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Enter your name, contact number, and the **4-Digit Verification Code** that is sent to you via text message.



Read through the warning message, and tap the Accept button.



Select the drugs you will use and tap the **Start** button.





Confirm your address, and provide additional location details if necessary.





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 The timer starts running. If you need to stop it for any reason, tap the Pause button.



When you are ready to resume the timer, tap the **Start** button.



To increase the length of the timer, tap the **Extend** button and select a time from the menu.



At 10 seconds remaining, an alarm will ring. When the timer ends, tap the **Stop** button.

