



Your At-Home Frequency Program

Prepare your Android phone, two apps, and headset **before your consultation** so our time can focus on your results, not technology setup.

BEFORE YOUR APPOINTMENT

Your recordings will be chosen during the consultation. You do not need to download them yet.



STEP 01

Prepare your Android phone

Practice Better requires **Android 8.0 or newer** and a **64-bit operating system**. Before buying a phone, confirm it can install the app from Google Play.

- Charge your phone.
 - Connect it to reliable Wi-Fi.
 - Set up your Google account.
- No cellular plan needed. Android only for playback.**



STEP 02

Install Practice Better

Download **Practice Better** from Google Play. Open it, sign in to your account, and make sure you can access your client portal.

Your selected recordings will appear later in **Practice Better** → **Protocols**.

OPEN GOOGLE PLAY



SCAN ME



Finish your setup

Complete the last two steps, then send me a quick **READY** message through Practice Better.



STEP 03

Install Music Player

Download **Music Player** from Google Play. Open the app once to make sure it is installed and working.

You do **not** need to download any frequency recordings before we meet.

OPEN GOOGLE PLAY



SCAN ME



STEP 04

Get the correct headset

Use the **Sony swiveling-earcup headset** shown. The earcups must rotate and lie flat against your body. Earbuds and fixed-earcup headphones will not work.

The speakers are placed against the body, **not worn over the ears**.

VIEW SONY HEADSET



SCAN ME

Affiliate link: I may earn a commission at no additional cost to you.

Ready for your consultation?

When your Android phone is set up, both apps are installed, and your headset is ready, please message me **READY** through Practice Better.

If anything is difficult, tell me **before** your appointment so we can arrange separate setup assistance. We will access and organize your frequency recordings together after the consultation.