

PAUSIER IPHONE SETUP GUIDE

Use this guide to set up Pausier on your iPhone.

Pausier helps you pause before you click, pay, reply, answer, or share a code.

Pausier will never ask for passwords, OTPs, full card numbers, or bank details.

1. Install Pausier

Install Pausier on your iPhone, then open the app.

If you are using a test or early access version, install it from the link or TestFlight invitation provided by Pausier.

2. Sign in

Open Pausier and sign in with the same account you use on the website or Android app.

Your account, trial, and plan are checked from Pausier's secure account system.

If you are on the 30-day Max trial, Pausier should show your Max access and remaining trial days after sign-in.

3. Check your account

Open Account to confirm your plan.

Pausier uses the account summary from the Pausier service as the source of truth.

If your trial ends and you do not choose Pro or Max, your account returns to Free/CHECK.

4. Use CHECK

Use CHECK when you want to review a suspicious message, email, link, payment request, marketplace message, social message, or call situation.

Choose the type of contact or request that best matches what happened.

Pausier gives decision support. It does not guarantee that something is safe or unsafe.

5. Use Pause now

Use Pause now when you feel rushed, pressured, confused, or unsure.

Pause now opens Pressure Breaker.

Pressure Breaker helps you stop before acting on someone else's instructions.

6. Use Live call check

In Pressure Breaker, open Live call check.

Choose any pressure sign that matches the call or message:

- Keeping me on phone
- Move money
- Code / OTP
- Card / password
- Install app
- Keep it secret
- Bank / police
- Threat
- Refund / prize
- Pressure / Pushing

If one of these is happening, pause before acting.

7. Use the pressure actions

After choosing a pressure sign, Pausier shows:

Pressure signs found

Pause now. Do not act on the caller's instructions.

Choose one option below.

You can then choose:

- Call someone I trust
- Text someone I trust
- Share NOW
- Hang up and verify
- Review safely

8. Add trusted people

Use Trusted Circle to add people you trust.

A trusted person could be a family member, friend, carer, colleague, or someone you would contact before acting under pressure.

9. Text or share with someone you trust

If you choose Text someone I trust or Share NOW, Pausier prepares a safety message and link.

The message asks your trusted person to help you pause and decide what to do.

The trusted person can open the Pausier safety link and send one of the built-in nudges.

10. Understand trusted-person nudges

A trusted person can send one of these nudges:

Please pause and call me on my number.

Please hang up and verify using official contact details.

Pausier can show the nudge in the app when it is received.

11. Set up the Home Screen widget

Add the Pausier widget to your Home Screen if available.

Use the widget to open Pause now quickly.

12. Set up the Lock Screen widget

Add the Pausier Lock Screen widget if available on your iPhone.

Use it to open Pause quickly.

13. Set up Siri or App Shortcut

Use the Pausier shortcut if available.

Suggested phrases:

Pausier it

Pause now with Pausier

This can help you open Pressure Breaker quickly.

14. Set up Back Tap

Back Tap is an iPhone accessibility feature.

To set it up:

Open Settings.

Open Accessibility.

Open Touch.

Open Back Tap.

Choose Double Tap or Triple Tap.

Select the Pausier shortcut if available.

After setup, double tap or triple tap the back of the iPhone to open Pausier's quick help.

15. Enable Pausier alerts

If Pausier asks for notification permission, allow it if you want Pausier alerts.

Pausier alerts may be used for Pausier events such as trusted-person nudges and safety reminders.

Pausier cannot automatically read every app's notifications on iPhone.

16. Enable Message Filtering if available

If Pausier Message Filter is available, you can enable it in iPhone settings.

Open Settings.

Open Messages.

Open Unknown & Spam or Message Filtering.

Choose Pausier if it appears.

Message Filtering is for supported SMS, RCS, or MMS filtering. It does not mean Pausier can read every app's messages.

17. Use Share to Pausier

If Share to Pausier is available, use the iPhone share menu from another app.

You can share suspicious text or links into Pausier for checking.

This is useful for messages, emails, marketplace chats, social messages, and links.

18. Verify through official details

If someone asks you to move money, share a code, install an app, keep something secret, or stay on the phone, pause.

Verify using official contact details you already trust.

Do not use a phone number, link, or contact detail given by the caller or sender.

19. Important safety reminder

Pausier will never ask for passwords, OTPs, full card numbers, or bank details.

Pausier provides decision support.

Pausier does not guarantee that a message, call, link, or payment request is safe or unsafe.

IOS FAQ

Can I use the same account on website, Android, and iPhone?

Yes. Use the same Pausier account. Your account, plan, trial, and access are checked from Pausier's account system.

Does iPhone use the same 30-day Max trial?

Yes. If your account has an active Max trial, iPhone should show Max access after sign-in. Trial days come from your Pausier account.

What happens after the 30-day Max trial ends?

If you do not choose Pro or Max, your account returns to Free/CHECK according to the Pausier account rules.

Can Pausier automatically read every iPhone notification?

No. On iPhone, Pausier cannot automatically read every app's notifications. Use Pause now, CHECK, Share to Pausier, and Message Filtering where available.

Can Pausier monitor WhatsApp, Gmail, or banking app notifications automatically?

No. Pausier does not automatically read WhatsApp, Gmail, bank app, courier app, or marketplace app notifications. You can use Share to Pausier or CHECK when you want help reviewing something.

Can Pausier help with text messages?

Yes. You can use CHECK, Share to Pausier, and Message Filtering where available. Message Filtering is for supported SMS, RCS, or MMS filtering.

Can Pausier help during a phone call?

Yes. Use Pause now or Live call check. If you feel pressured, open Pressure Breaker and choose the pressure sign that matches the situation.

Does Pausier tell me something is definitely a scam?

No. Pausier provides decision support. It does not guarantee that something is safe or unsafe.

What should I do if someone asks for a code or OTP?

Pause. Do not share codes or OTPs with someone who is pressuring you. Verify through official contact details you already trust.

What should I do if someone asks me to move money?

Pause. Do not move money because someone is pressuring you. Contact your bank or payment provider using official details you already trust.

What should I do if someone asks me to install an app?

Pause. Do not install apps or allow remote access while someone is pressuring you. Verify independently.

What is Trusted Circle?

Trusted Circle lets you add people you trust so you can contact them when you feel unsure or pressured.

Does my trusted person need to install Pausier?

No. A trusted person can use the Pausier safety link in a browser.

What is a trusted-person nudge?

A trusted person can send a short Pausier nudge such as "Please pause and call me on my number" or "Please hang up and verify using official contact details."

How do I set up Back Tap?

Open iPhone Settings, then Accessibility, Touch, Back Tap. Choose Double Tap or Triple Tap and select the Pausier shortcut if available.

How do I set up Siri or App Shortcut?

Use the Pausier shortcut if available. Suggested phrases include "Pausier it" or "Pause now with Pausier."

How do I use Share to Pausier?

From another app, open the share menu and choose Pausier if available. Pausier can help you review suspicious text or links.

Does Pausier ask for passwords or bank details?

No. Pausier will never ask for passwords, OTPs, full card numbers, or bank details.