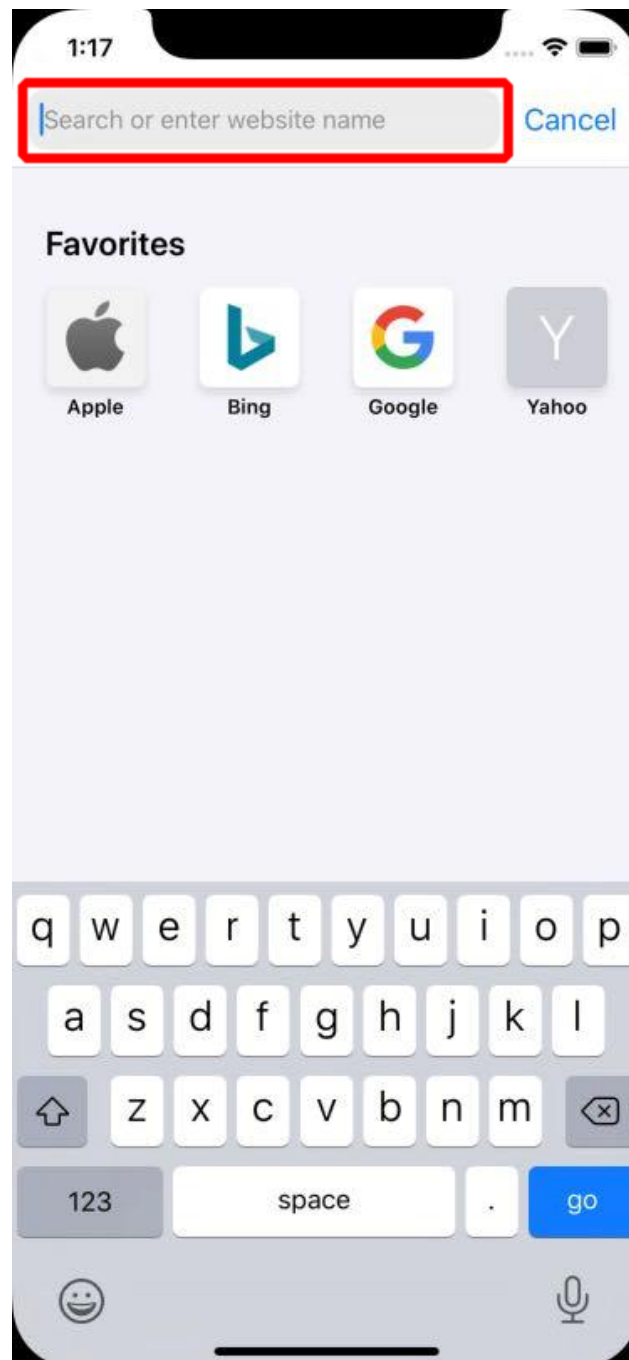


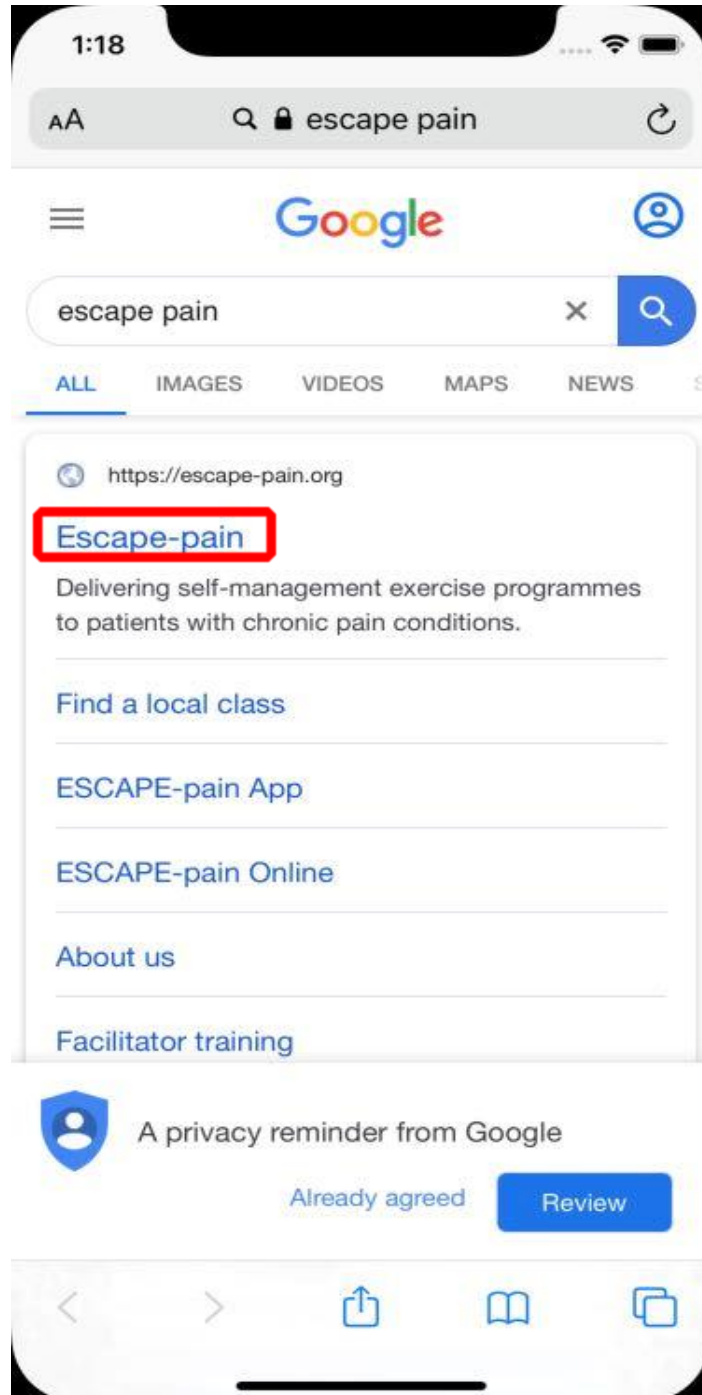
## Guide to adding ESCAPE-pain Online as a 'favourite icon' to the home screen on your iOS (Apple) phone/tablet

**Step 1:** Open your Safari Web browser

**Step 2:** Type **ESCAPE-pain** into the search bar and press go.

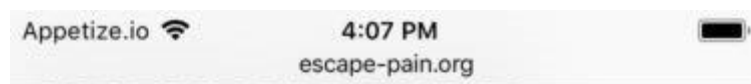


**Step 3:** Press on the **ESCAPE-pain** website: <https://escape-pain.org>



**Step 4:** Once the page has loaded scroll down slightly and you will find the following paragraph with a [here](#) link. Press the word here highlighted in blue.

**ESCAPE-pain Online** is the web-based version of the ESCAPE-pain app. It can be accessed [here](#) and viewed on a computer or mobile device. No need to have a smart phone.



## ESCAPE-pain participants during COVID-19 outbreak

We'd like to remind you of the availability of the ESCAPE-pain digital support tools which replicate the face-to-face programme and are free to use.

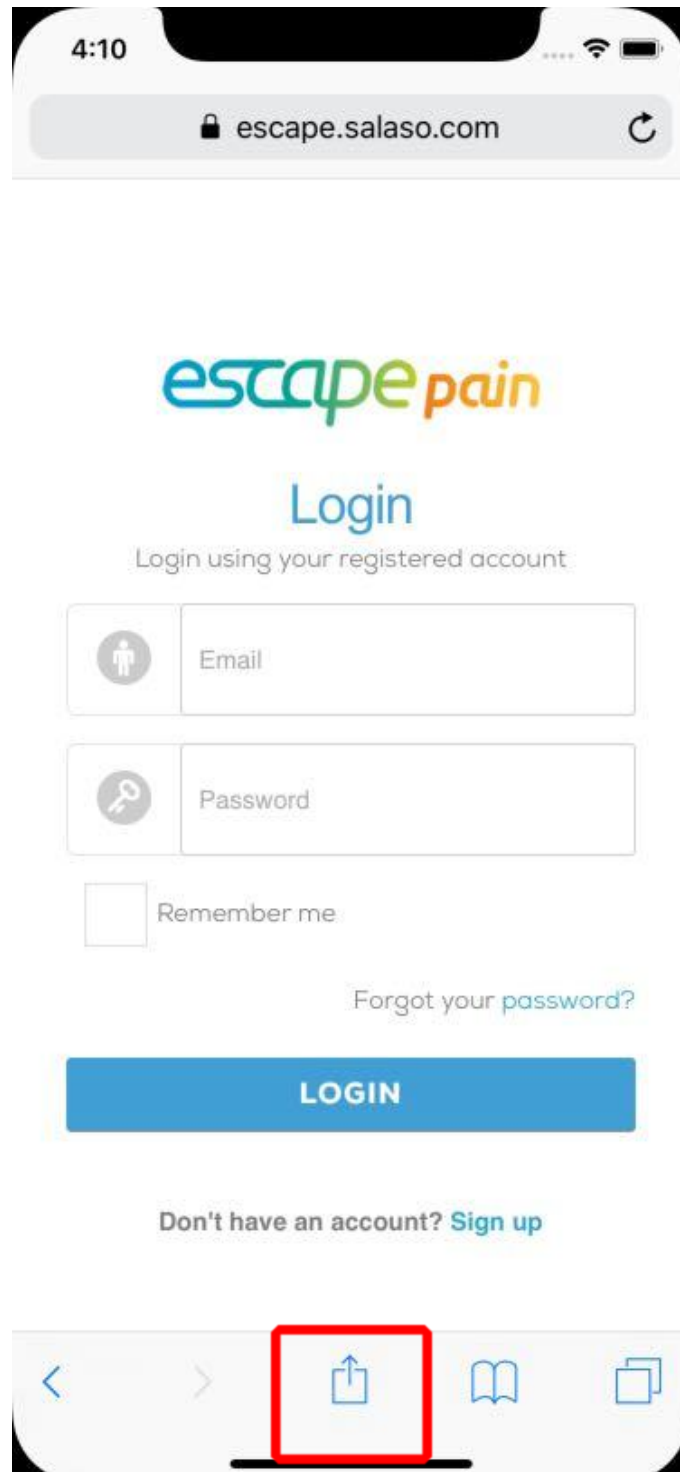
- **ESCAPE-pain Online** is the web-based version of the ESCAPE-pain app. It can be accessed [here](#) and viewed on a computer or mobile device. No need to have a smart phone.
- **ESCAPE-pain app** is available on Android smartphones and tablets by searching 'escape pain app' on [Google Play](#)

We recommend you read through our [ESCAPE-pain support tools guidance](#) which contains our top tips for getting the best out of the ESCAPE-pain support tools before deciding which one you'd prefer to use.

Both tools take the users through a six-week programme, with two sessions per week, each containing:

- Exercise videos with simple, easy to

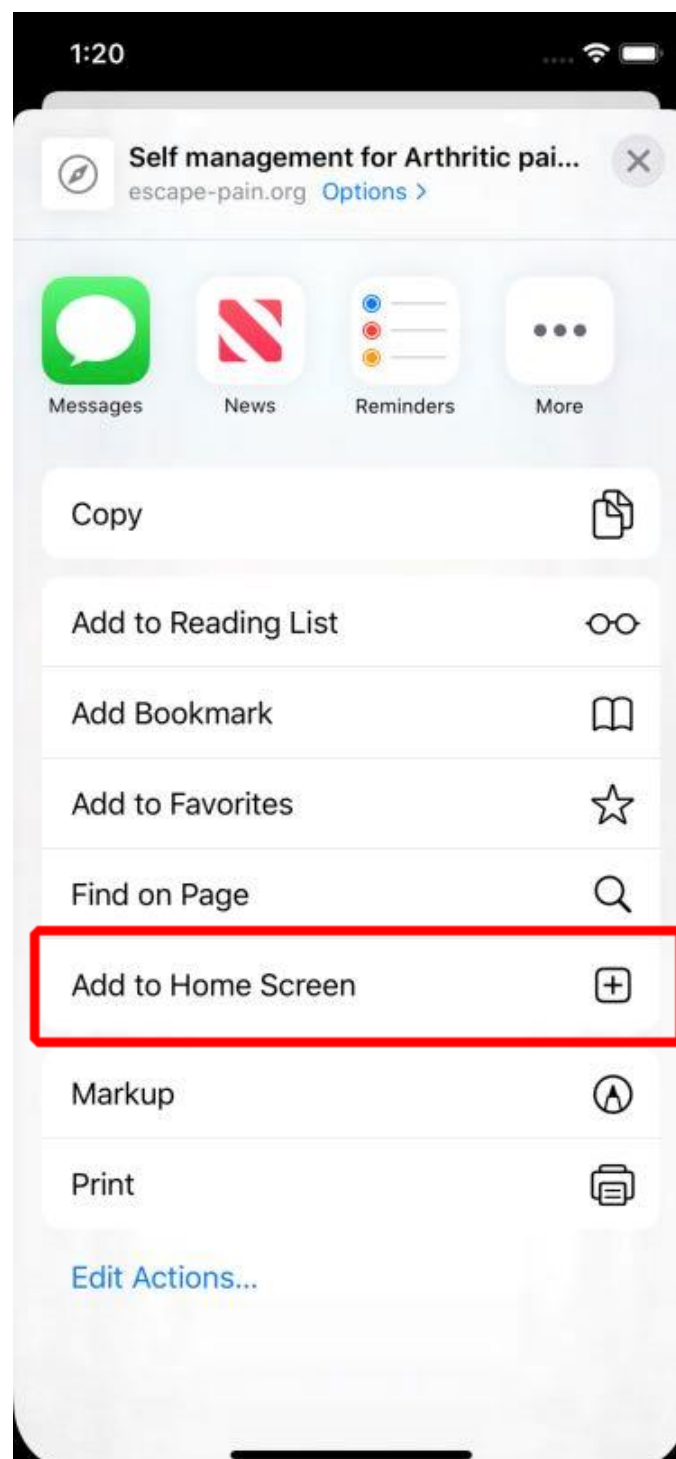
**Step 5:** The aim now is to save your login page to your home screen. At the bottom of the phone's screen you will see a share button. Press this button.



## Step 6:

*\*Important: If your screen doesn't look like this below after pressing the share button proceed to **Step 7**.*

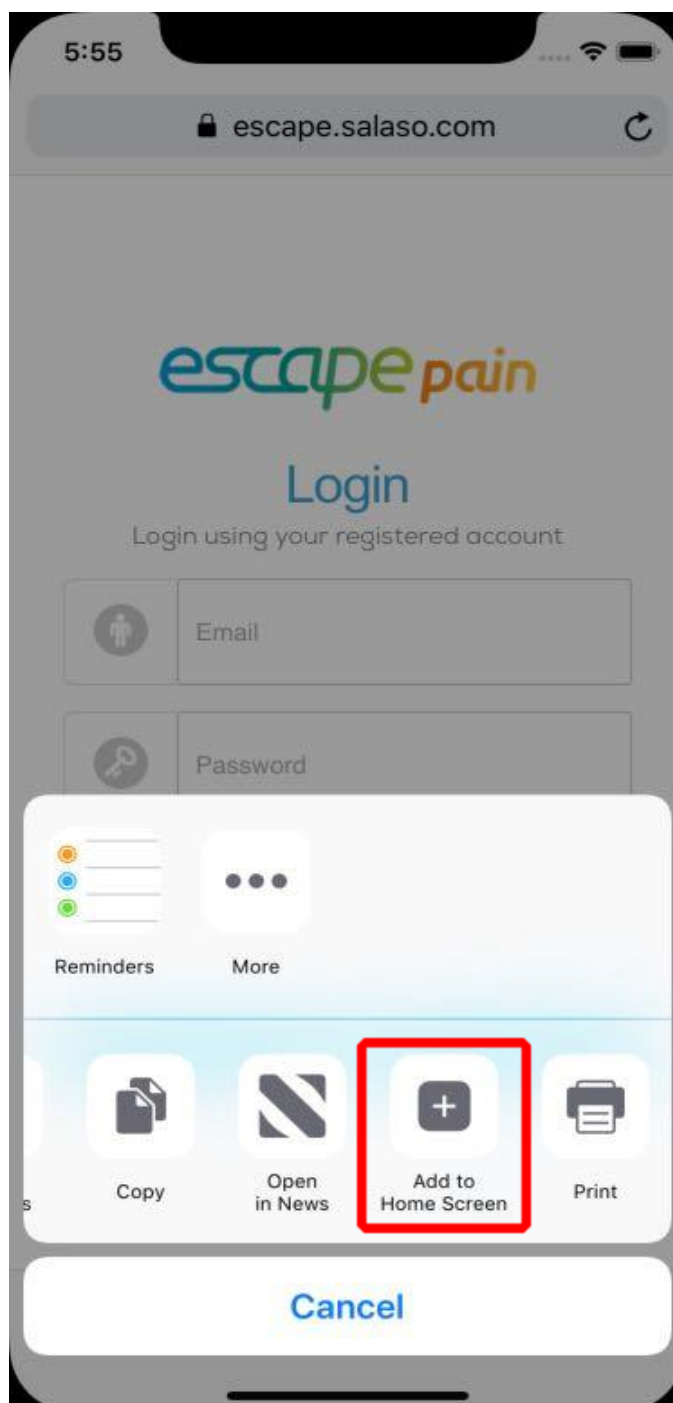
After you press the share button you will find an option called "Add to Home Screen". Select this option.



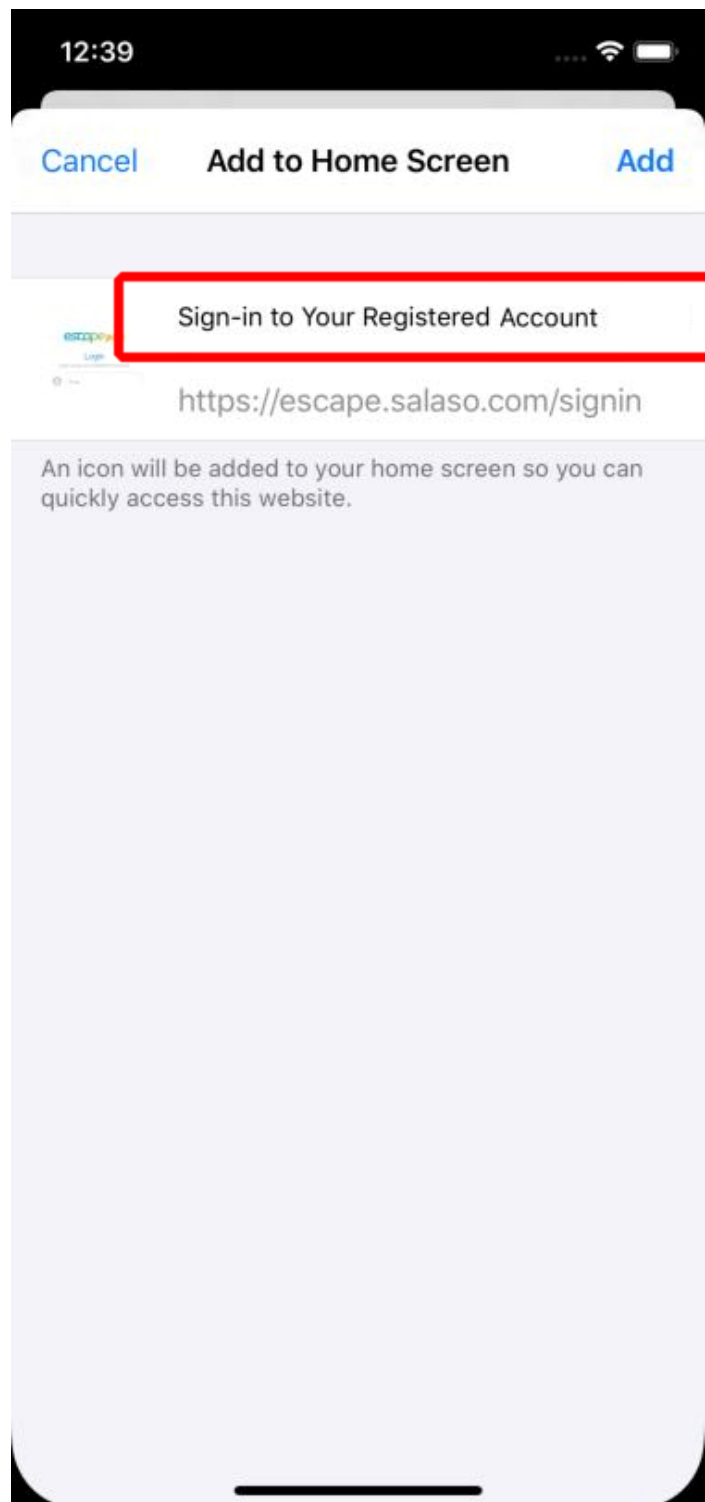
## Step 7:

**\*Important: Do not proceed with this step if you completed Step 6.**

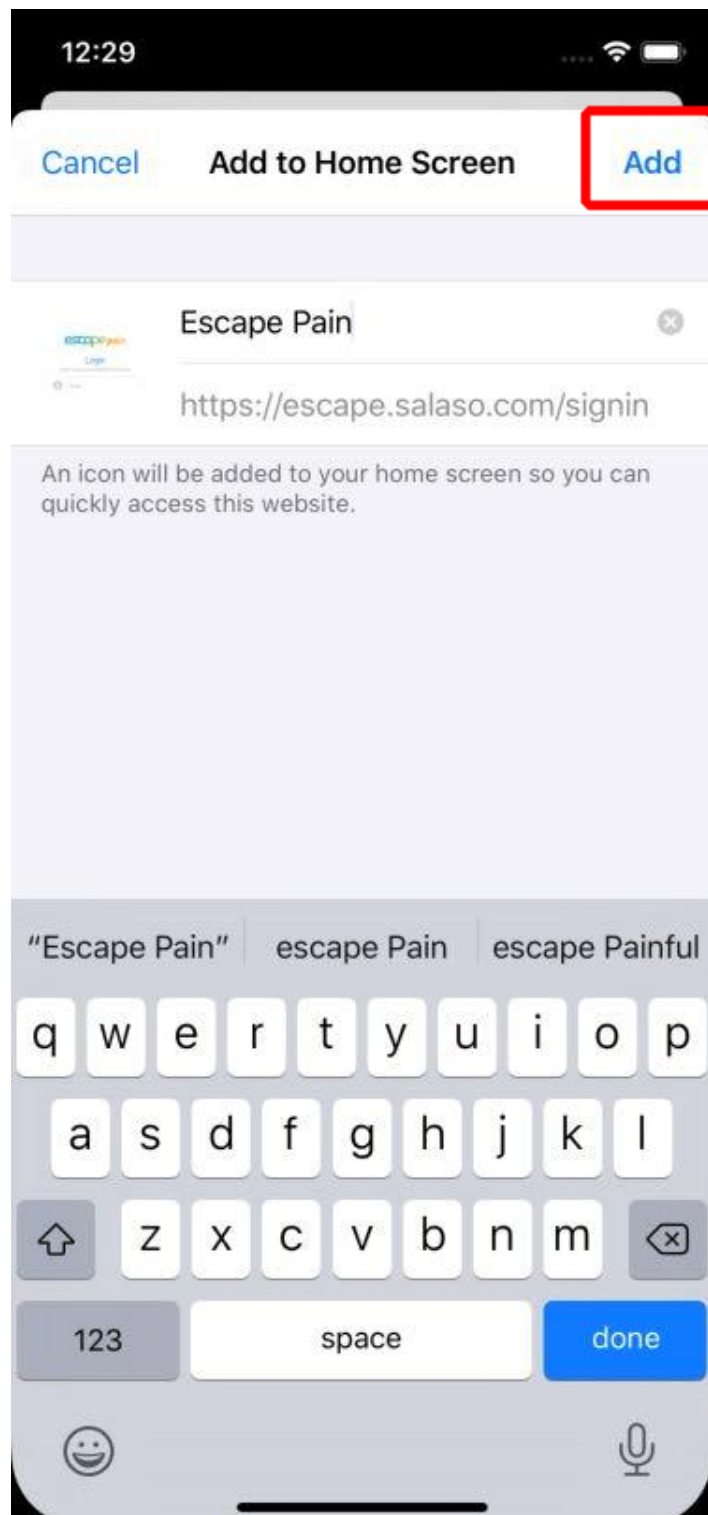
After you press the share button If you scroll horizontally through the icons you will find an option called “Add to Home Screen”. Select this option.



**Step 8:** At this stage you have the option to rename the link that will appear on your home screen. It is recommended that this is renamed to **ESCAPE-pain** so that you are familiar with the home screen icon. Simply press the text to rename it.



**Step 9:** Once you have renamed the link press the add button. Your apple device should automatically show you your home screen once this is pressed.





If you followed the steps outlined above, then you should have access to escape pain login through your phone's home screen.

