



Turn notifications off for your Apple watch for MH-Cure Silver

- A. Having notifications on to your Apple watch can cause you to miss notifications
- B. **To disable Apple Watch notifications for MH-CURE:** Launch the Apple Watch app on your iPhone
- C. Select **“Notifications”** from the Home screen.
- D. Scroll down the list of Applications and find MH-CURE.
- E. Toggle notifications OFF (green to black) for MH-CURE

