



**Canadian Mental  
Health Association**  
Halifax-Dartmouth

## **GETTING THROUGH THE DIGITAL DOOR**

### **iPhone and iPad Apps and Email**

The **Getting Through the Digital Door program** has been made possible by the following funders

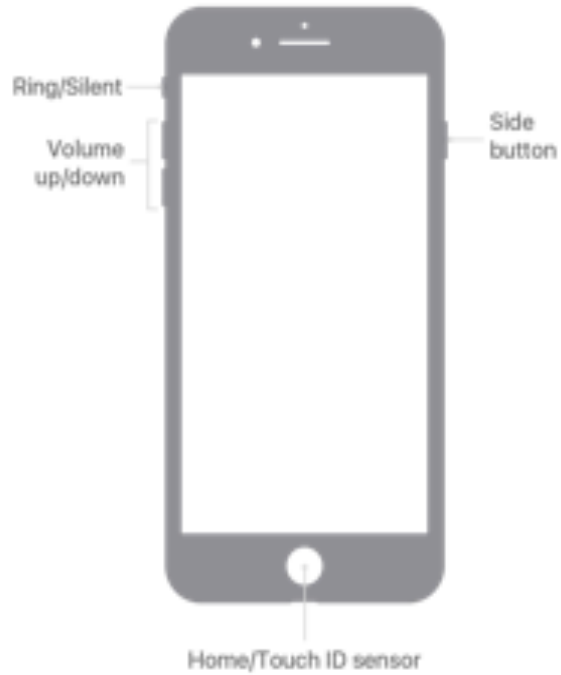
  
**NOVA SCOTIA**  
**Building Vibrant Communities  
Program** Nova Scotia Department of  
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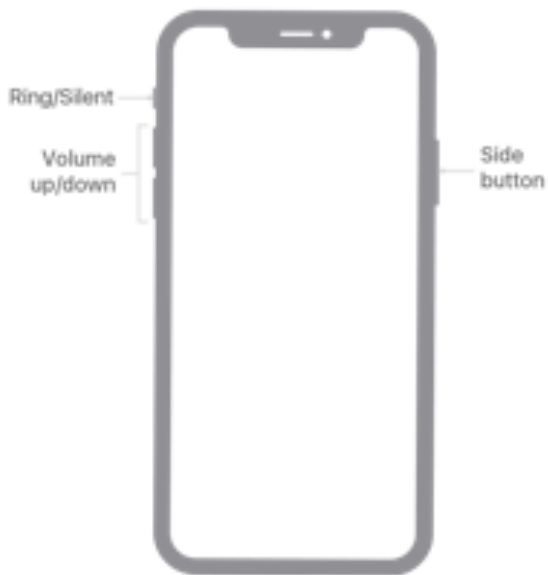
Learn about the buttons and switches on all the different iPhones.



iPhone 5s and SE (1st generation)



iPhone 8



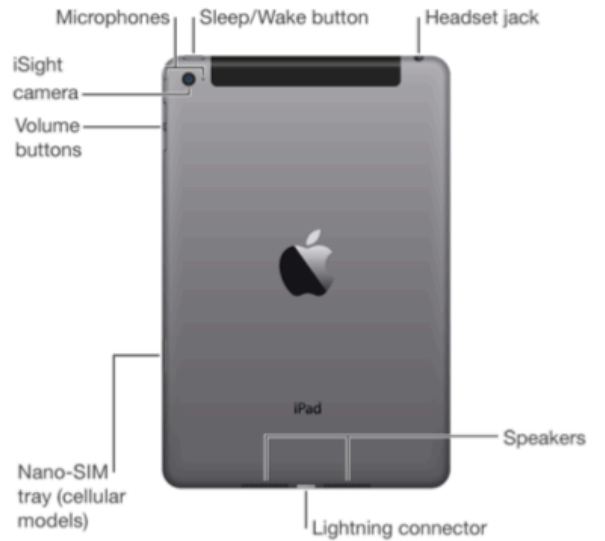
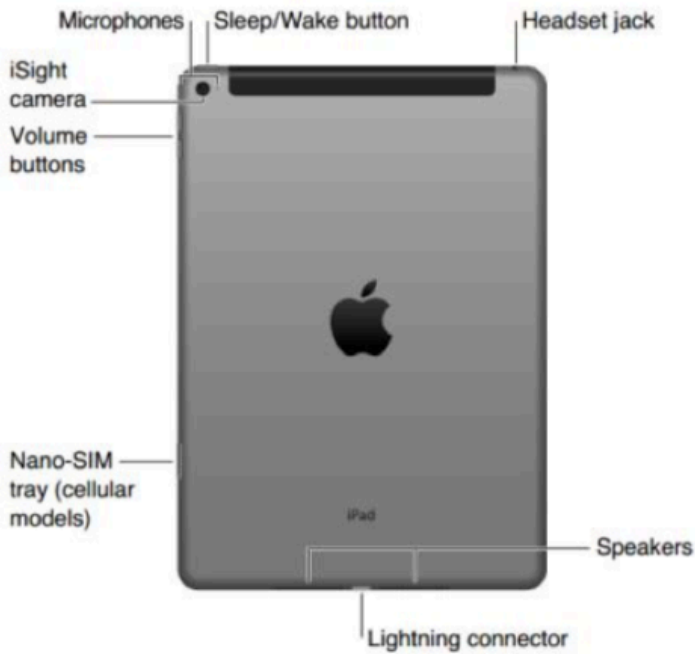
iPhone X and later

These are three different versions of iPhones. Find the one that is similar to yours.

### iPad Air 2



### iPad mini 4

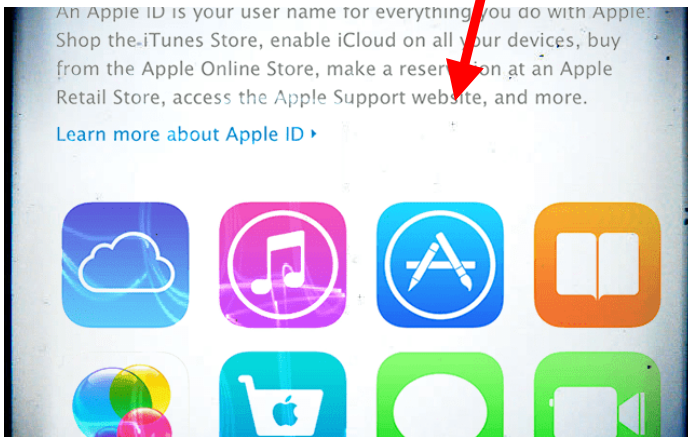


## How to get Apps on iPHONE and iPAD

If you don't already have an Apple ID

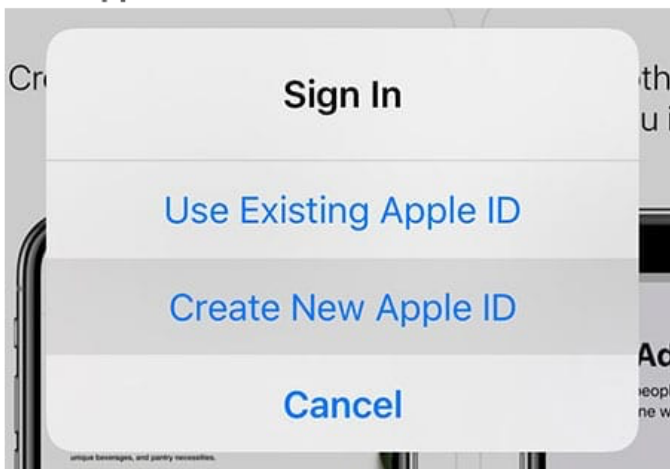
Create an Apple ID without a payment method or credit card on your iPhone, and iPad.

1. Open the **App Store app**



2. Search for a free app and tap **Get**
3. When asked to sign in with an Apple ID, tap **Create New Apple ID**

### New Apple ID



Choose the option create new Apple ID

4. If you don't see the option to create a new Apple ID, check if you are already signed in to the App Store, iTunes Store, Apple Books or iCloud with an existing Apple ID

[Back](#) **Create Apple ID** [Next](#)

PAYMENT METHOD  
You won't be charged until you make a purchase.

**Credit/Debit Card**  
Visa, MasterCard, Discover, American Express

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PayPal

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None

select none for your payment method when setting up a new Apple ID

or could look like this.

## Create Apple ID

Secure Connection

You won't be charged until you make a purchase.

Payment Method

**None**

Follow the on-screen instructions and review and agree to any user agreements.

### 5: When you reach the payment method, choose None

When asked for payment information, choose None as your payment method.

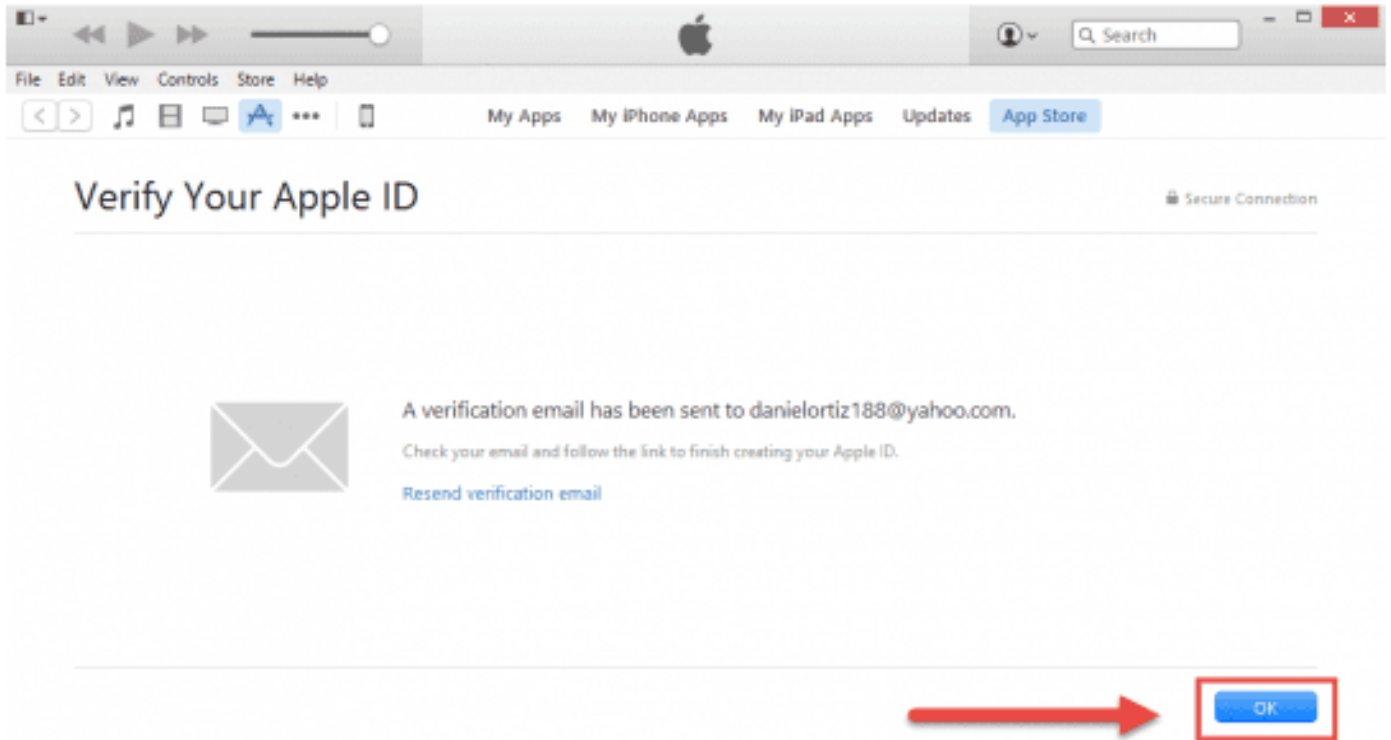
Type in your address and other information, then follow the on-screen instructions to finish setting up your Apple ID.

## 6: Verify your Apple ID's information

After you set-up a new Apple ID, you must verify it. Verification is required before you can use your Apple ID.

You can either verify using a trusted phone number if you chose to use two-factor authentication or verify your Apple ID via email.

### ID via email.

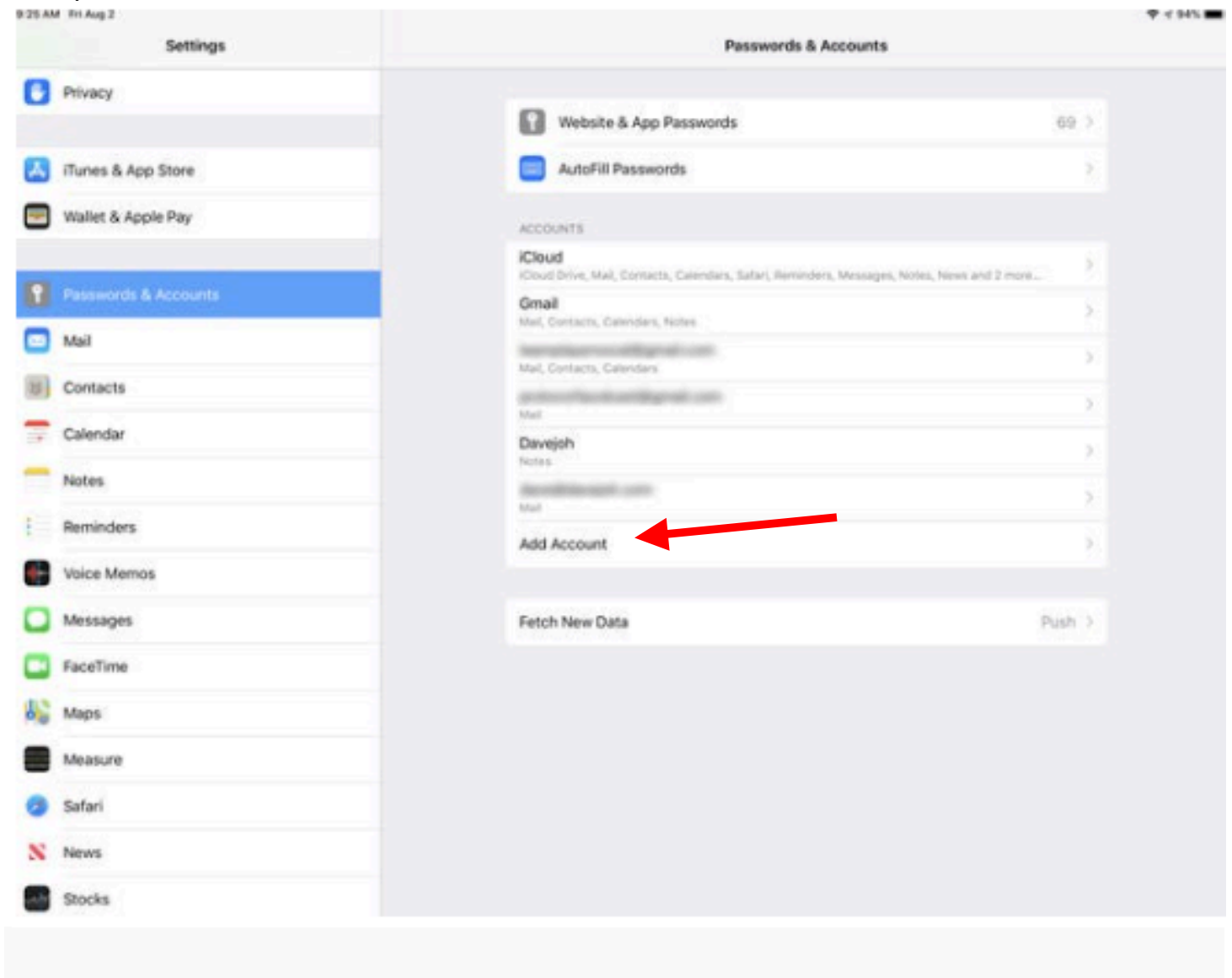


# How to set up a web email account on your iPhone & iPad

1. Start the Settings app.

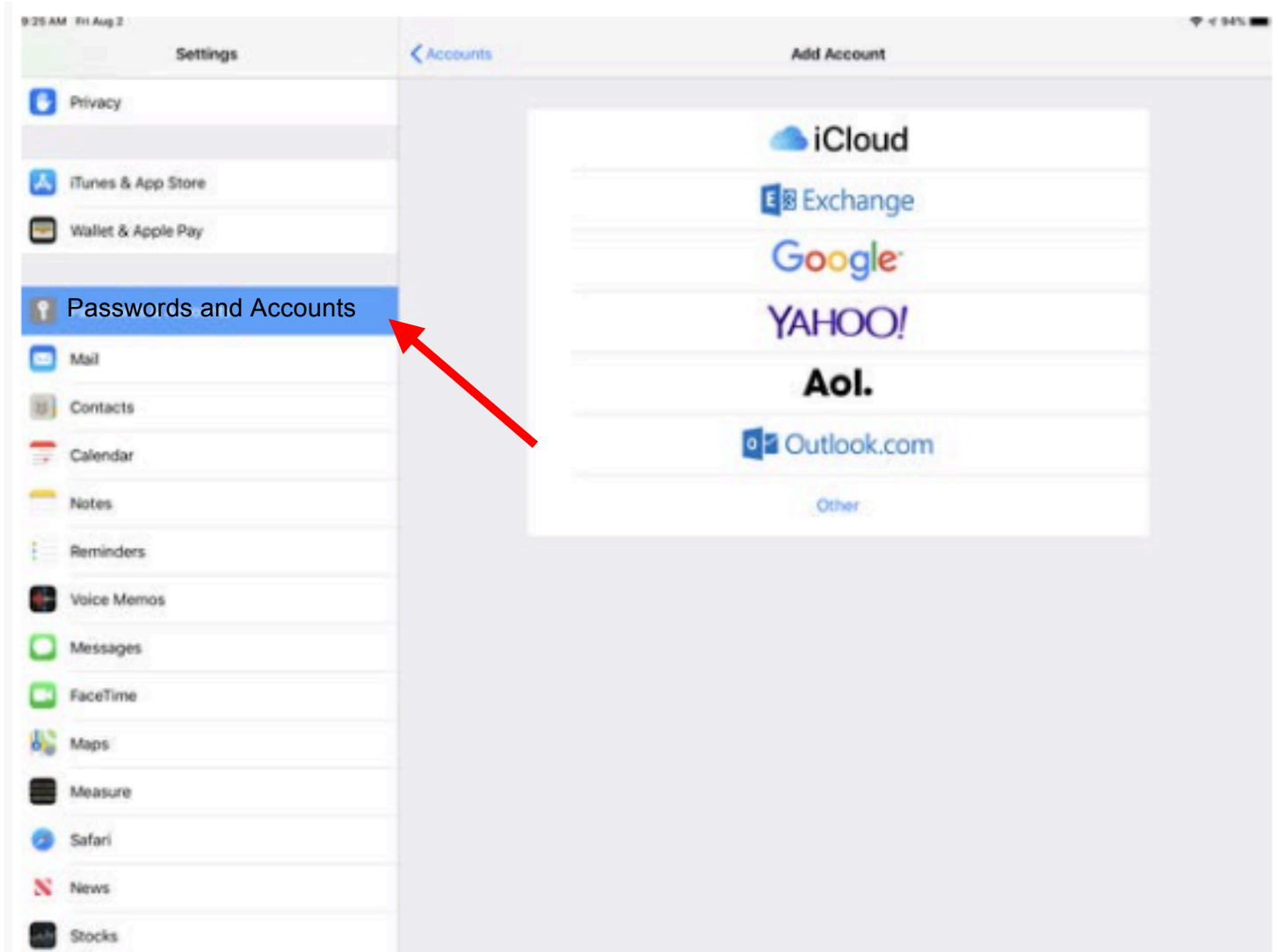


2. Tap "Passwords and Accounts."



3. Tap "Add Account."

4. Tap the kind of email account you want to add. Webmail accounts include iCloud, Google, Yahoo, and Outlook.com.



Choose the webmail account you want to add to your iPad or iPhone

5. Follow the prompts. Sign into the account by entering your username or email address and the password when requested.

We highly advise you to write down your Apple ID's information including the Email and Password on a piece of paper and save it somewhere handy.