

Healthy Habits with Hunter Chrome Extension How to download from the Chrome Web Store

- 1. Visit the <u>Healthy Habits with Hunter extension</u> from the Chrome Web Store.
- 2. Click on 'Add to Chrome'.



3. Click on 'Continue to install'.

Note: It is <u>safe</u> to proceed. The 'not trusted' caution is a result of this being our first published extension.



4. Click on 'Add extension'.

Note: This is the same site access used by other extensions, such as Adobe Acrobat.



5. Click on the extensions icon and then 'Manage extensions'.



6. Click the radius button to activate Healthy Habits with Hunter.

	Healthy Habits with Hunter 1.2 An engaging, non-invasive extension that provides health tips, in various healthy living categories, to support user well-being.
Details	Remove C

7. Click on the Hunter icon to set your preferences.

a) Determine how frequently you would like Hunter to appear by entering the time in minutes and clicking 'Save'.

b) Select the categories that you would like to receive health tips and click 'Save Category(ies)'.

c) When notifications are enabled health tips will pop-up according to the frequency you set.

d) Hunter will bark when the notifications appear; however, you can click 'Disable Sound' to revert to a chime.

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Set Reminder		
Enter time in minutes: 1 Save		
Select Health Tip Category(ies): Ergonomic Tips Hydration/Nutrition Tips Mental Health Tips 		
 Physical Health Tips Save Category(ies) 		
Selected Lists: Hyd&Nutr, Ergonomics, Wellness, Phys&Optics		
Disable Notifications Notifications are enabled.		
Enable Sound Bark sound is disabled.		

8. <u>Troubleshooting Help:</u>

If you are only receiving the dog bark sound, and no pop-up window with healthy tip, ensure notifications for Chrome are enabled within your Windows System Notifications. From your Windows search menu, type 'Notifications & actions' and select this option. Within System Notifications, scroll down to 'Google Chrome', and ensure notifications are 'on'.



System > Notifications			
•	Some of these settings are managed by your organization.		
Q	Notifications Get notifications from apps and other senders	On 🚺 🗸	
(^{zz}	Do not disturb Notifications will be sent directly to notification center	Off	
(\mathbf{r})	Turn on do not disturb automatically	~	
↑ô	Set priority notifications	>	
٢	Focus Session duration, hide badges on apps	>	
Notifications from apps and other senders			
Sort by:	Most recent 🗸		
0	Google Chrome Banners, Sounds	On >>	

9. If you have questions about Healthy Habits with Hunter, please email <u>wellnessatwork@ontariotechu.ca</u>.