

How-To Guide

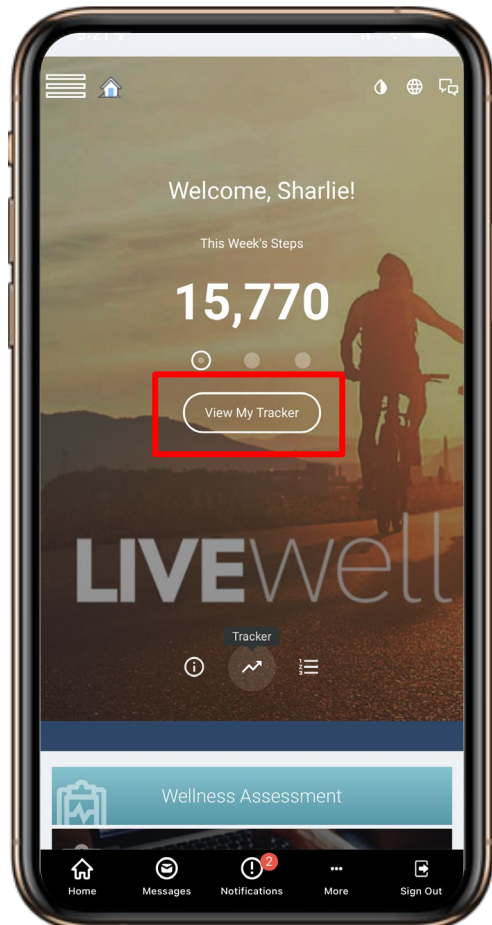
Connect Your Fitness Tracker to Apple Health

STEP 1

Log in to your Wellness app on your iPhone

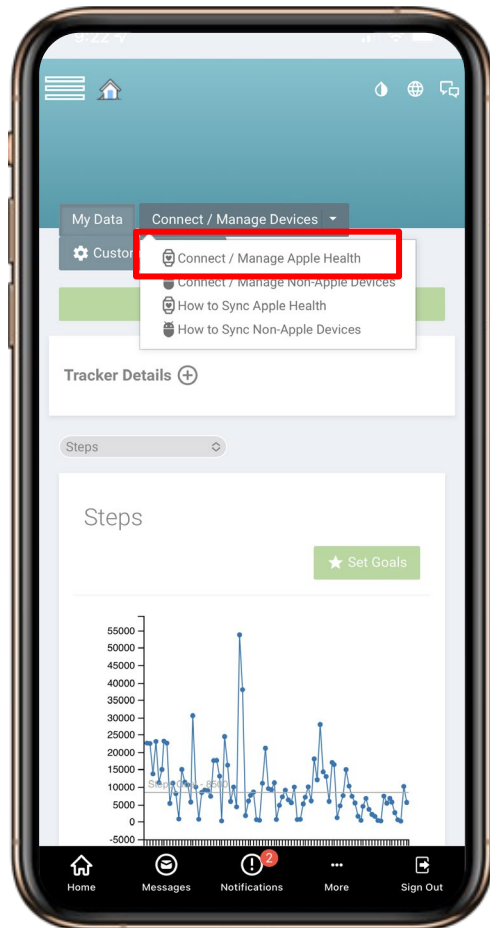
STEP 2

Go to the Tracker from the home screen of your mobile app. Select the “**View My Tracker**” option



STEP 3

Select **“Connect/Manage Devices”** and then **“Connect/Manage Apple Health”**



STEP 4

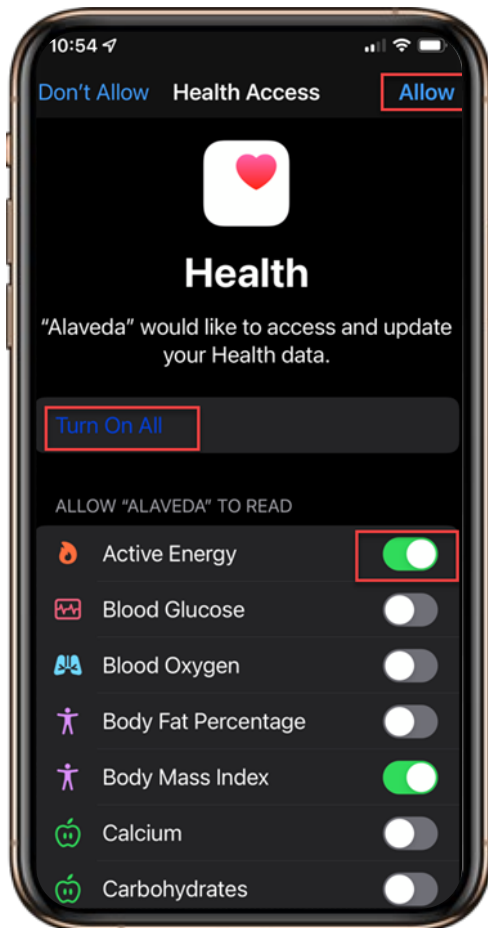
You will be taken to the Apple Health authorization page. To connect Apple Health data to the Tracker, select **“Sync Health Data”**



STEP 5

On the Apple **Health Access** page, select the Apple Health data that you would like to share with the Tracker or alternatively select **“Turn On All”**

When finished selecting data, select **“Allow”** at the top right corner of the screen.

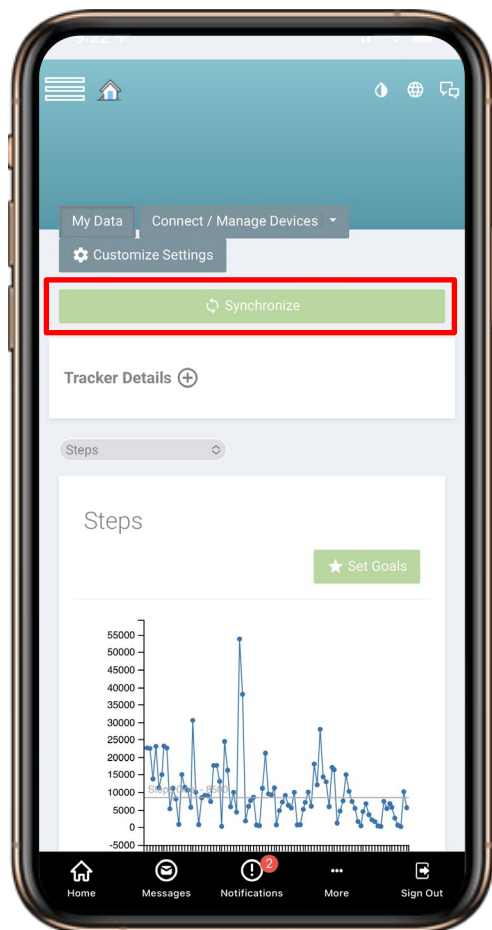


STEP 6

Once you select “**Allow**”, you will be taken back to the Tracker.

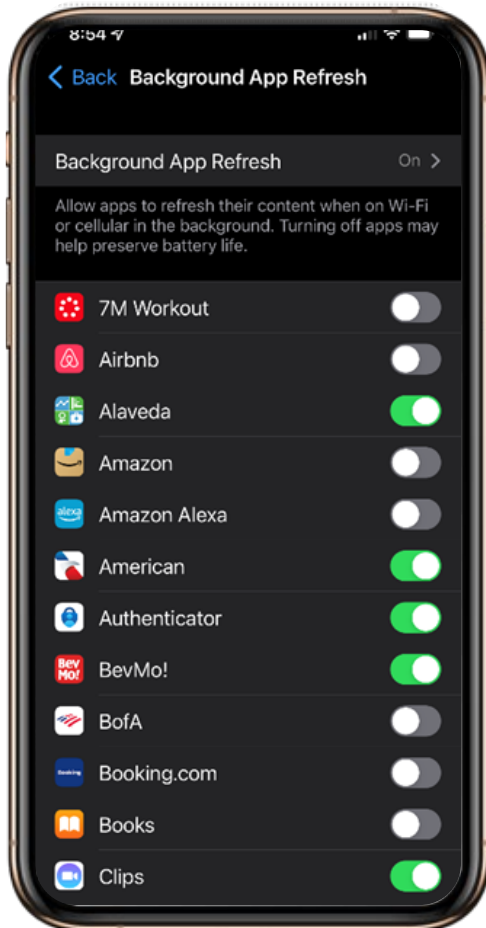
Select the “**Synchronize**” button. The Tracker will begin syncing data from the past 90 days. This may take several hours.

Once initial sync has been completed, your Apple Health data will automatically sync each time you log into your wellness app.



STEP 7

To ensure that data from Apple Health is continuously flowing into your wellness app, even when not open, you must enable **Background App Refresh**. On your iPhone, in General Settings go to **Background App Refresh** and ensure that your wellness app is turned on.

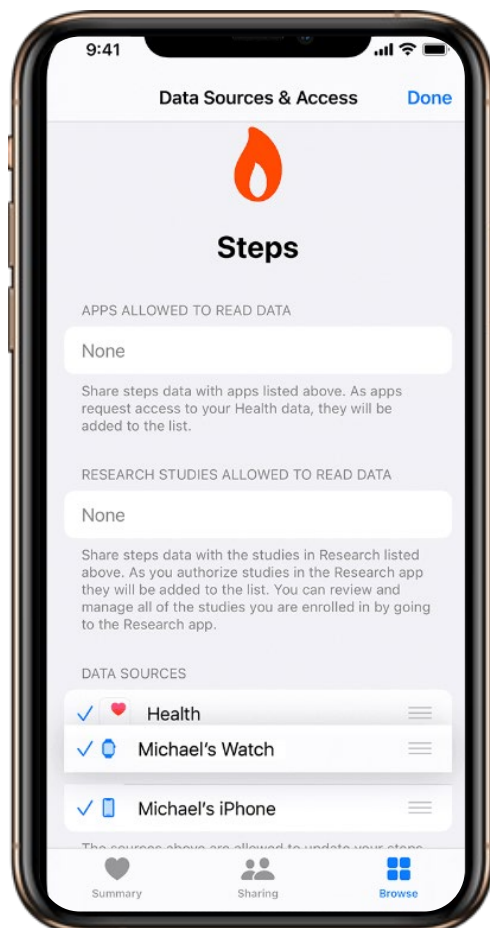


STEP 8

In Apple Health, if you have multiple devices contributing the same data type you can prioritize them so that Apple Health knows which sources to use first. For example, if you track steps with your iPhone and a Fitbit you can tell Apple Health which device should be used first to pull steps.

Here's how to choose the sources that Health uses first:

1. Open the Health app, then tap the Browse tab.
2. Tap a category, then tap a subcategory.
3. Scroll down, then tap Data Sources & Access.
4. Tap Edit.
5. Touch and hold the Change Order button next to a data source, then drag it up or down in the list.
6. To turn off a data source so that it doesn't contribute any more data for that category, tap the checkmark next to the source.
7. Tap Done.



For additional information, refer to this article on the Apple's Support webpage:
<https://support.apple.com/en-us/HT204351#prioritize>