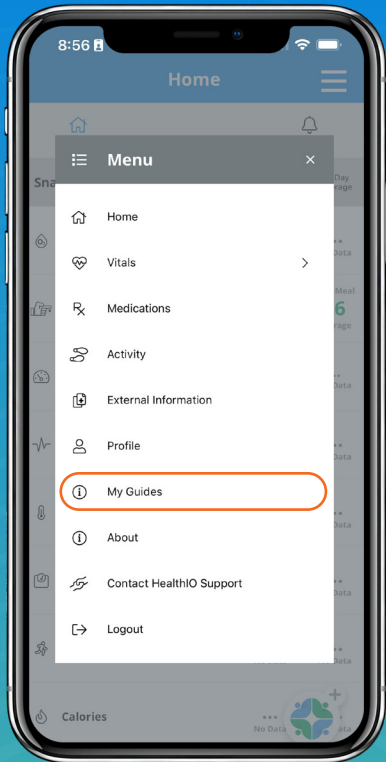


Your  
journey  
begins...





# Welcome to HealthIO

## Getting started is easy

1. **Download** the HealthIO app
2. **Sign in** to your account
3. **Tap** on the menu
4. **Tap** on My Guides for step-by-step instructions



Questions? Check out [help.healthio.milliman.com](https://help.healthio.milliman.com) for articles, information, and videos on getting started.