

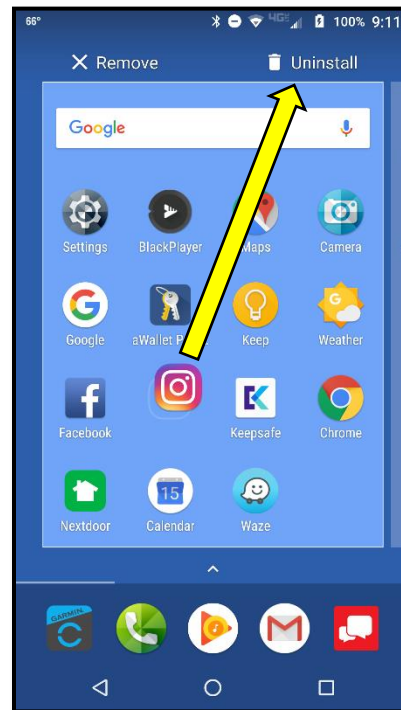
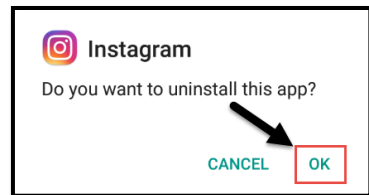
Smartphones can get clogged up and bogged down with Apps you may no longer use or didn't even know you had on your device. Here's how to remove them from your smartphone.

## UNINSTALL INFREQUENTLY USED APPS FROM YOUR DEVICE (ANDROID)

1. Press and hold an app you don't use very often. While continuing to press and hold, drag the app up to the **Uninstall** section of your screen.

**NOTE:** You can always reinstall the app back to your device.

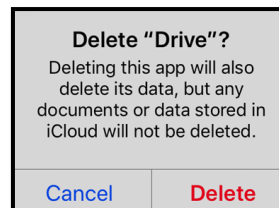
2. Click **OK** to uninstall the app.



## UNINSTALL INFREQUENTLY USED APPS FROM YOUR DEVICE (IPHONE/IPAD)

1. Press and hold any icon on your screen for 2-3 seconds until the apps appear to "shake."
2. Click the **X** in the upper left corner of the app you wish to uninstall.

3. Tap **Delete** to confirm deletion.



**NOTE:** You can always reinstall the app back to your device.

