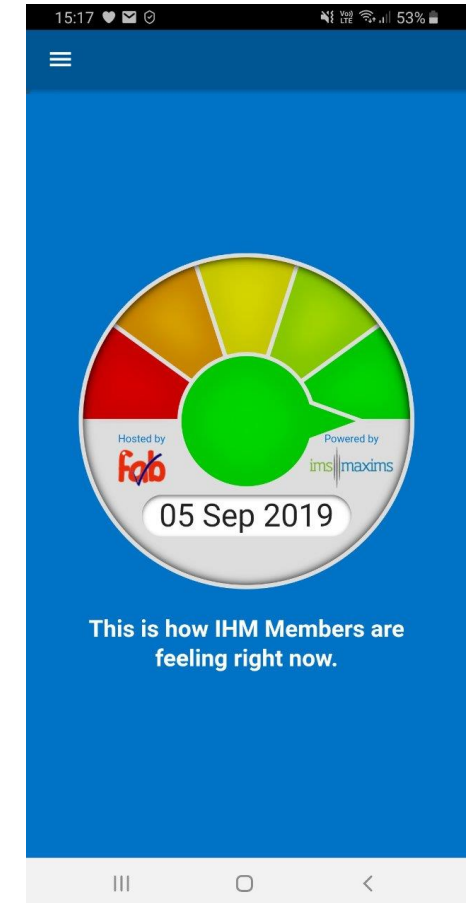
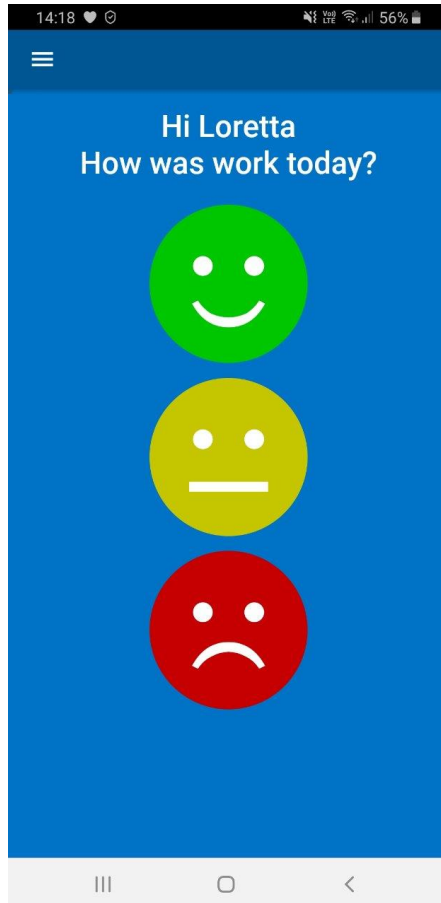
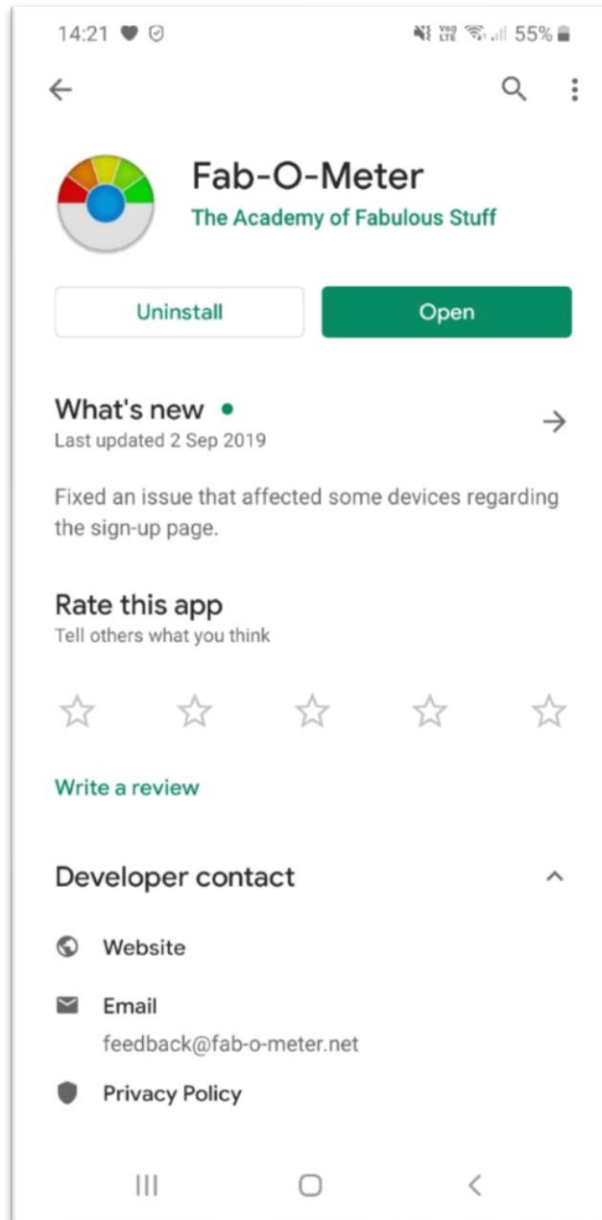


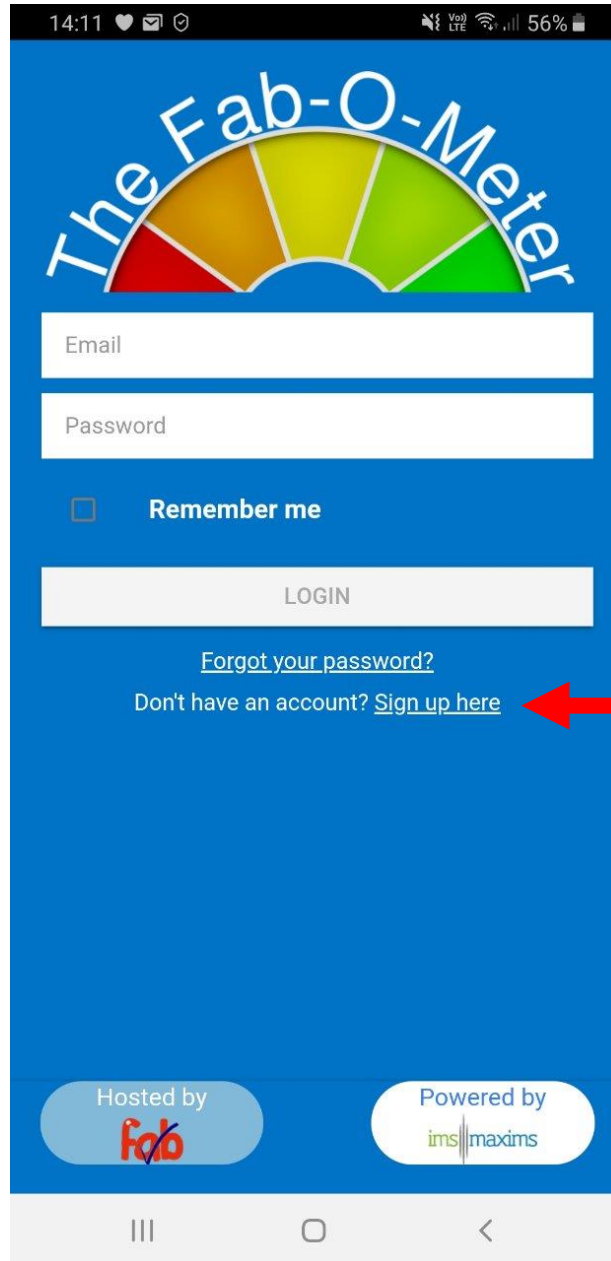
IHM Members

How to use the Fab-O-Meter



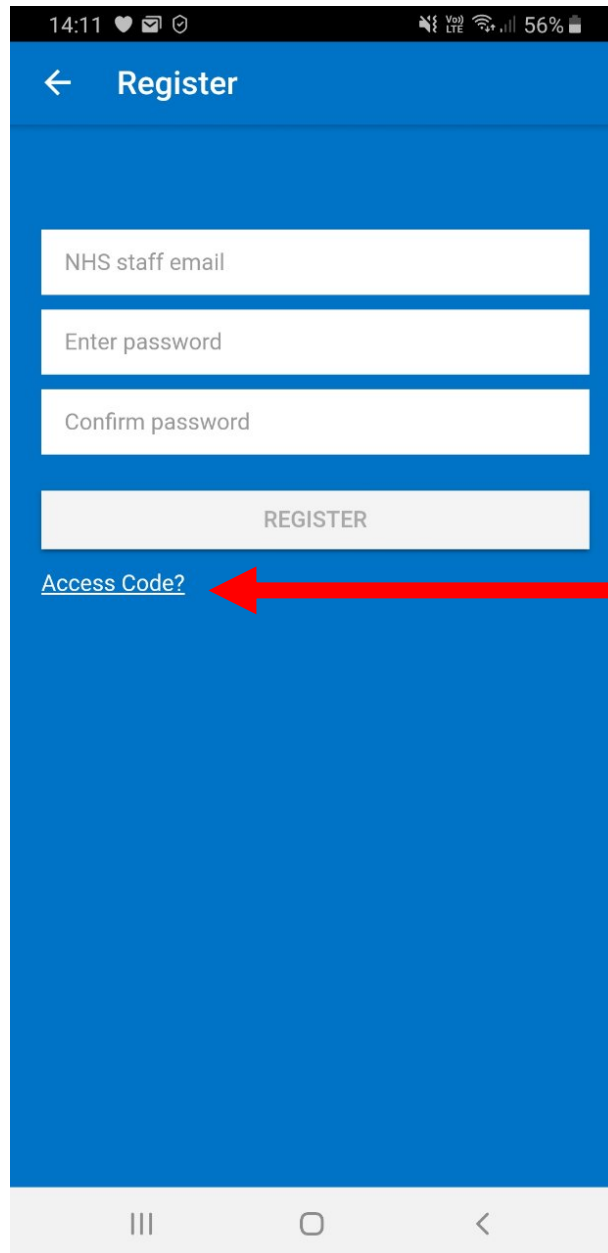


Step 1
Install the app on your phone/tablet from
Play Store (Android) or Apple Store (iOS)



Step 2

Open the app, click **'sign up here'** to register



14:11 14:11 | 56% | REGISTER

← Register

NHS staff email

Enter password

Confirm password

REGISTER

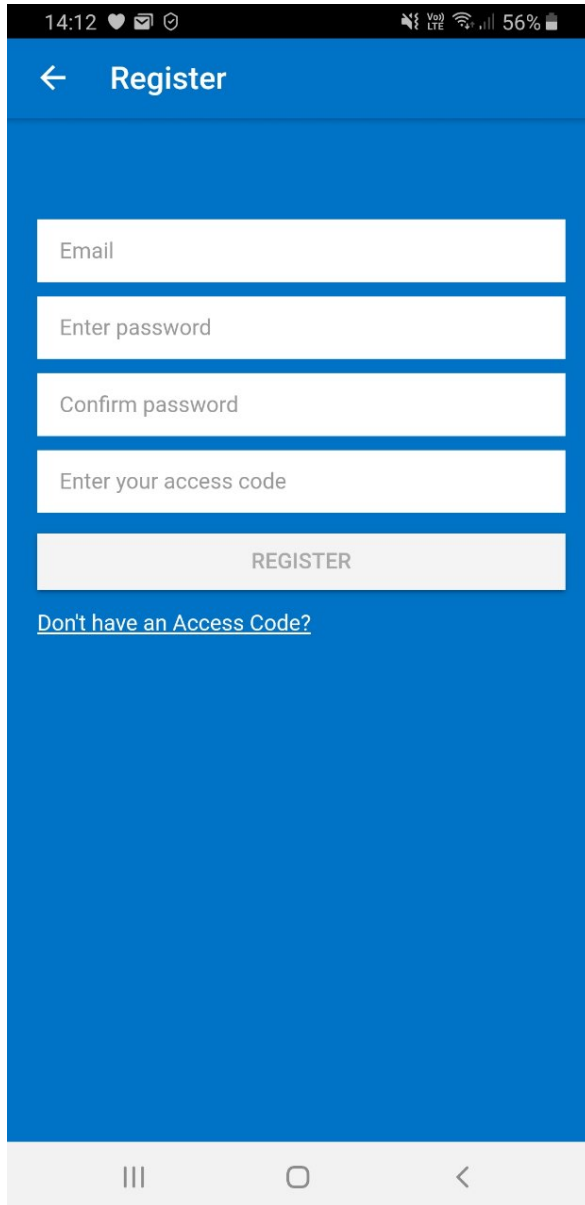
[Access Code?](#)

Android navigation bar

Step 3

Click '**access code**' on the registration screen that comes up. **Don't fill anything out !**





14:12 56%

← Register

Email

Enter password

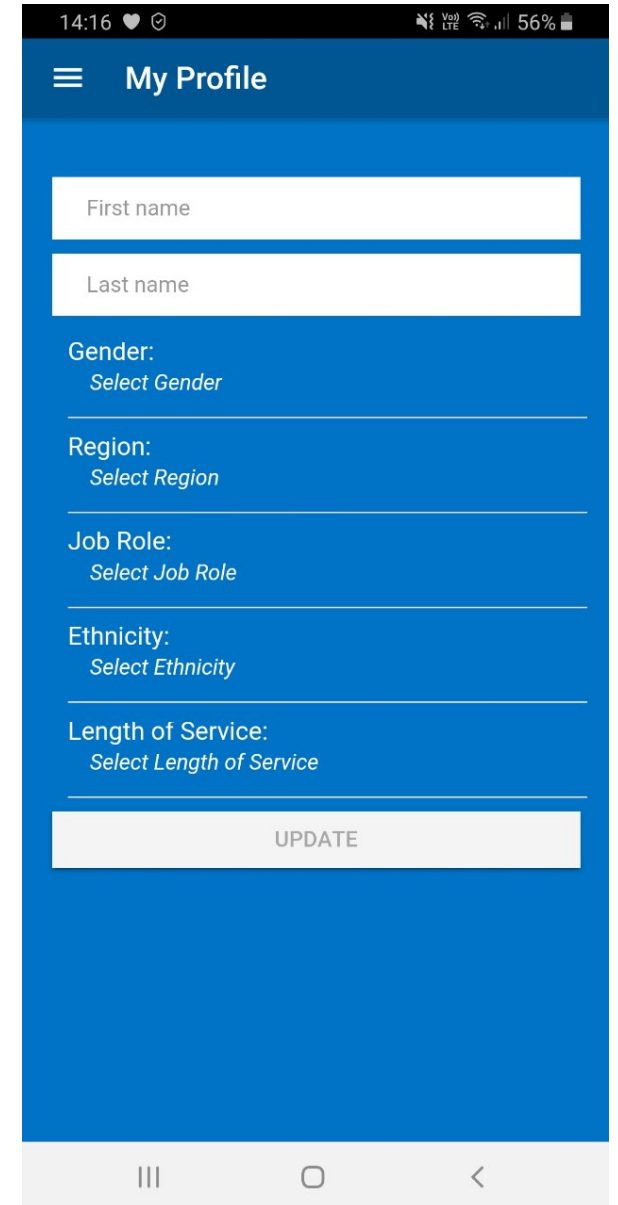
Confirm password

Enter your access code

REGISTER

[Don't have an Access Code?](#)

Step 4
Complete the registration form (**left**) & use access code **'FABIHM'**.
Go into your inbox to click on the validation link you should have received & complete your profile (**right**) when presented with the screen.



14:16 56%

☰ My Profile

First name

Last name

Gender:
Select Gender

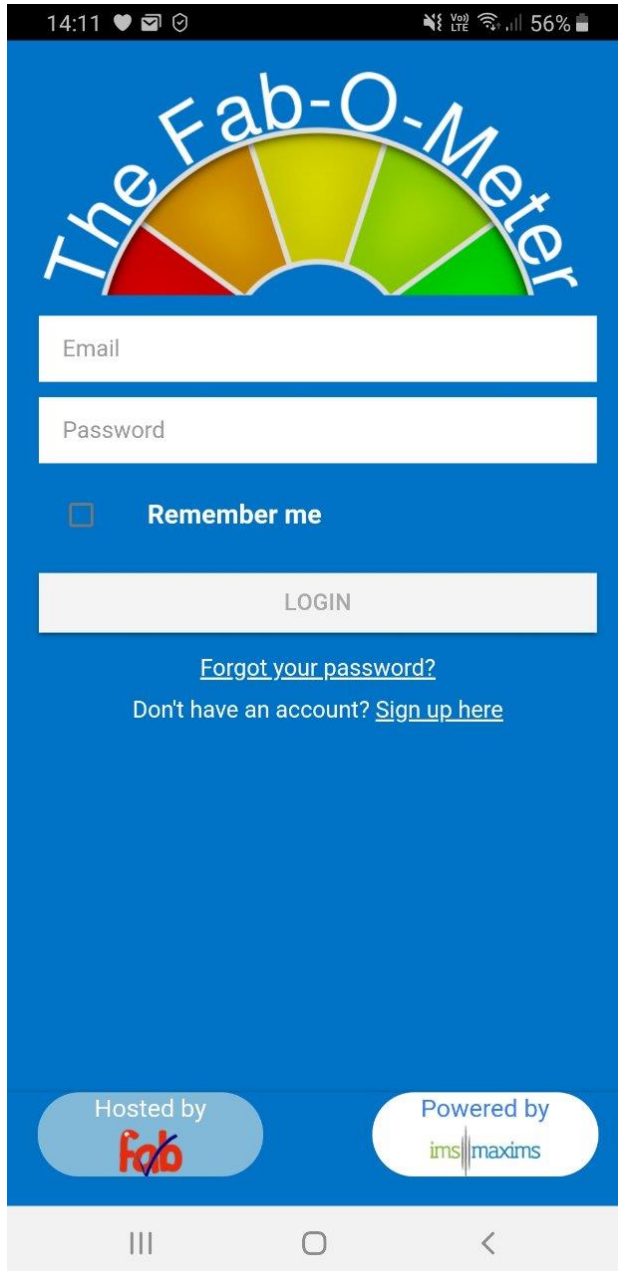
Region:
Select Region

Job Role:
Select Job Role

Ethnicity:
Select Ethnicity

Length of Service:
Select Length of Service

UPDATE



14:11 56%

The Fab-O-Meter

Email


Password


Remember me

LOGIN

[Forgot your password?](#)

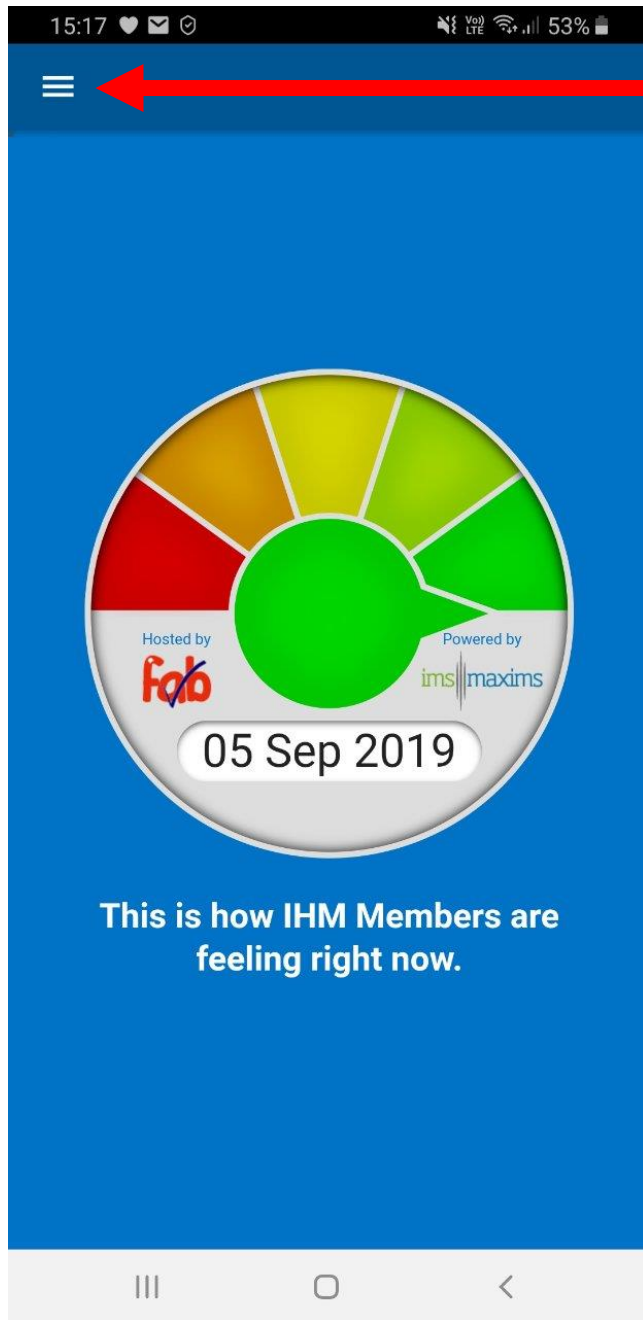
Don't have an account? [Sign up here](#)

Hosted by 

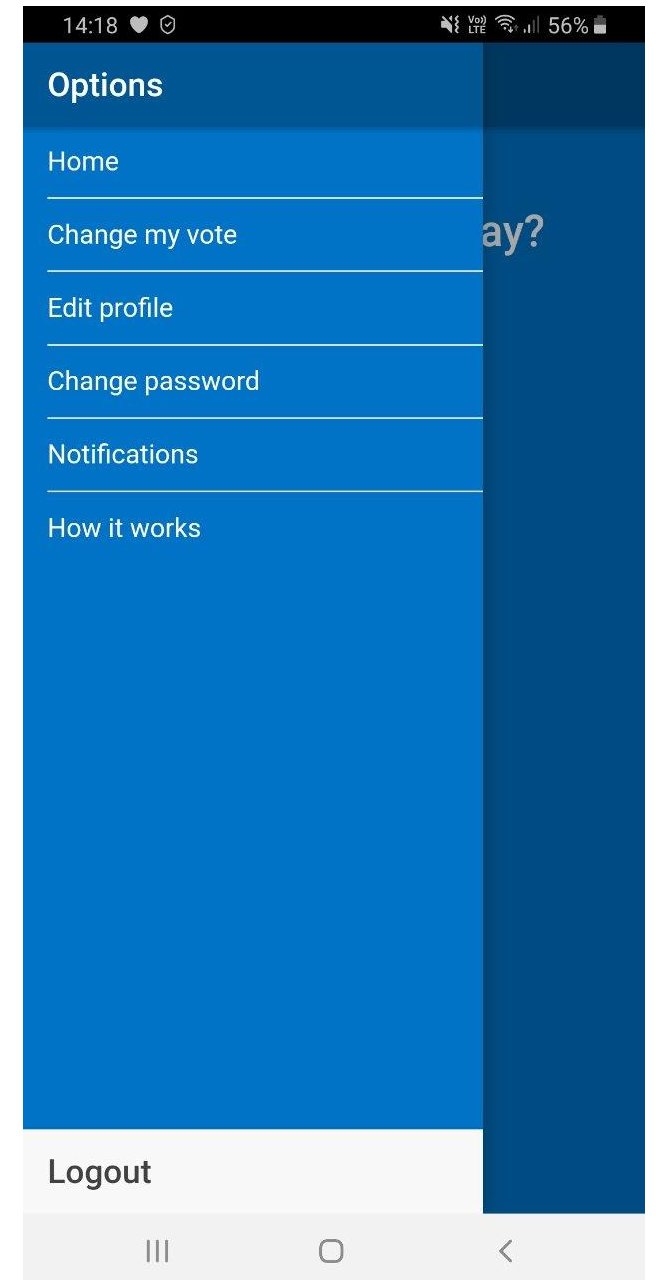
Powered by 

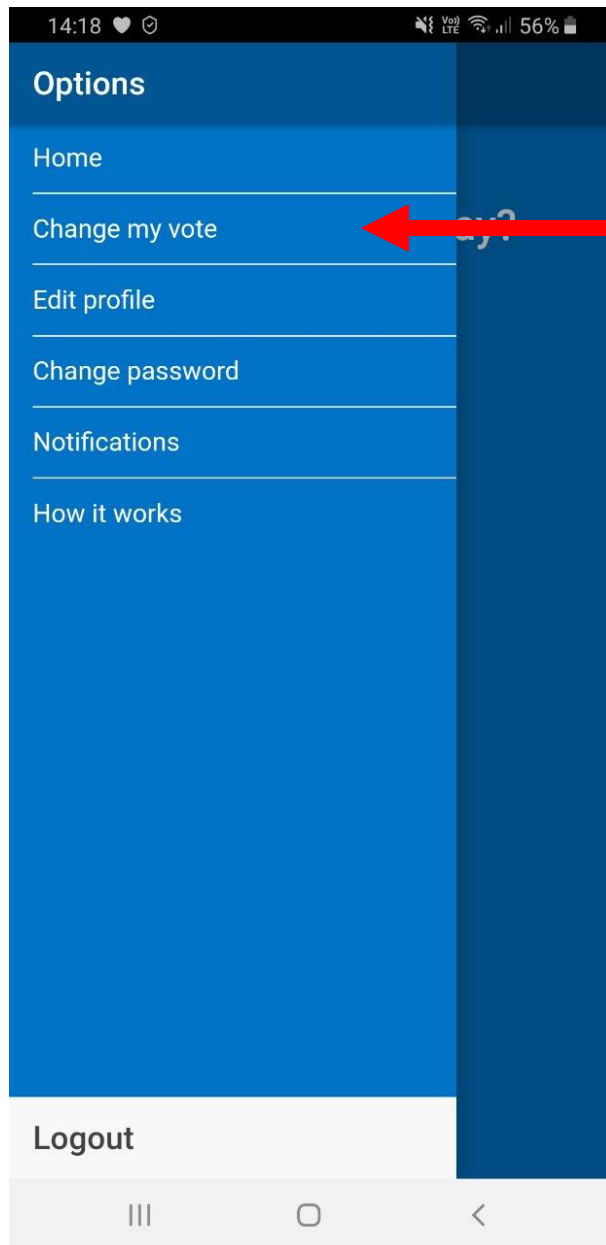
Step 5

Once you've clicked on the validation link go to the log-in screen & log in.

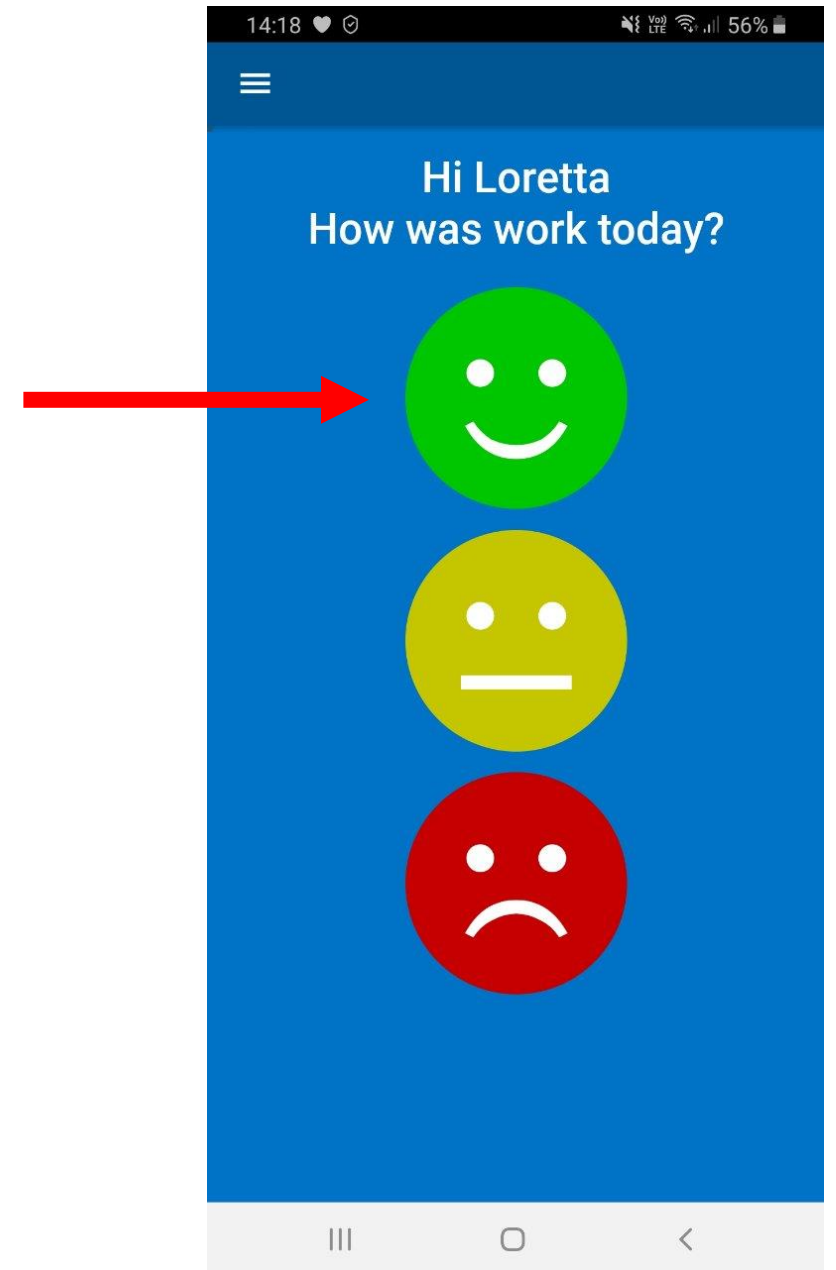


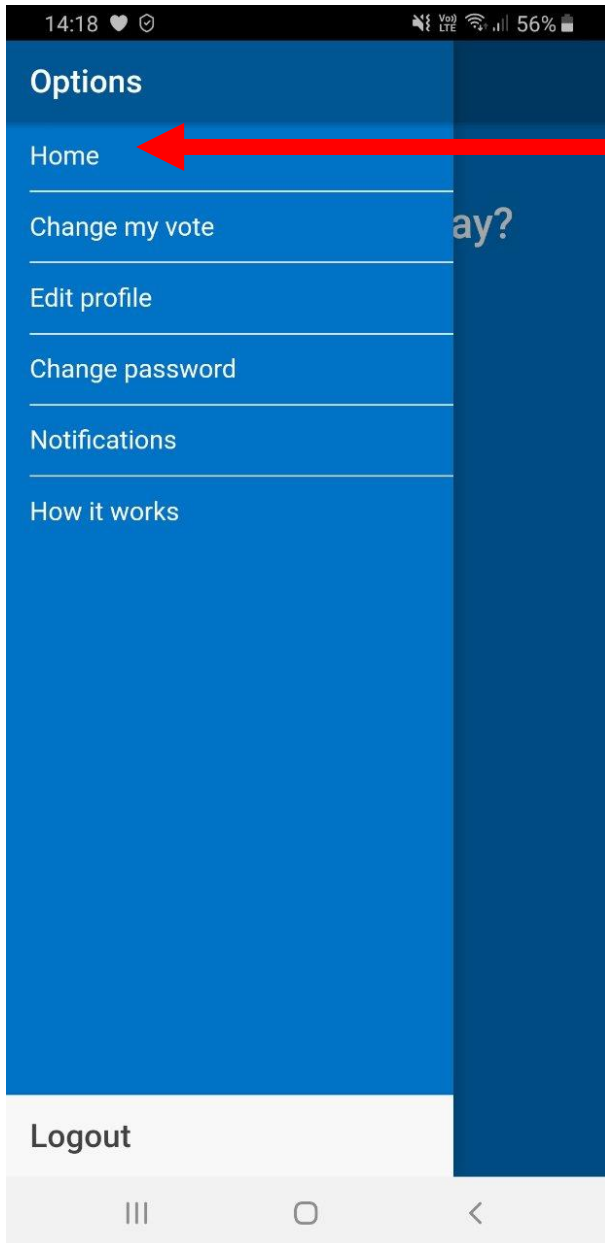
Step 6
The **app functionality (right)** can be accessed by clicking on the 3 **horizontal bars (left)** on the top left-hand side.



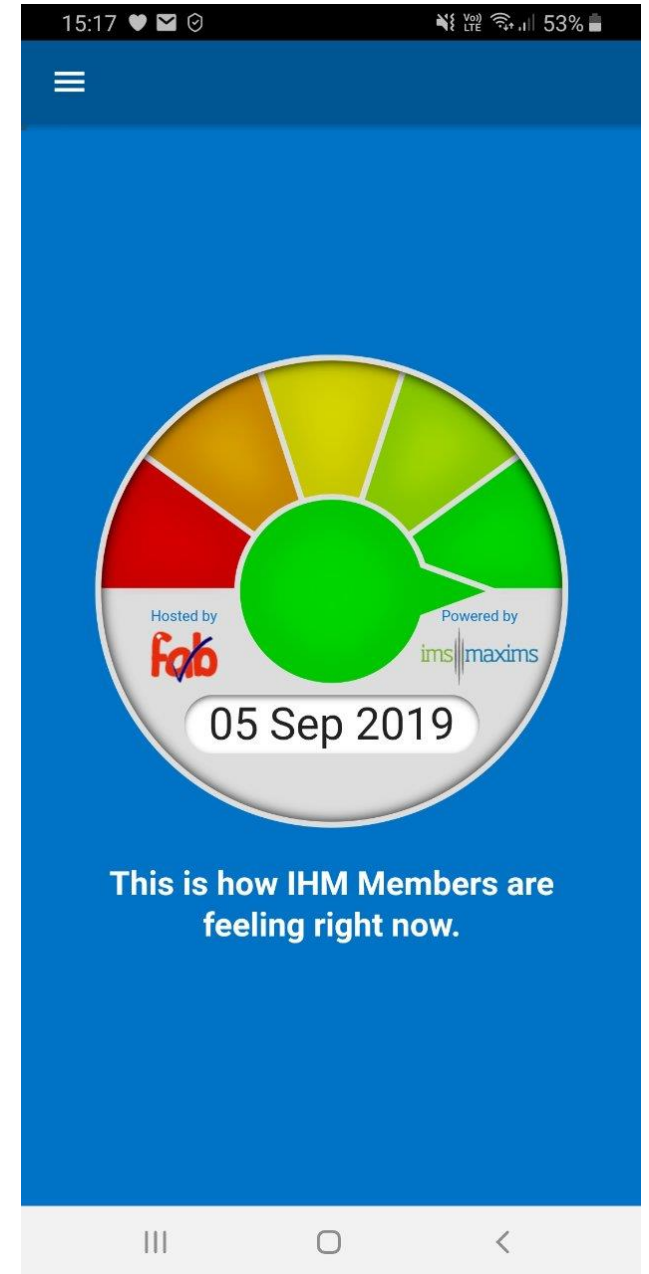


Step 7
Please visit **'change my vote'** each working day to **record** how you are feeling about work. The Fab O Meter refreshes at midnight each day.





Step 8
If you visit 'Home' (left) you will see the Fab O Meter showing you how IHM members are currently feeling about their work (right).



If you need any assistance in setting up or using the Fab-O-Meter, please contact us via:

contact@ihm.org.uk

If you're interested in using Fab-O-Meter within your organisation for measuring morale, developing performance and answering the question 'how did we do today?' ...

please visit: <https://fab-o-meter.com/>