

How-To Guide

Connect Your Fitness Tracker (applicable to **all devices that are not Apple devices**)

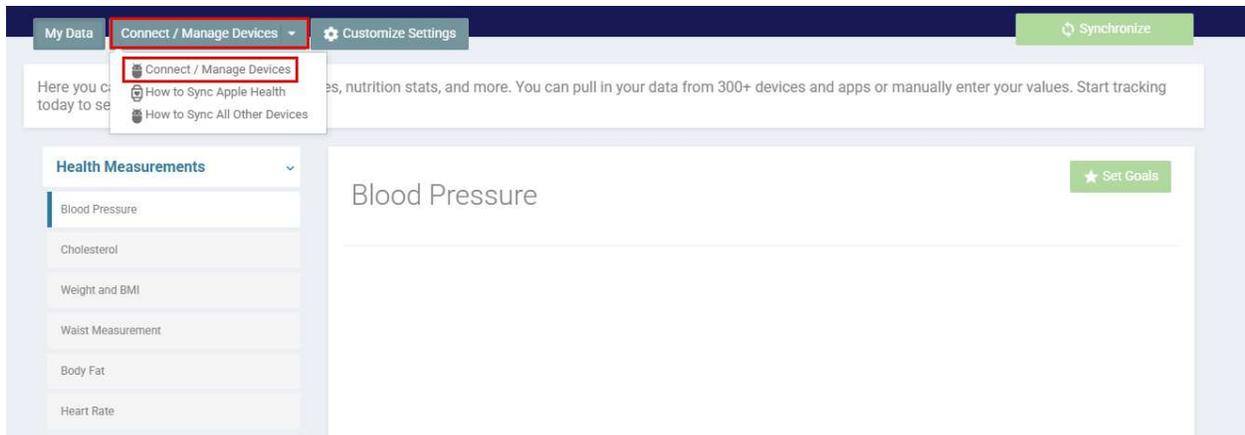


NOTE: We use another company’s technology to manage connecting wearable devices. While they offer Apple Health as a wearable source option (shown in Step #2 below), **we recommend that you DO NOT connect your Apple device this way, but rather, connect directly using Apple Health.** Follow the steps in the “How to Sync Apple Health” document, available when you select the “Connect/Manage Devices” button on the Tracker page.

Samsung Users should connect to a health tracking app such as withings or myfitnesspal, then connect that app to the tracker tile.

STEP 1

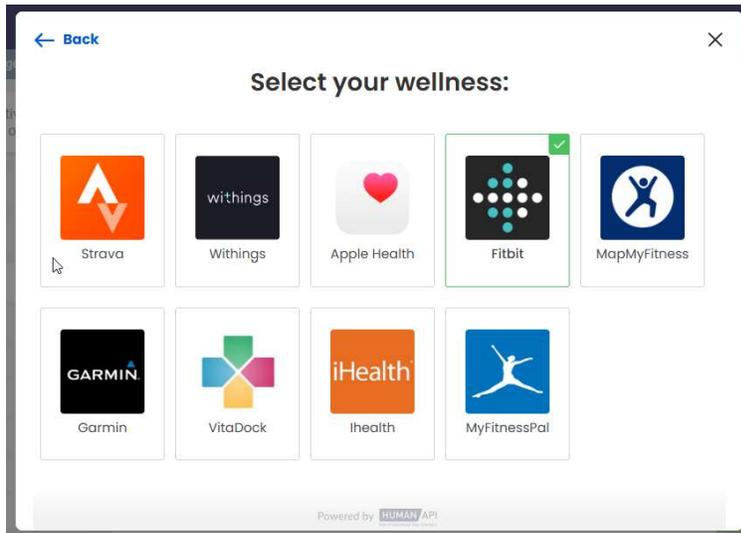
Navigate to the portal’s Tracker page. Once there, tap **“Connect/Manage Devices”** and then **“Connect/Manage Devices.”**



STEP 2

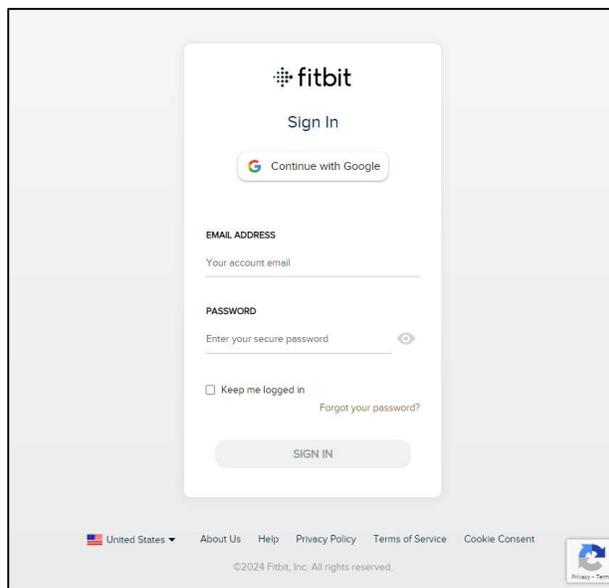
Select the wearable device or app that you would like to connect to the Tracker.

NOTE: You can connect multiple devices to the Tracker. Each device connected will have a green icon in the upper right corner.



STEP 3

Enter the login credentials used for your personal device account and follow the prompts in subsequent screens.



STEP 4

That's it! When you are returned to the Tracker page, your device data automatically begins syncing to the Tracker.

A message is shown at the top of the page, letting you know your device is connected and data is being retrieved. The Tracker syncs data from the past 90 days, so there will be some delay while that is in process.

You may also use the **“Synchronize”** button as needed to refresh your data.

