



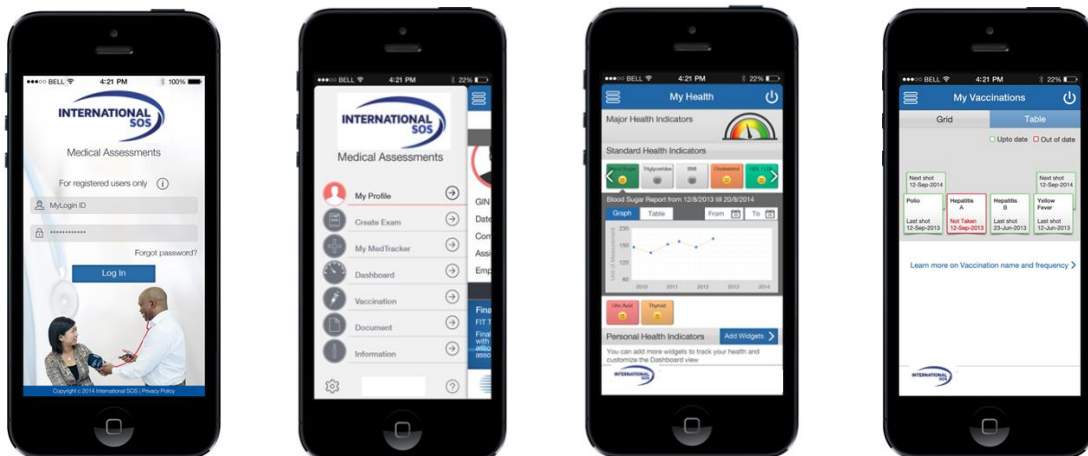
## Quick guide to downloading and using your MedFit mobile application

International SOS has created a user friendly mobile application for Smart Phones (Android and Apple) that allows all MedFit members to access their key medical information when on the move, even in remote locations.

This free App, accessible with your confidential online MedFit login details, will help in improving MedFit compliance while keeping your private medical data readily available and updated.

All encrypted data, once downloaded from our online Web application, is available 24/7, in both online and offline modes.

Please read through the below description and discover what you can do!



### Downloading the App on your mobile device

Depending on your mobile device type, please search for “**MedFit**” on Apple iOS or Android App stores and download the **MedFit** App, or click on one of the two links below:



**International SOS Assistance SA  
MedFit Department**

1 rue du parc, Levallois-Perret Cedex 92593  
t +33(0) 155 633 264 f +33(0) 155 633 242  
[internationalsos.com](http://internationalsos.com)

## Logging into the mobile application

Once you have launched the mobile app, please enter the username and password that you already use to log into our online platform.

If you have not created your online profile yet, please click [here](#) to do your first registration.

Once done, you will be able to use the same login details to enter your mobile application.

## Your mobile application's functionalities

### 1. [My profile](#)

This menu provides you with:

Your **notification center** (to remind you of the required actions to do regarding your health program)

Your **administrative details** information

Your **final fitness** status

### 2. [Create exam](#)

This menu allows you to **create your examination** online.

This action will automatically create your exam ID.

The exam ID is to be forwarded to the medical center where you booked your appointment so that the examining physician can capture your medical results online.

### 3. [My Health-Tracker](#)

This menu provides you with:

Your **blood group**

Your **final fitness conclusion** in addition to information from your last examination.

If you have just performed an examination, you will be able to follow the progress of your file.

#### 4. [Dashboard](#)

This menu provides you with:

- **Overall health status** which is an over view of your health based on standard health indicators.
- **Standard health indicators** allow you to monitor the most common standard health metrics (e.g. BMI, cholesterol, glycemia, etc.).
- The **Personal health indicators** also allow you to select and track specific health results that are of particular interest to you (e.g. RBC (red blood cell count), HDL cholesterol, etc.).

#### 5. [Vaccinations](#)

This menu provides you with your **vaccinations status**

#### 6. [Documents](#)

This menu provides you with your **health passport** and **certificate of fitness**

#### 7. [Information](#)

This menu provides **information about our health program** as well as our contact details and answers to the **Frequently Asked Questions**.

If you have any questions regarding the functionality of the mobile application, do not hesitate to contact us at the following email address:

[ParisMedFit@internationalsos.com](mailto:ParisMedFit@internationalsos.com)

Best regards,  
The International SOS MedFit Team