at the top of the page, to see how many steps you do on average in a week.



Click on 'Y' and you can see how many steps you have average in a year.

Contact us

For more information, or to sign up to one of our gadget clinics, please contact us on:

- General enquires -
020 7239 0400
- Information & Advice -
020 7837 3777
- www.ageukcamden.org.uk
- info@ageukcamden.org.uk

**Age UK Camden
Tavis House, 1-6
Tavistock Square,
London, WC1H 9NA**

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