Volume

3

MY VITALITY

Alternative Healthcare Solutions

Installation Manual

MY VITALITY: ALTERNATIVE HEALTHCARE SOLUTIONS

Installation Manual

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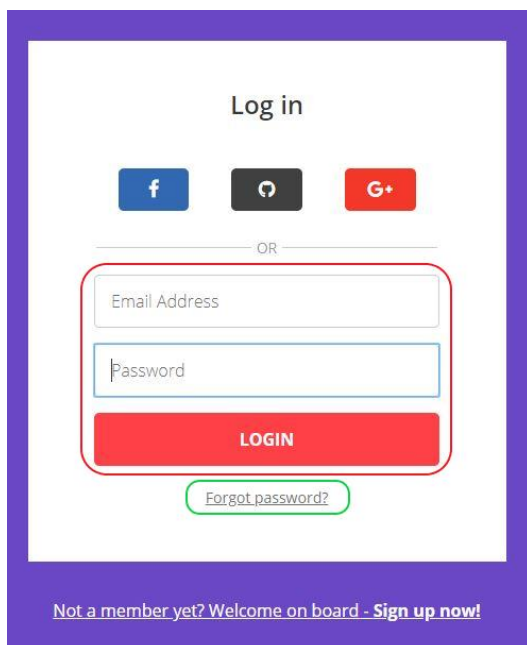
Where is the system hosted?

The site is hosted online at a company called Hostinger.

https://www.hostinger.com/

How do I access the hosting site?

To access the hosting site, enter the following URL into the browser:

https://www.hostinger.com/cpanel-login?r=index/index

From here, enter the login information to access the site (see figure 1, marked in red) and press the 'LOGIN' button.

If you have forgotten the password, click the 'Forgot password' link (see Figure 1, marked in green) and follow the onscreen instructions to reset the password.

Figure 1

How do I navigate the hosting site?

Once you have logged in, you'll be presented with the screen shown in Figure 2.

You can use the navigation bar at the top of the page to view your profile, account and billing information (see Figure 2, marked in green).

If you require any help, you can click the icon in the bottom right-hand corner of the page to start a chat with one of the site's agents (see Figure 2, marked in orange).

To manage the MyVitality system, click the 'Manage' button in the center of the page (see Figure 2, marked in red).
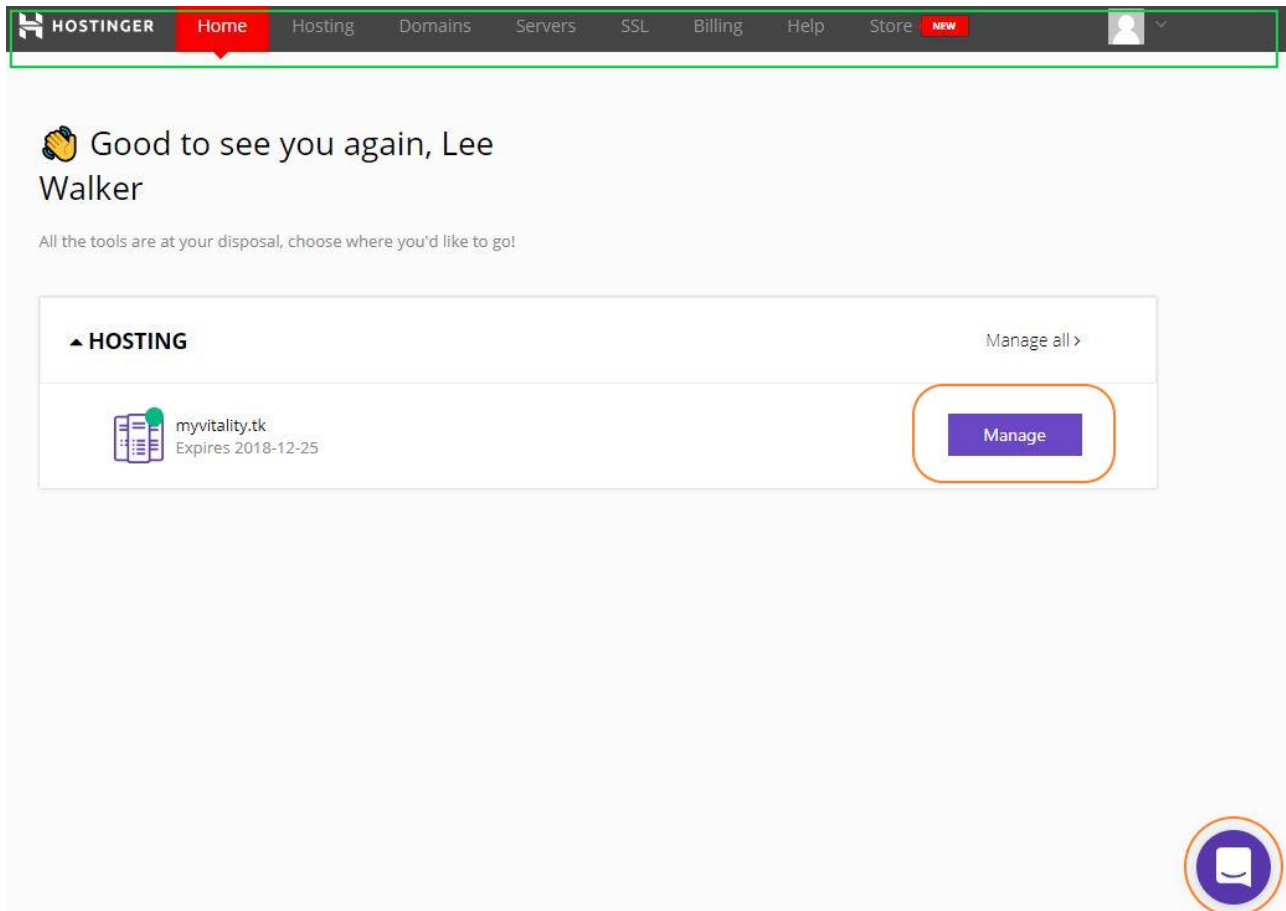

Figure 2

Once you click the 'Manage' button you will be directed to a page where you can manage the online system.

From here you can:

- Manage your account

  - See account details

  - Change account password

  - Renew or upgrade your subscription

- Manage email accounts

- Manage the domain name

- Import web site code

- Manage the web site files and make backups

- Manage the site database (for further information, see the section titled 'How do I access the database?')

- Manage web site advanced settings

  - Add site encryption

  - Alter the PHP configuration

To do any of the above tasks, scroll down the page and click on the icon that represents the task you would like to complete.
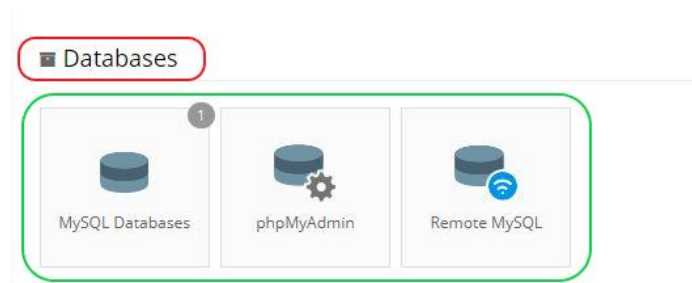
How do I access the database?

Figure 3

Once you have logged into the hosting site, click the click the 'Manage' button in the center of the page (see Figure 2, marked in red). From here, scroll down the page until you see the heading 'Databases' (see Figure 3, marked in red). Then click on either of the three icons below to manage the site's databases (see Figure 3, marked in green).

To add a new database to the site, click the icon titled 'MySQL Databases'.

To manage a remote database, click the icon titled 'Remote MySQL'.

To access the existing database, click the icon titled 'phpMyAdmin'. When you click this button, you will be directed to a page that will show the list of current databases associated with the system (see Figure 4, marked in red). From here, click the 'Enter phpMyAdmin' button (see Figure 4, marked in green) to be directed to the phpMyAdmin interface where you can manage the site's existing database.
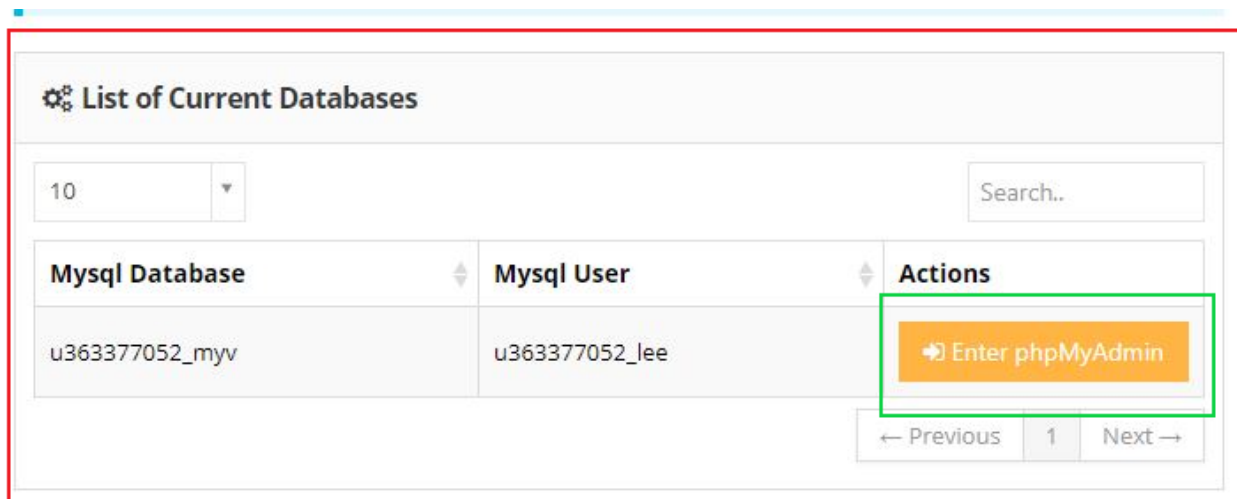

Figure 4

What can you tell me about the domain name?

The domain name for the system is myvitality.tk

The domain name was obtained from https://www.freenom.com/en/index.html?lang=en

The domain name was purchased for free.

To manage the domain, go to the URL above and enter the login information. Once logged in click on 'Services' in the navigation bar at the top of the page (see Figure 5, marked in red) and then select either 'My Domains' (see Figure 5, marked in green) or 'Renew Domains' (see Figure 5, marked in orange) to manage the domain name.
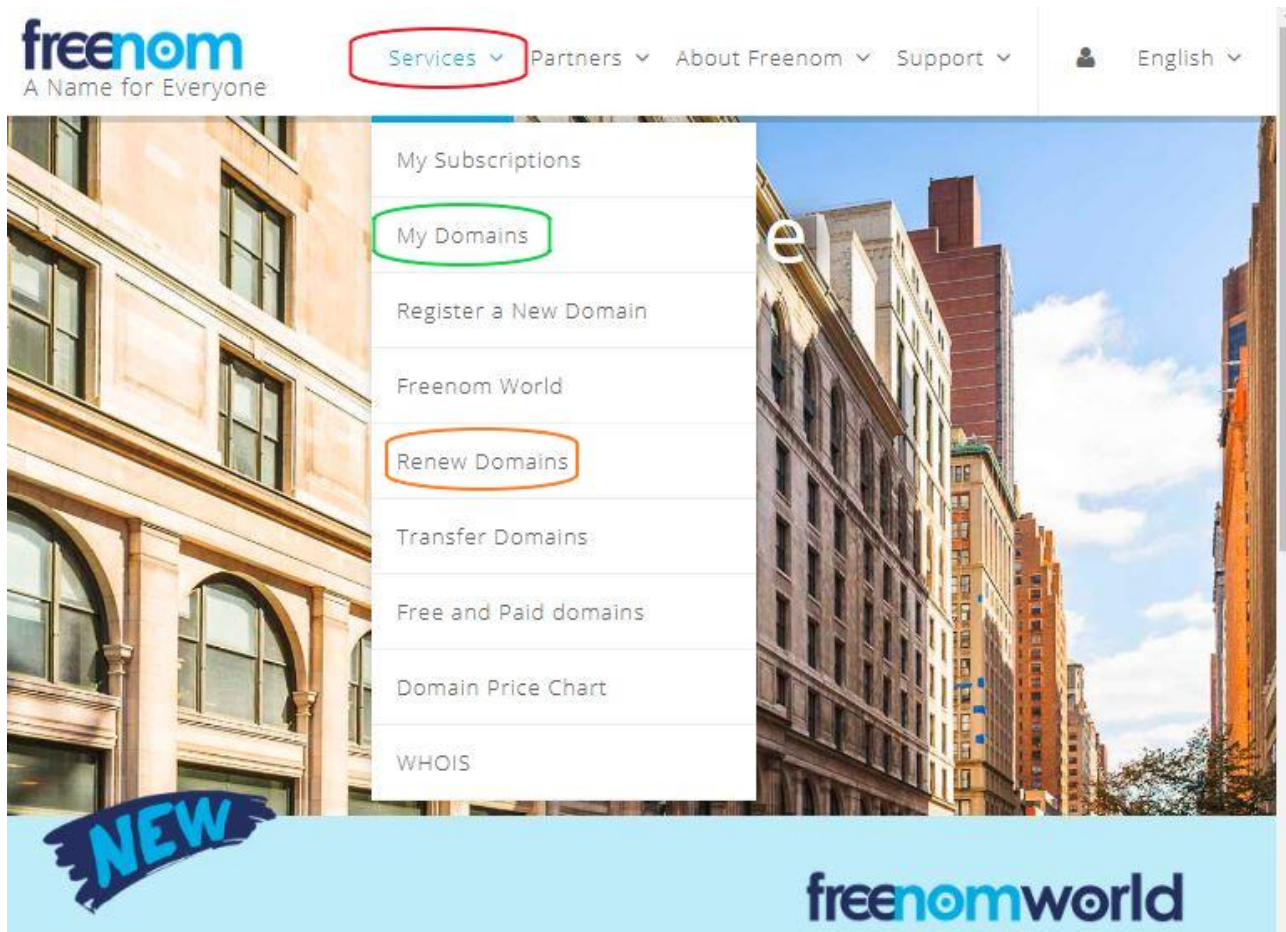

Figure 5

What software is needed?

A browser such as Google Chrome or Mozilla Firefox.

phpMyAdmin for database administration.

The software can be obtained from the following locations

- Google Chrome –

https://support.google.com/chrome/answer/95346?co=GENIE.Platform%3DDesktop&hl=en

- Mozilla Firefox - https://www.mozilla.org/en-US/firefox/new/

- phpMyAdmin - https://www.phpmyadmin.net/downloads/?

How do I install the software?

For help on installing the software, please visit the vendors documentation manuals, provided below:

- Google Chrome -

https://support.google.com/chrome/answer/95346?co=GENIE.Platform%3DDesktop&hl=en

- Mozilla Firefox- https://support.mozilla.org/en-US/kb/how-download-and-install-firefox-windows

- phpMyAdmin - https://www.phpmyadmin.net/docs/