



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

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

