# Setting up your tablet and chromecast:

Able
Digital Wellness

## Step 1: UNPACK YOUR CHROMECAST



Remove your chromecast from the box and take a look at the "Let's Get Started" guide contained within.

## Step 2: PLUG IN YOUR CHROMECAST



Plug your chromecast into a HDMI port on your TV, then plug the power cable into the power socket.

Turn on your TV and select the HDMI source using your remote – you'll see a "Google Chromecast" screen appear, followed by "Get the app".

## Step 3: UNPACK YOUR TABLET



Remove your chromecast from the box and take a look at the "Quick Start" guide contained within. Turn it on and follow the first few instructions shown on screen.
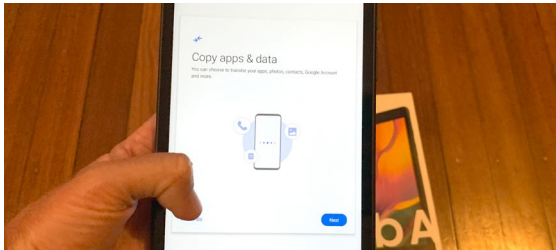
## Step 4: CONNECT TO WIFI



Have your Wifi Username & Password handy, and select your wifi network when it appears on screen.
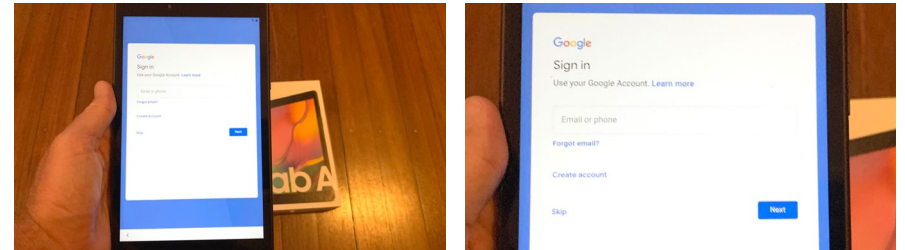Enter your details and allow the tablet to do it's updates – this may take a few minutes.

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## Step 5: COPY APPS & DATA OR NOT



If you have a similar device you'd like to copy information from, you can do so and follow the instructions on screen.
If you would rather start fresh (like we have), tap the "Don't copy" button in the bottom left.

## Step 6: SET UP YOUR GOOGLE ACCOUNT



If you have an email address linked to Google already (typically a gmail account, but can be any other address), sign in using your username and password.
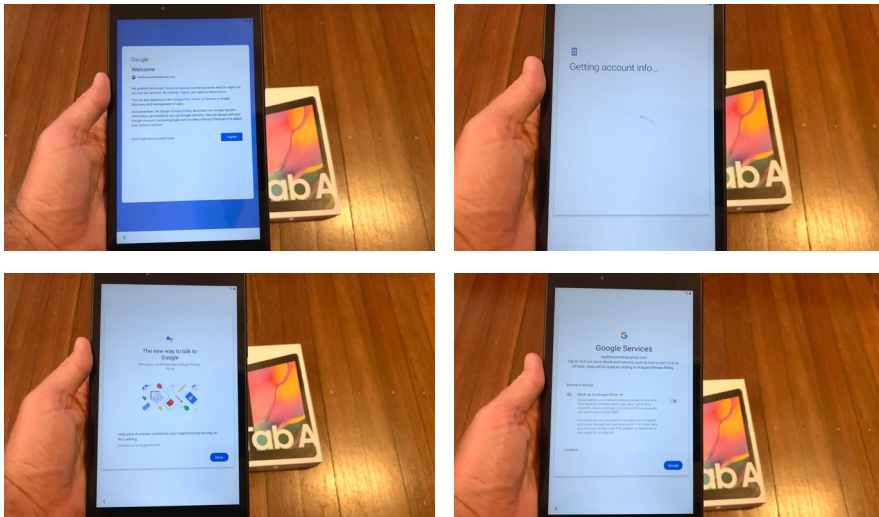
If you do not have a google account already, tap on "Create account" and follow the steps to set up your google account.
If you wish you can create a new gmail address for this purpose, but if you have an existing email you'd like to use instead you can follow the instructions outlined here: shorturl.at/oqK68

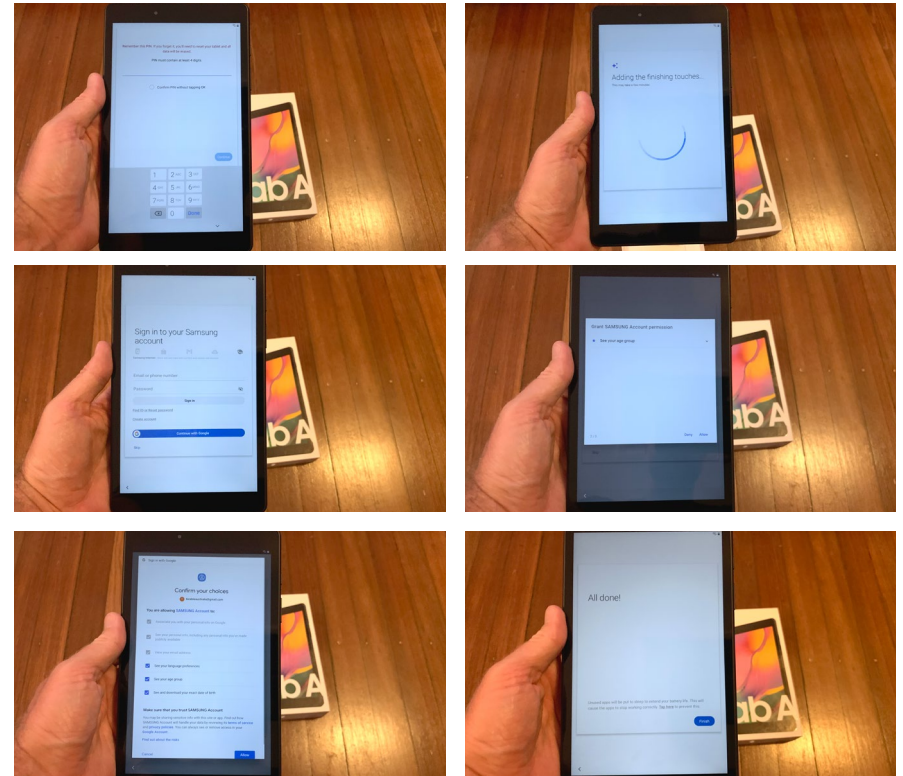**(Don't worry it's simple and only takes a minute!)**

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## Step 7: FOLLOW THE INSTRUCTIONS THAT APPEAR ON YOUR SCREEN



**Tap the more button as you read the details, and accept the Google Services terms by tapping accept.**

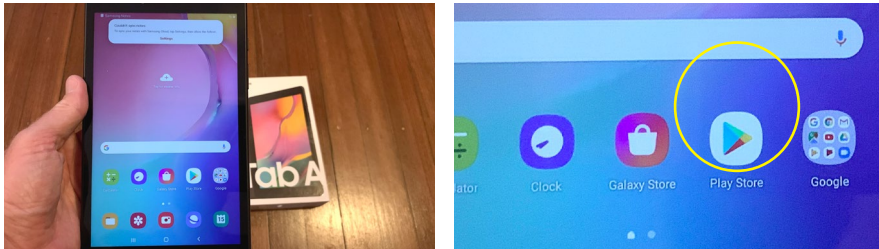## Step 8: SECURE YOUR TABLET



**Select if you wish to create a PIN or other to secure your tablet (this is what you'll use to unlock the tablet when you use it, so make sure you remember the PIN!)**
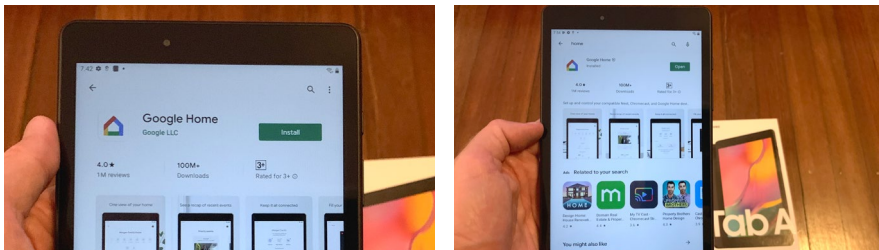
**The tablet will ask you to sign in to your Samsung Account. This isn't required so you can select "Skip" if you wish.**
**If you wish to set one up, you can use your google account to do so. Tap the "Continue with google" button and follow the steps displayed on your screen.**

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## Step 9: ACCESS THE PLAY STORE APP & DOWNLOAD THE "GOOGLE HOME" APP





**Your home screen will now appear.**
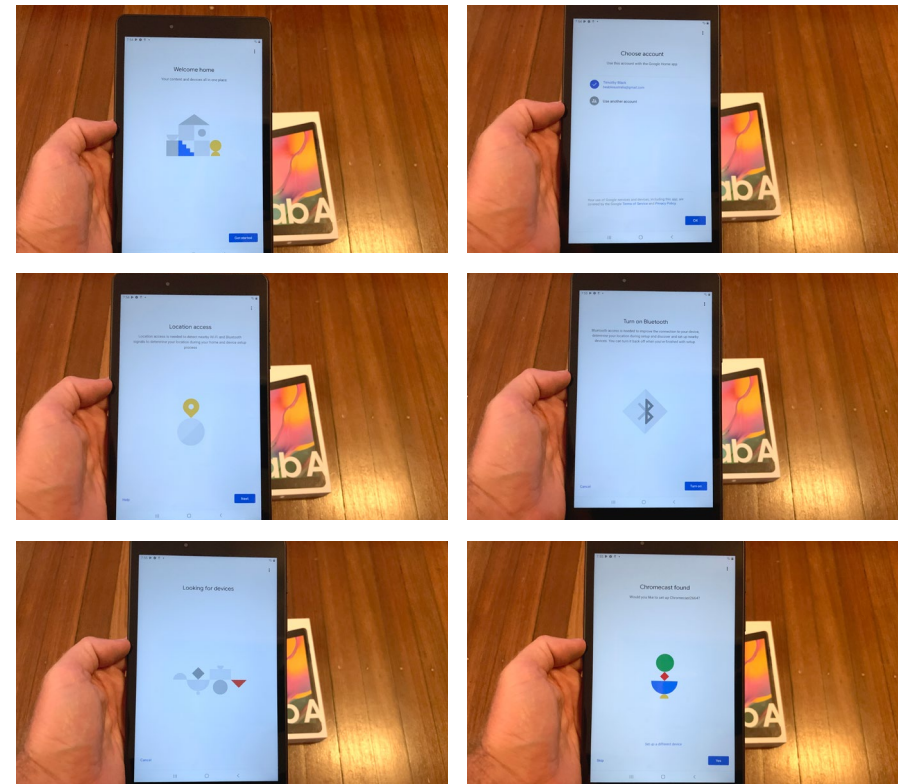**Tap on the Play Store icon and let the play store load.**





**Use the search bar to find the "google home" app.**
**Tap install and let the app download and install.**

**Once installed, tap "Open" and the Google Home app will open.**

**NOTE: If your screen goes black during this process, your tablet has just locked itself. You can click the button located at the top right of your tablet and input your PIN to open it again.**

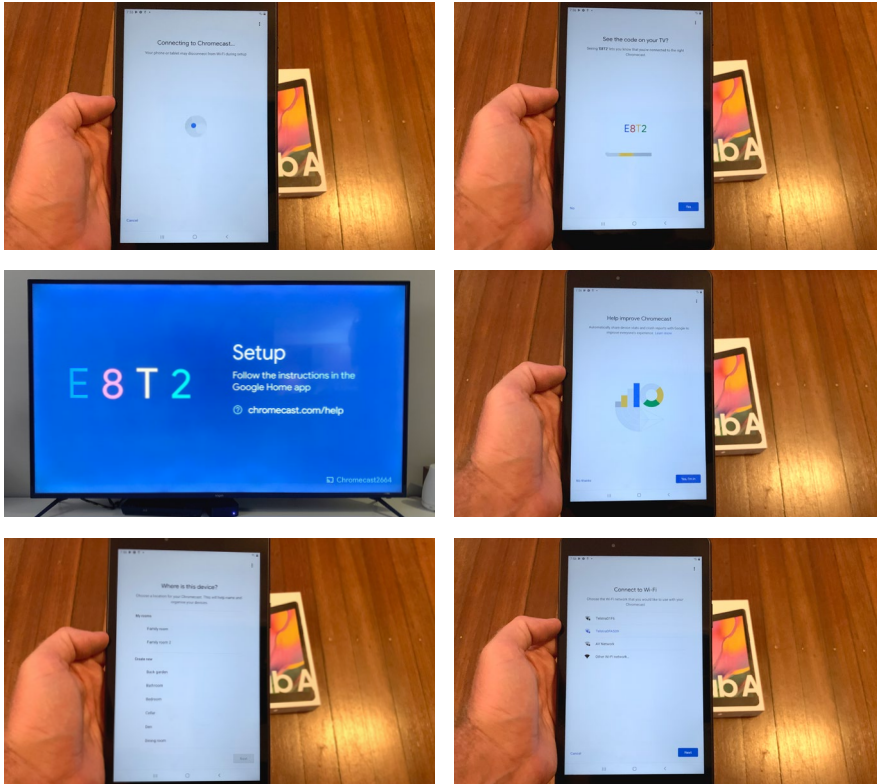## Step 10: SET UP GOOGLE HOME













**Follow the instructions displayed on the screen to get your google home app set up, allowing location access as well as turning on bluetooth.**

**It will then search and find your Chromecast device. Tap the "Yes" button.**
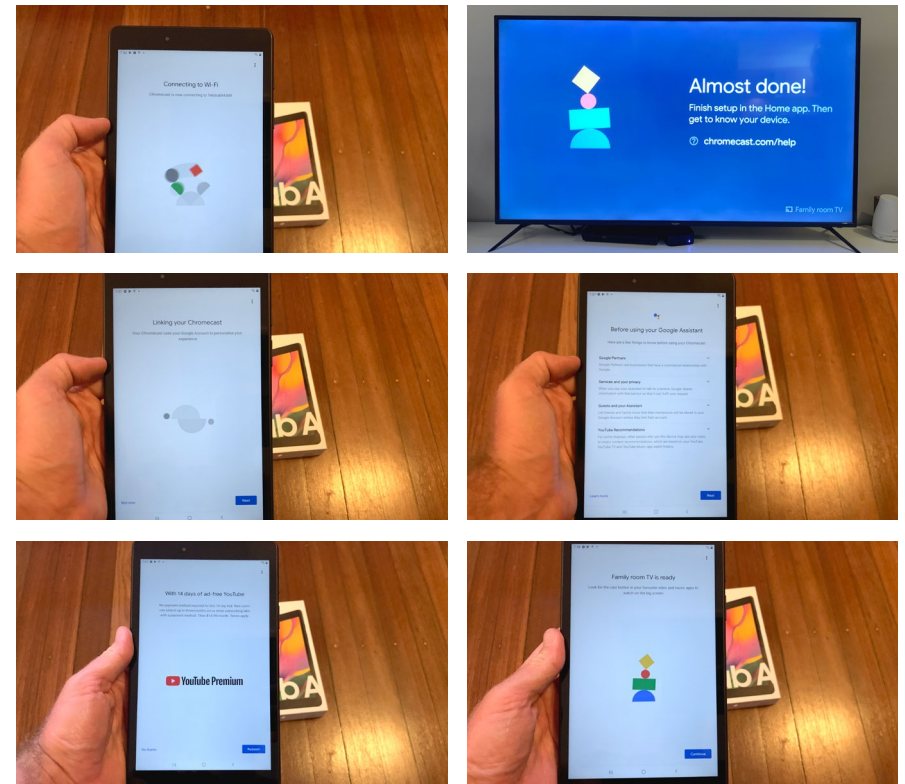
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## Step 11: SET UP CHROMECAST



Your tablet will connect to your chromecast, displaying a code on the tablet that will also appear on your TV. Tap "Yes" and follow the instructions on the tablet's screen.

Selecting an appropriate room name for the location of your TV & ensuring your wifi network is selected.
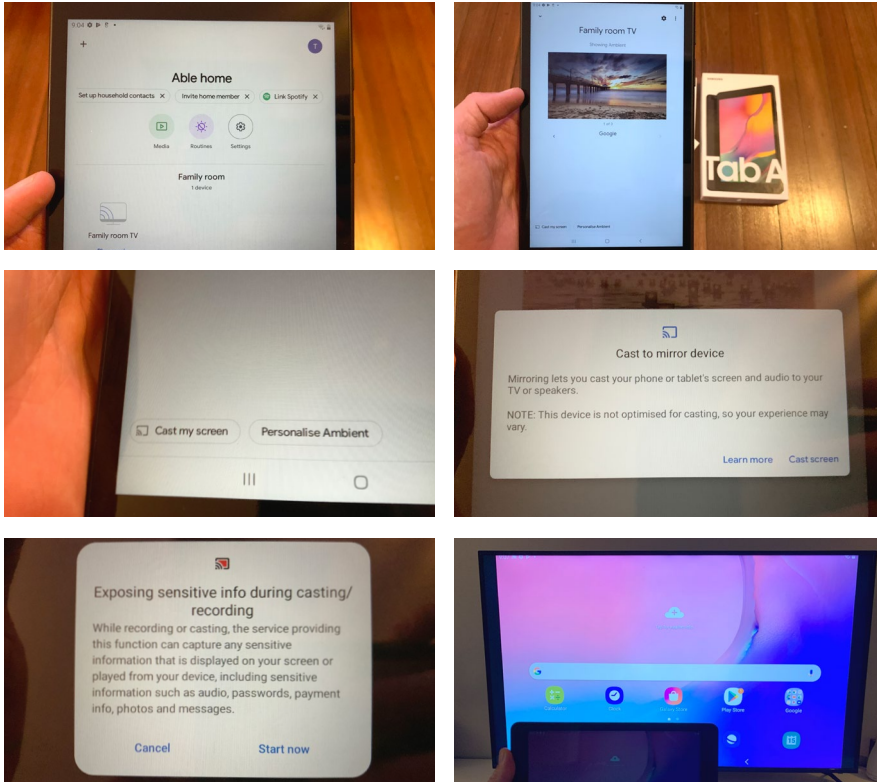
## Step 11 continued...



Follow the instructions displayed on the tablet's screen, you can select "no thanks" to any items you don't wish to access via your google home app.

You'll see a success message you letting you know it's ready – tap "Continue".

![Able Digital Wellness logo]

## Step 12: START CASTING!



**Inside the Home app, you'll see the name of your TV with the "room" you selected as part of it. Tap on the icon and you'll see an image displayed.**
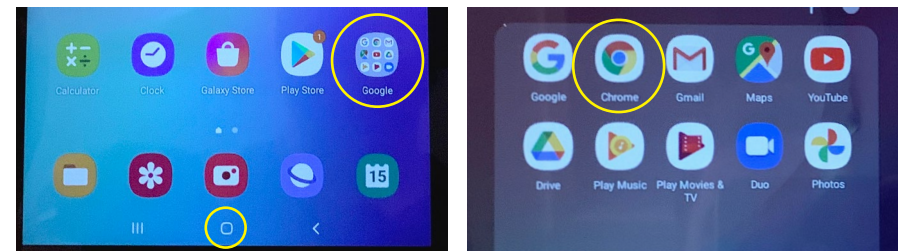
**Tap the "Cast my screen" button in the bottom left of your tablet, read the alerts that appear and continue to cast.**

**Your tablet's screen is now visible on your TV!**

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### A quick note before we continue:

**Next time you want to cast your screen you only need to repeat step 12 of this process – Simple hey?!**

## Step 13: GET ON THE WEB!



**At the bottom of your screen you'll see a squared-circle shape - this takes you back to your home screen. Tap that and tap on the "Google" group of apps.**
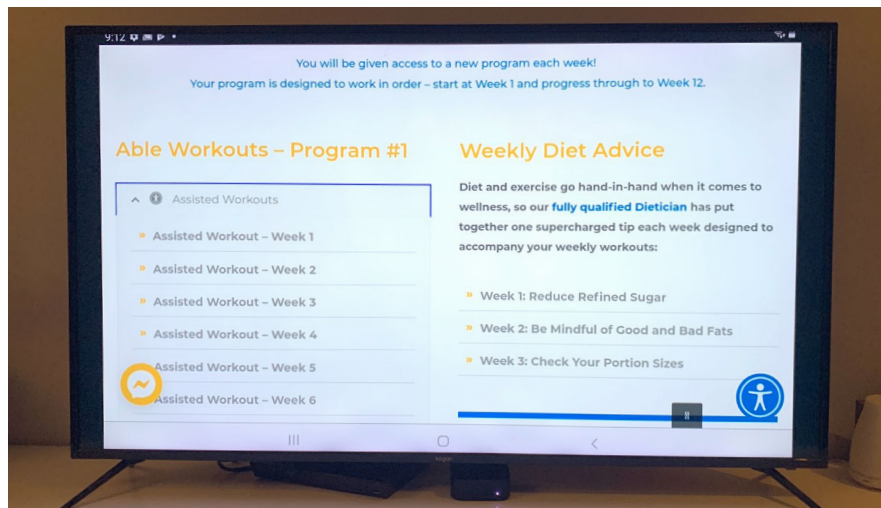
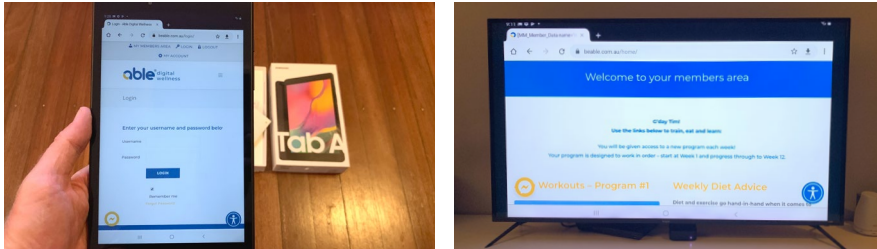**Find and tap the "Chrome" app in that folder to launch the Chrome web browser app.**

**Follow the instructions displayed - you can choose not to sync anything when prompted.**

**You'll now be presented with a blank web browser.**

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# Setting up your tablet and chromecast:

## Step 14: LOG IN TO BEABLE.COM.AU



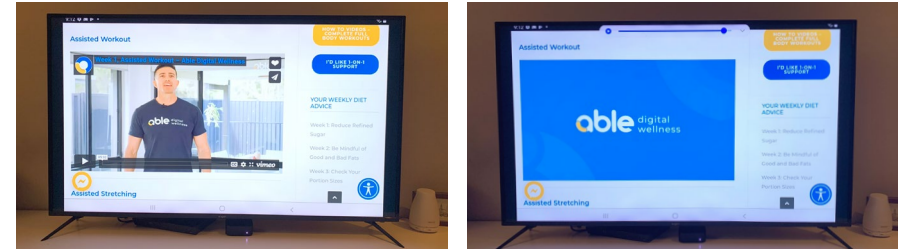Type beable.com.au into the browser and when it loads tap "LOGIN" at the top of the screen.

Input your log in details (you'll have them in an email from hello@beable.com.au).

You should now see your Members Area on your TV (Turn the tablet on it's side to view it nice and big!)

## Step 15: GET MOVING



In your members area, you can now view your weekly workouts, diet advice, recipe ideas and mental health content.

Tap on the workout category that suits you and select Week 1 to start working out with your trainer Maty!

**GO TO THE NEXT PAGE FOR SOME QUICK VIEWING TIPS.**

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## TIP: YOU CAN CONTROL VOLUME WITH YOUR TABLET

Use the buttons on the right side of your tablet to turn the volume up and down - you can see it change on your TV. Your TV volume also effects this, so you can further control it with your TV remote.

## TIP: WATCH VIDEOS IN FULL SCREEN



On your tablet, tap on the video that is playing.
On the bottom right you will see four arrows. Tap that to view the video full screen. Tap again on the video to display the controls and take it out of full screen to continue navigating through workouts.

## TIP: VIEW WITH CAPTIONS



Our workout videos all have English captions enabled.

Tap once on the video that is playing and tap on the "CC" button to view it with captions.

## TIP: ADD THE HOME APP TO YOUR HOME SCREEN SO IT'S EASY TO FIND.

Swipe up on your tablet and find the "Home" app in the displayed list.

Tap and hold your finger on the Home app, a dialogue will appear with an option to "Add to home screen" tap it, and see where your app is now visible on your home screen.

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