

1. Go to **Google Play Store** or **Apple App Store** and Search **“AMPdr”** or click the links below:

Google Play Link: <https://play.google.com/store/apps/details?id=com.tamp.ampdr>

Apple App Store Link: <https://apps.apple.com/us/app/ampdr/id1485837247>

2. **Download and Install AMPdr™** (*Please note always check store to make sure you have updated to the latest version)
3. Open AMPdr™. You will see **two options: A. I am a Doctor. B. I am not a Doctor.** Option A. “I am a Doctor”. Select and proceed to the sign-up process. OR Option B. “I am NOT a Doctor”. Select and proceed to enter email address and complete short sign up.
4. Doctors will enter the private, doctors only application called “REAL” then will click “LIVE” and see “DOCLive”. “Journeyers” (non doctors) will enter directly to “LIVE” and then see “DOCLive”. **Scroll left and right** to see all scheduled doctors.
5. Select “Dr. Kelishadi” and click **“ADD”** to add to your Shopping Cart. (*Note all times are your local time)
6. Go to **“Shopping Cart”** icon in top right-hand corner and click it to **“Check-out”**
7. **Enter** Name, Phone Number, Credit Card Information to **click “PAY”** 2.99 (*Safe, secure - Stripe is #1 in payment processing).
8. You can then immediately go to the **interactive DOCLive** and click **“enter waiting room”**, where you may **start posting your questions/comments** BEFORE the DOCLive streaming begins.
9. **On the date/time of the event** return to DOCLive and enter the **“waiting room”** again where you will see your live stream begin and can post messages.
10. **AFTER** the event is over you can watch the live stream video an unlimited number of times in **“MyLive”**

Thank you for supporting quality content from validated doctors! Enjoy your journey with AMPdr™!