

## **Obtaining the Components of the “Computer Health Plan”(1/23/23)**

Although the Watch Care Write-up Handout describes how to use the Health Plan, there exists some confusion or lack of detail on how to obtain and install the various components involved. Use the following as a guideline on how to download and install the programs. Although all programs are available from [www.filehippo.com](http://www.filehippo.com), the links below may be a simpler approach.

Remember, too, that the items listed below are in addition to a conventional virus checker program. I recommend using the built-in Windows Defender Anti Virus. If you would prefer something else, my second choices would be Avast and AVG free versions. I typically steer users away from McAfee or Norton or any other pay Anti Virus program, because they tend to burden computers that are older or have lesser specs.

When you start a download, the appearance of the download-in-progress can vary depending on which browser you user – e.g. Edge, Chrome or Firefox – but in every case, the executable file will end up in the Downloads Folder (Found by opening File Explorer). This can be accessed by clicking on the icon in the task bar that looks like a file folder with a bookend in front of it. Then find Downloads in the left pane and click on it to expand the contents of that folder. Find your respective download file and double click it to start it.

### **CCleaner Download**

Navigate to the link below and then navigate to the “Free Download” button at the bottom of the left column. Click on it to initiate the download. Then find it in the Downloads Folder as described above. You certainly must agree with the license agreement – EULA (End User License Agreement). During installation, don’t agree to anything extra as that could lead to unwanted programs being installed.

<https://www.ccleaner.com/ccleaner/download?>

### **SuperAntiSpyware Download**

Navigate to the link below, then click on “Free Download for PC” button. Find in Downloads and double click and follow the install instructions. Please read the content of the installation windows and decline anything extra that is offered – such as Premium Trial.

<https://superantispyware.en.softonic.com/download?>

### **MalwareBytes Anti Malware Download**

Navigate to the link below and click on the “Free Download” button. When you execute the install, you will wind up with the Premium Trial Version – fully functional for 14 days. You can just let the trial expire, after which it becomes free or: Click on the gear icon in the upper right; then choose Accounts: then choose Deactivate; then confirm by clicking “yes” and it will become free right away.

<https://www.malwarebytes.com/mwb-download/thankyou>

### **WinSysClean Download**

Navigate to the URL below. The filehippo website only gives you version X9. This website takes you to version X12. Again, during install, be sure not to agree to anything extra. It’s easy to just keep clicking continue. Please read the content of the windows that come up.

<https://www.usro.net/products/winsysclean/>

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