

**TRULY HUMAN**

**MINDFULNESS APP INSTALLATION  
GUIDE**

**BE  
TOTALLY  
YOU**



## Before you begin

Ensure that you can install apps from third parties (in this case, Accenture). Here is how to do it.



Go to Settings > tap General tab if needed > Security > Select the checkbox next to the "Unknown Sources" option > Confirm warning message by tapping "OK".







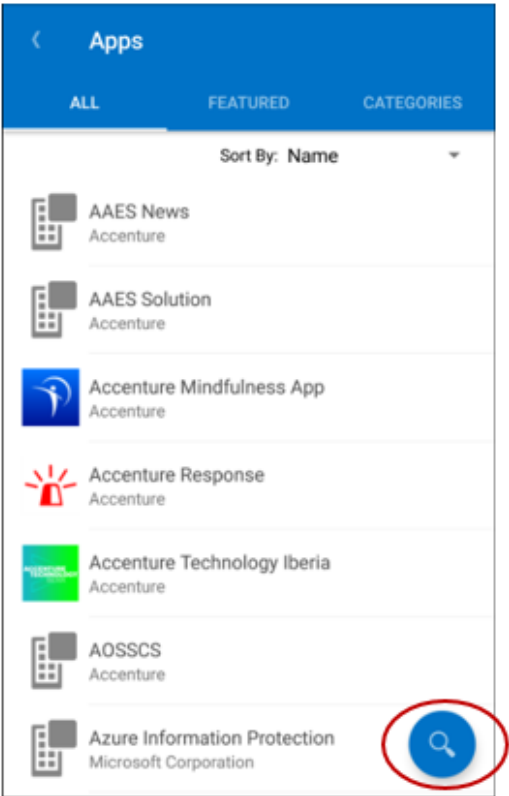
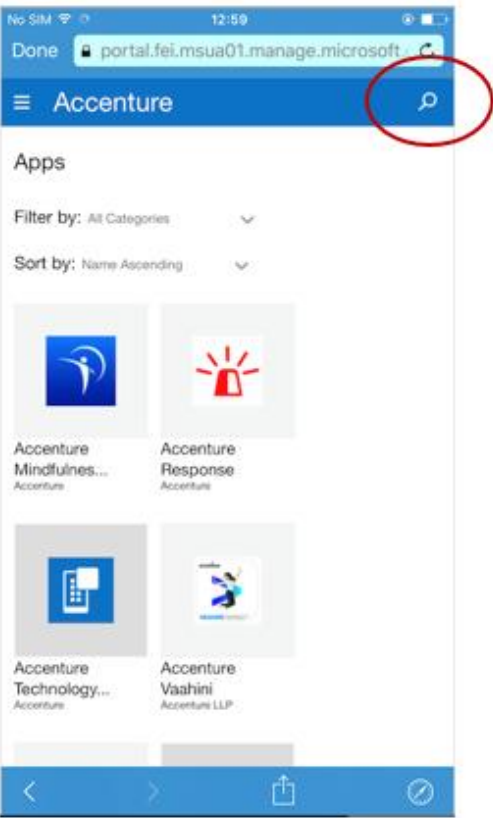
Go to Settings > General > Profile & Device Management > Accenture > Select "Trust Accenture".

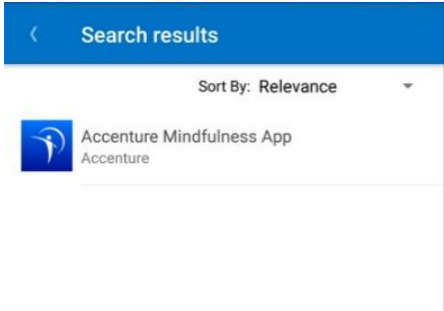
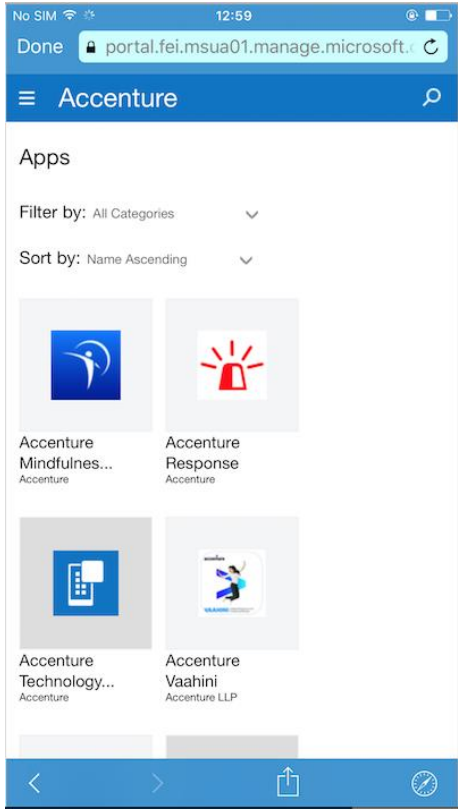
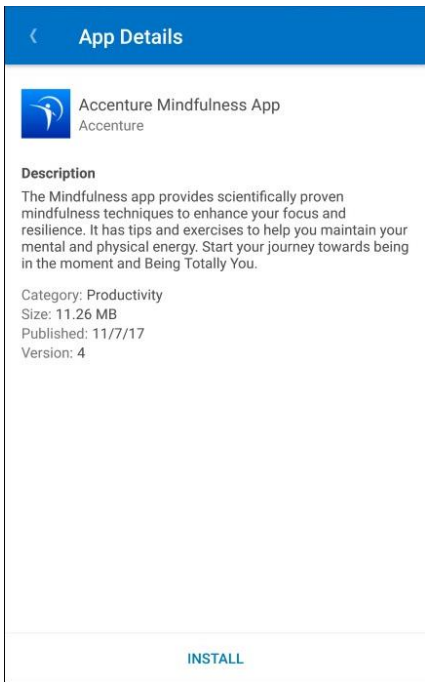

## Now, choose an option:

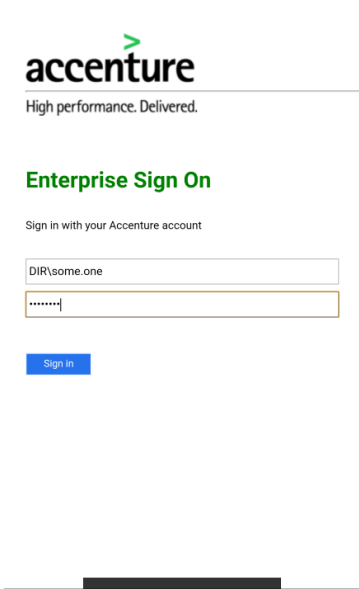
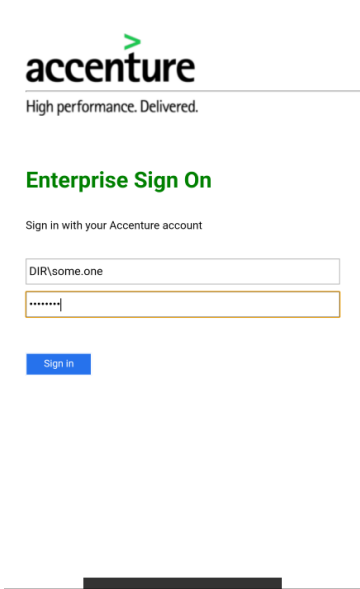
1. [My device is already enrolled on the Mobile Device Management \(MDM\) solution.](#)
2. [My device is not enrolled on MDM / What is MDM?](#)

## Device Already Enrolled

These steps are for the devices that have been enrolled on the Mobile Device Management (MDM) solution. If you have NOT enrolled your device, [click here](#).

Step		
1	<p>From the list of apps on your phone, tap the Company Portal app. Sign in using your Accenture credentials.</p> 	<p>From the list of apps on your phone, tap the Company Portal app. Sign in using your Accenture credentials.</p> 
2	<p>Tap <b>View All</b>. This will display all apps published in Intune.</p> <p>If you don't see the Mindfulness app listed, tap the search icon at the bottom right. Type the keyword 'Mindfulness' and then hit Enter.</p> 	<p>Tap <b>All Apps</b>. This will display all apps published in Intune.</p> <p>If you don't see the Mindfulness app listed, tap the search icon at the top right. Type the keyword 'Mindfulness', and then hit Enter.</p> 

<p>3</p>	<p>The Mindfulness app will appear in the search results</p>  <p>The screenshot shows a mobile application search interface. At the top, there is a blue header with a back arrow and the text 'Search results'. Below the header, there is a 'Sort By: Relevance' dropdown menu. The main content area displays a single search result for the 'Accenture Mindfulness App' by Accenture, featuring the app's icon and name.</p>	<p>The Mindfulness app will appear in the search results.</p>  <p>The screenshot shows the 'Accenture' app store page. At the top, there is a blue header with the Accenture logo and a search icon. Below the header, there is a 'Filter by: All Categories' dropdown and a 'Sort by: Name Ascending' dropdown. The main content area displays a grid of app tiles. The first tile is for the 'Accenture Mindfulness App' by Accenture, which is highlighted. Other tiles include 'Accenture Response', 'Accenture Technology...', and 'Accenture Vaahini'.</p>
<p>4</p>	<p>Tap the Mindfulness app list item. It will display an App Details screen. To install the app, tap the <b>Install</b> button at the bottom.</p>  <p>The screenshot shows the 'App Details' screen for the 'Accenture Mindfulness App'. At the top, there is a blue header with a back arrow and the text 'App Details'. Below the header, there is a section for the app's icon and name. Underneath, there is a 'Description' section with text about the app's features. Below the description, there are technical details: 'Category: Productivity', 'Size: 11.26 MB', 'Published: 11/7/17', and 'Version: 4'. At the bottom of the screen, there is a large blue 'INSTALL' button.</p>	<p>Tap the Mindfulness app list item. It will display an details of the app on the screen. To install the app, tap the <b>Install</b> button.</p>  <p>The screenshot shows the 'App Details' screen for the 'Accenture Mindfulness App'. At the top, there is a blue header with the Accenture logo and a search icon. Below the header, there is a section for the app's icon and name. Underneath, there is a blue 'Install' button. Below the 'Install' button, there is a 'Downloading' section with a clock icon. Below that, there is a section for the app's description and technical details: 'App Version: 4', 'Minimum OS Version: 8.0', 'Size: 21.0 MB', 'Date Published: 11/7/2017', 'Category: Productivity', and 'Enrollment Required: Yes'. At the bottom of the screen, there is a blue navigation bar with a back arrow, a forward arrow, a share icon, and a clock icon.</p>

5	<p>Once the app is installed, tap its icon. Use your Accenture credentials to log in.</p> 	<p>Once the app is installed, tap its icon. Use your Accenture credentials to log in.</p> 
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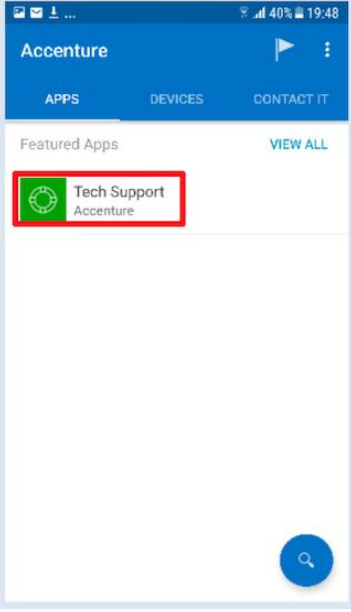

## First, enrol your device on the Mobile Device Management (MDM) solution

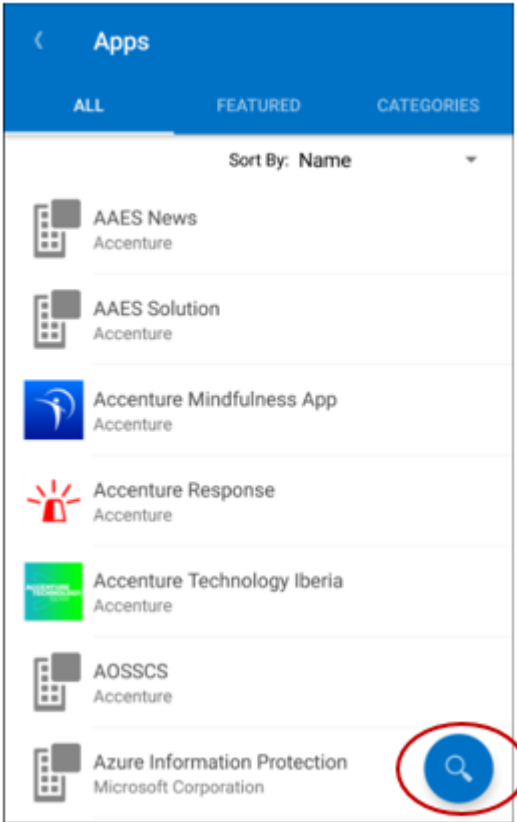
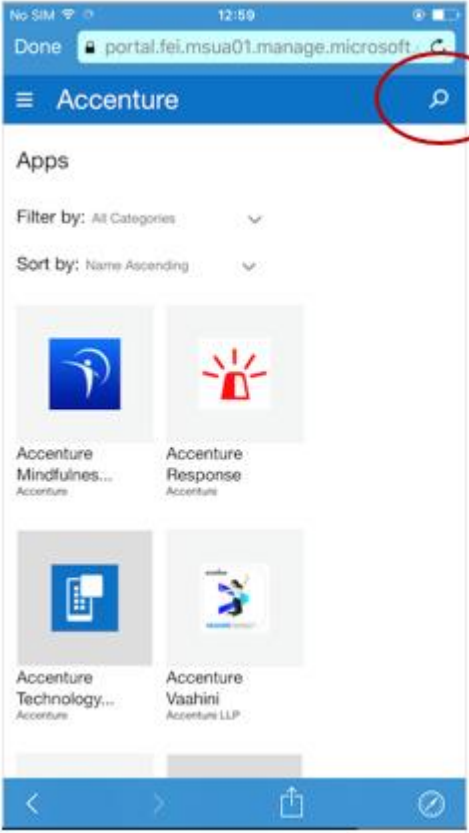
Before downloading the Mindfulness app, your device should be enrolled on MDM. CTRL+Click the logos below for enrolment instructions.

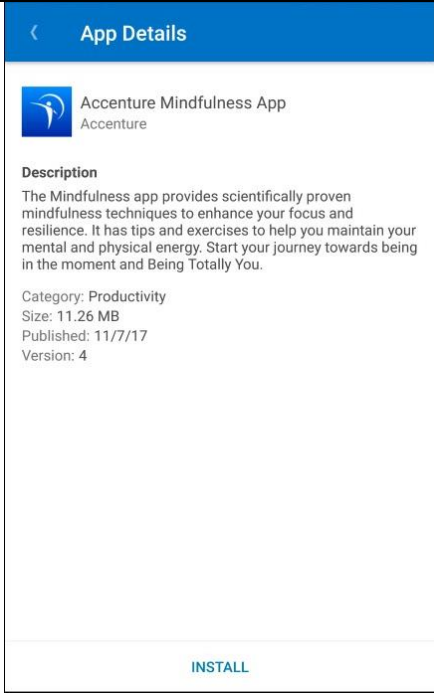

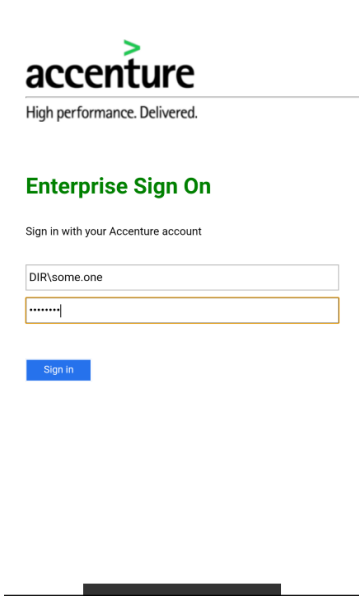


Note: The Mindfulness app is not available for Windows phones.

## Installing the Mindfulness App:

Step		
1	<p>As you enrol your device, step 16 for Android devices (<a href="#">v4.4-v5.1</a>, <a href="#">v5.1 &amp; above</a>) lists the mobile applications available.</p> <div data-bbox="240 1223 624 2051"> <p><b>Step 16 – Company Portal</b> It will show you the corporate apps available for installing”.</p>  </div>	<p>As you enrol your device, step 26 for <a href="#">Apple devices</a> lists the mobile applications available.</p> <div data-bbox="871 1189 1262 2063"> <p><b>Step 26 - Company Portal</b> As a reference , look through the Company Portal app after enrollment.</p>  </div>

<p>2</p>	<p>To view all apps published in Intune, tap <b>View All</b>.</p> <p>If you don't see the Mindfulness app listed, tap the search icon at the bottom right. Type the keyword 'Mindfulness', and then hit Enter.</p> 	<p>To view all apps published in Intune, tap <b>View All</b>.</p> <p>If you don't see the Mindfulness app listed, tap the search icon at the top right. Type the keyword 'Mindfulness', and then hit Enter.</p> 
<p>4</p>	<p>Tap the Mindfulness app list item. It will display an App Details screen for the app. To install the app, tap the <b>Install</b> button at the bottom.</p>	<p>Tap the Mindfulness app list item. It will display the details of the app. To install the app, tap the <b>Install</b> button.</p>

		
<p>5</p>	<p>Once the app is installed, tap its icon. Use your Accenture credentials to log in.</p> 	<p>Once the app is installed, tap its icon. Use your Accenture credentials to log in.</p> 