



SYNC YOUR DEVICE AND GET MOVING!

Did you know, most popular health apps and devices can sync up with your wellness portal? These seamless integrations can transform the portal into an invaluable resource as you track and manage your health and participate in Employer and Peer Challenges.

You can also earn incentive points toward your wellness program by syncing an app or device daily and tracking your steps. You can earn 200 incentive points for achieving 1,000,000 steps that you take while using a compatible synced app or device.

To Sync your Fitbit, Garmin, Polar, etc., follow the instructions below.

- » Visit connect.simplywell.com or download the SimplyWell mobile app
- » Select the **Well-Being** Tab from the homepage
- » Select **Apps & Devices**
- » Click the “+” icon
- » Follow the prompts to sync your app or device

Visit MyAppsAndDevices.com to verify your app or device is compatible.

- » Sync your Apple Health app or Apple Watch using the SimplyWell® mobile app.
- » Sync your Android device by downloading the Under Armor app and connecting the Under Armor app to the SimplyWell Portal.

TIP: Log in to the SimplyWell app at least once every 30 days for your Apple Health data to sync. If more than 30 days passes without a log in, only the previous 30 days of data will sync.

Questions?

Contact our wellness partner
at 888-848-3723.





APPLE USERS

SYNC YOUR ACTIVITY WITH APPLE HEALTH

Keeping track of your steps and physical activity is easier than ever thanks to the free, built-in Apple Health app for the Apple Watch and iPhone. And now you can sync that health and fitness data into your wellness portal, giving you one convenient place to track and manage all your relevant health information.

You can also earn credit toward your wellness program by syncing Apple Health to your device and participating in the Commissioners Club Challenge.

Earning points in the program easy and fun. You can earn 200 incentive points for reaching 1,000,000 Steps in the Commissioners Club Challenge. Register for the challenge under the **Well-Being** tab.

Syncing Apple Health is Easy

- » Log in to the SimplyWell® mobile app with your compatible iOS device
- » Select the **Preferences** icon
- » Select **Apps & Devices**
- » Select **Apple Health**
- » Scroll down and tap **Connect**

Syncing Apple Health takes only seconds! Once complete, you'll be able to easily track your steps and activity directly through your wellness portal and the SimplyWell mobile app.

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