

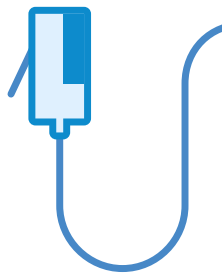
# Healthy Family

## HOW TO HARDWIRE YOUR COMPUTER, LAPTOP OR TABLET

### 1. THIS IS AN ETHERNET CORD

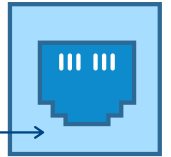
Ethernet cords come in different lengths.

They allow the data to flow through the cord instead of wirelessly through the air - superfast.



### 2. DO YOU NEED AN ADAPTER?

Is there an ethernet sized port on your device?

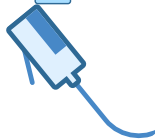
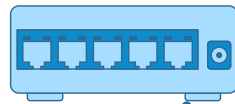


If not, you will need an ethernet adapter. Adapters plug into USB or lightning ports. Research that you have the correct adapter for device's make & model.

### 3. PLUG ETHERNET INTO YOUR MODEM

Plug one end of the ethernet into your modem or router.

You might want also an "ethernet switch" that "splits" the ethernet line so you can plug in multiple ethernet cords for computers.



### 4. PLUG ETHERNET INTO YOUR LAPTOP OR TABLET

Plug the other end of your ethernet into your device.



This step is where you might need an adapter and maybe even a power adapter (for iPads).

### 5. TURN WI-FI & BLUETOOTH "OFF" IN DEVICE

Go into the settings and turn the Wi-Fi / Bluetooth or any other wireless antennas OFF.

For tablets turn "Airplane Mode" ON & check that Bluetooth is OFF.



### 6. MAKE YOUR ROUTER WI-FI FREE

Turn Wi-Fi & other antennas OFF in settings. Be aware Wi-Fi can turn back on when reset so check with an EMF meter. Best is to buy your own Wi-Fi free modem. At minimum, turn Wi-Fi OFF at night.

CONGRATS