

有推送通知提醒我  
要進行視頻訓練

Push notification is popped  
up on my mobile device

我應該要點做？

**What should I do?**

# 推送提示 Push Notification



# 開啟推送提示 Open push notification

# 推送提示 Push Notification



開啟推送提示  
Open push  
notification

# 推送提示 Push Notification



開啟通知  
Tap on open  
notification

# 推送提示 Push Notification



選擇進入按鈕  
Tap on Enter  
button

# 視頻播放 Video Player



播放視頻訓練  
Play Rehab  
training video

# 視頻播放 Video Player



退出視頻訓練  
Exit training  
video



# 視頻播放 Video Player



退出視頻訓練  
Exit training  
video