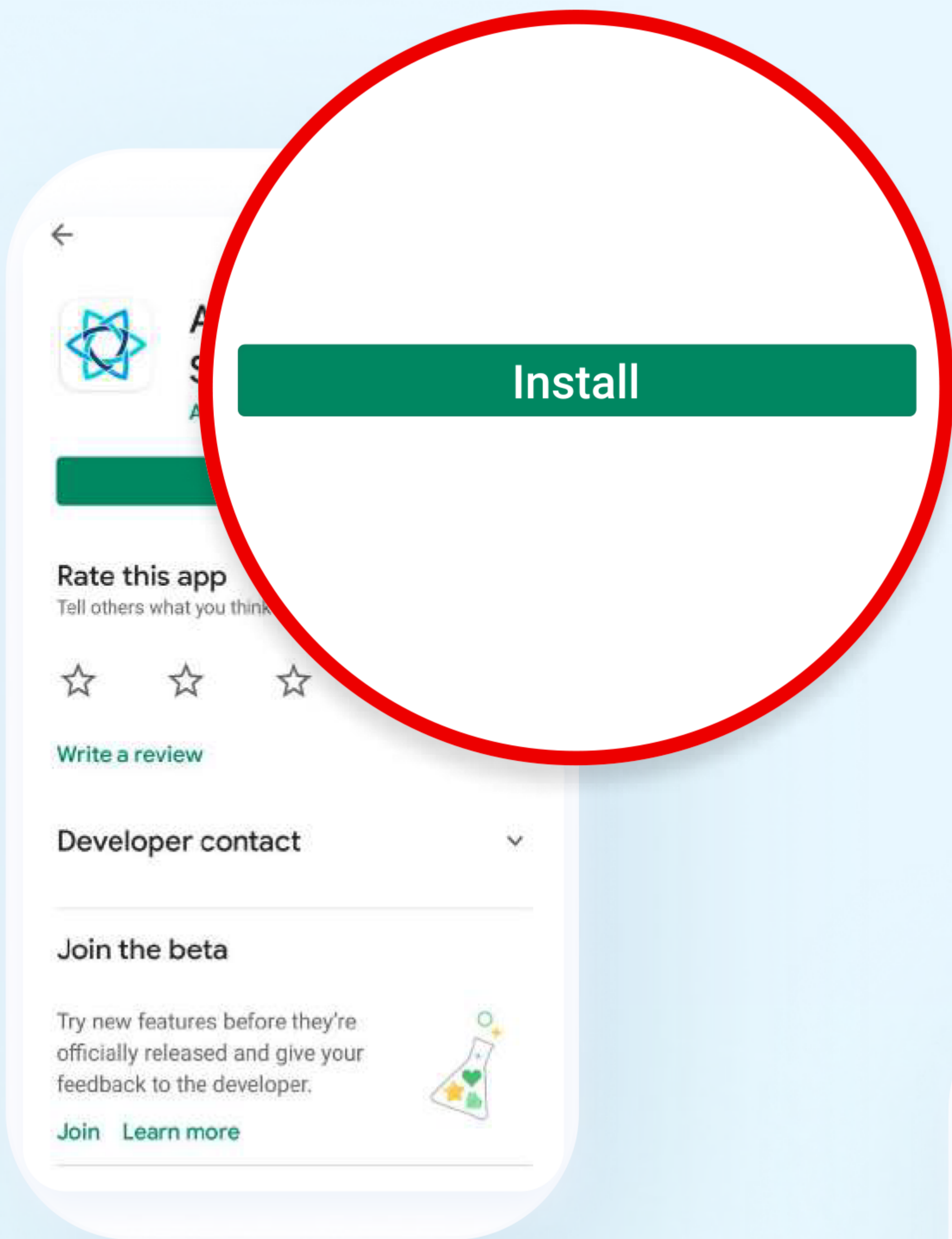


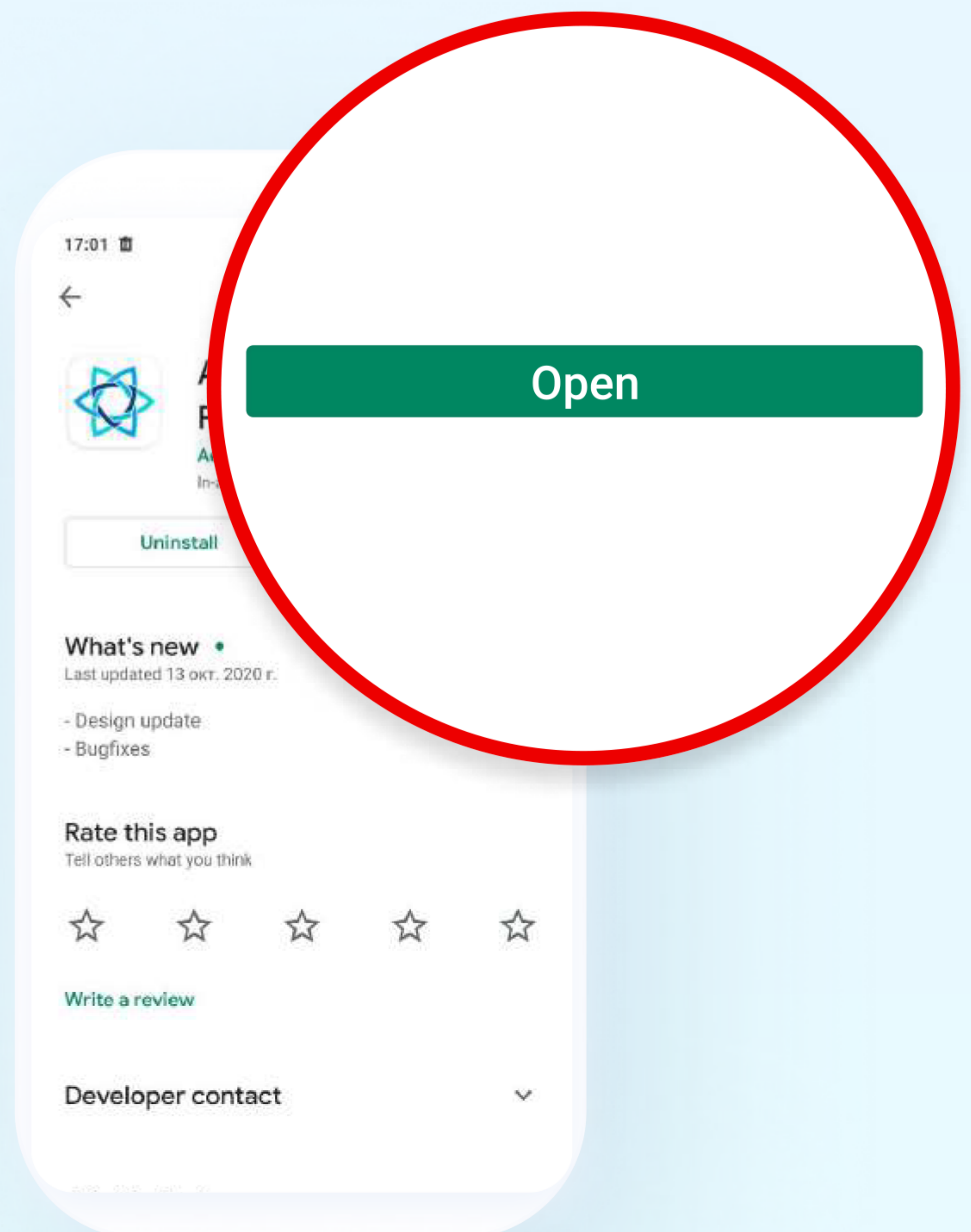
# STEP 1

## Download and install the app



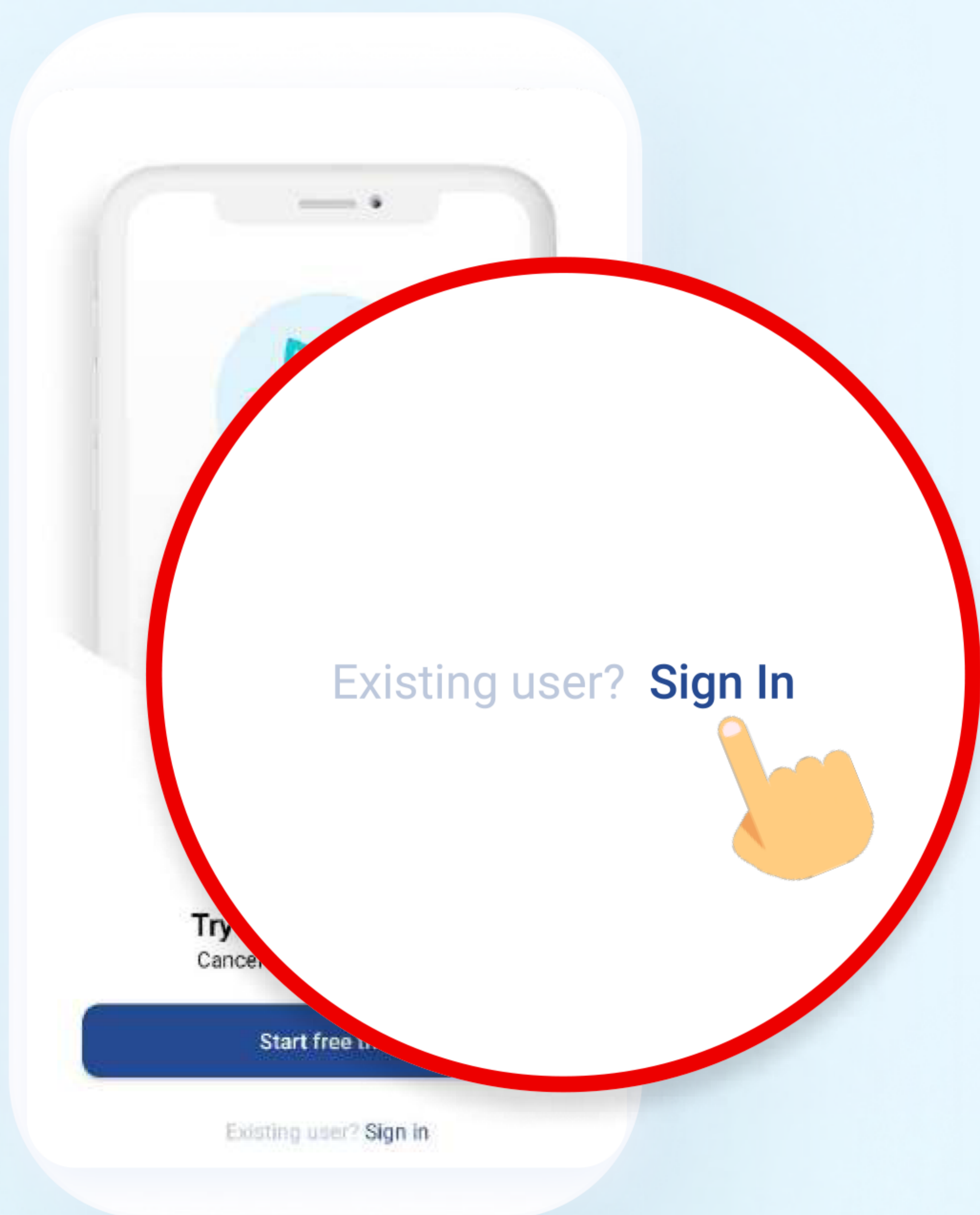
Click **Install** button to download the App.

Once installation is complete, open Adtranquility app.



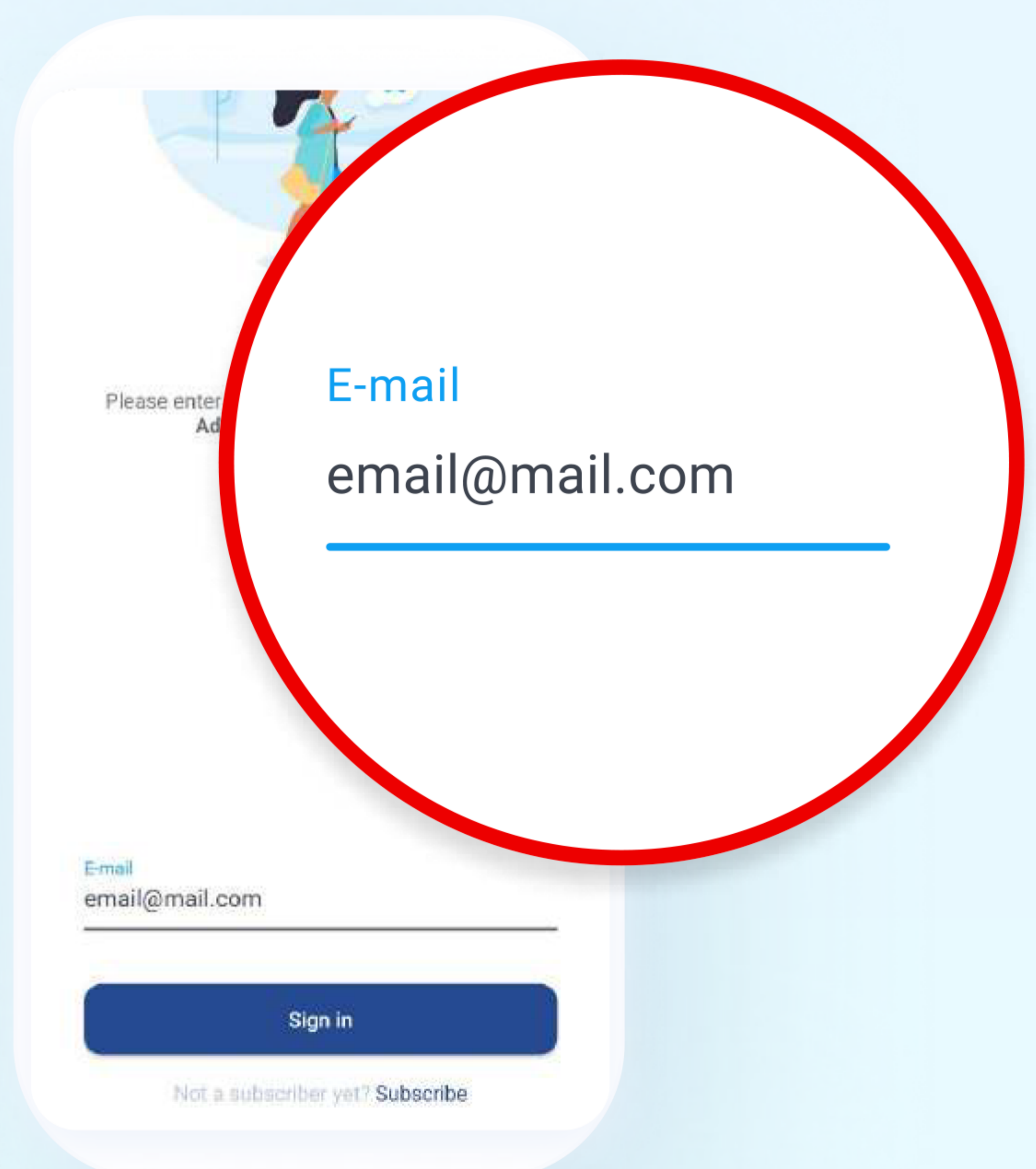
## STEP 2

# Launch the app and login



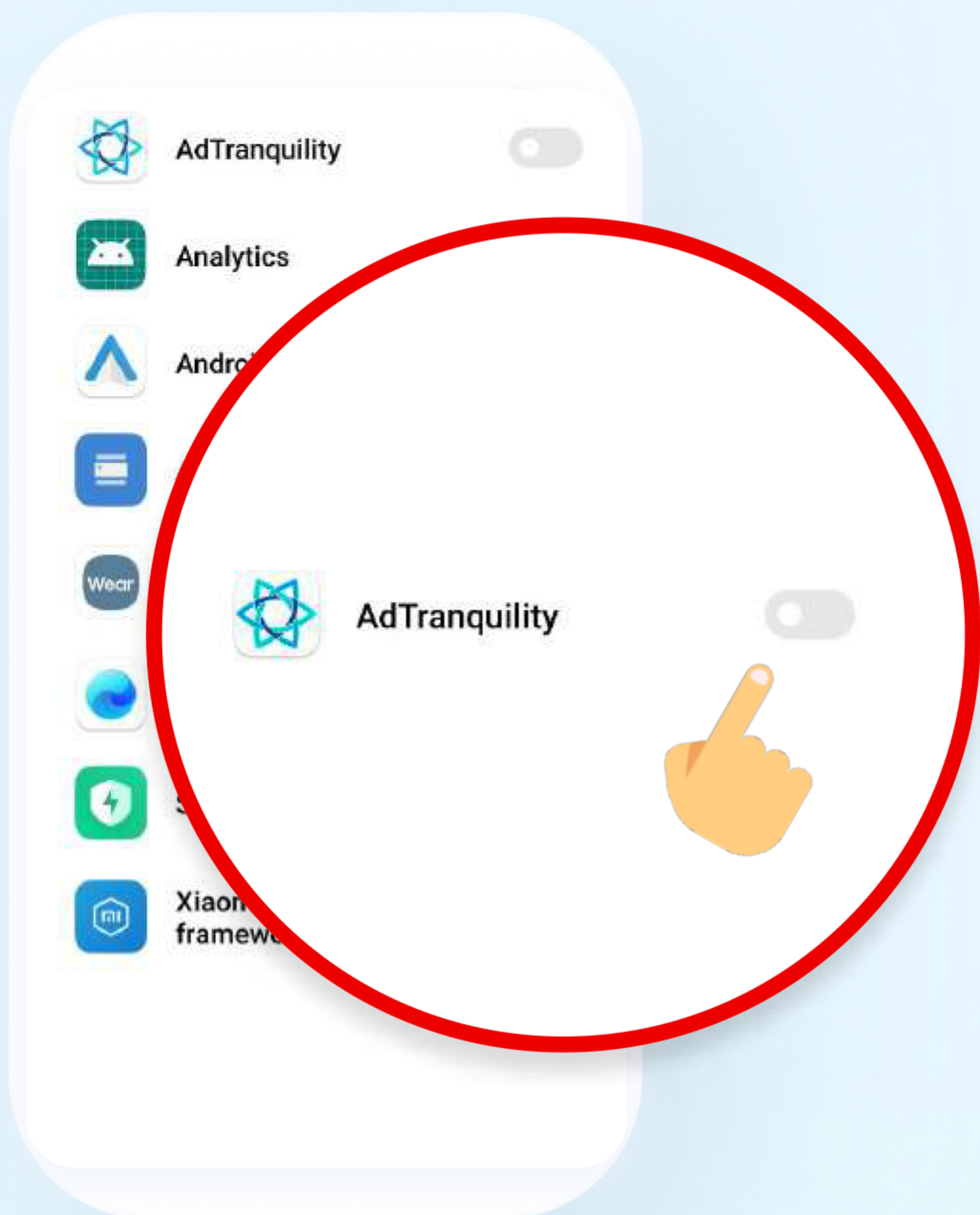
Click **Sign in** to open login screen.

Enter email you used when subscribing



## STEP 3

### Give necessary permissions



Give permissions for push blocker.

\*Give VPN permissions if you have VPN plan.

Make sure main button in app is turned on.

