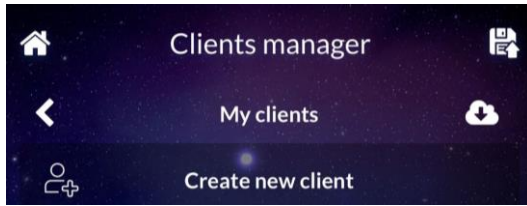


## Backups



At the top of the Menu we have two buttons.



This button is to return to the main Menu.



This button allows you to do **backups**

Backups are essential to avoid losing all your customers' data in case the mobile is lost or damaged.

We recommend making a minimum of one copy per month.

When you press the button, you have two options:

1. **Create backup**
2. **Import backup**

### Create backup

When we click **Create backups**:

1. A file named "**Biofoton2-backups-xx-xx-2023**" is **saved** in the downloads folder of the mobile.
2. It gives you the option to send the backup to an Email account, Whatsapp, Telegram, etc.

*Attention: Is very important to send the backup outside the mobile so that it is backed up in case you lost the data.*

### Import backup

To recover the information click **Import backup**

Then you go to the Downloads folder, where the saved backups are.

If you change your phone, you will not have saved backups in your new phone.

In this case it is necessary to go to the account where you saved the backup (Email, Whatsapp, Telegram) and save the backup in the Downloads folder of the new phone, to import the backup from this folder.

Finally, if you have a lot of customers in the CRM, we recommend using a tablet with a keyboard. It will be much easier to add the data of your costumers.