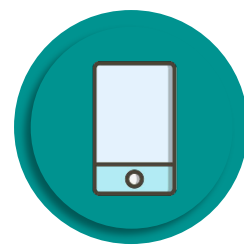




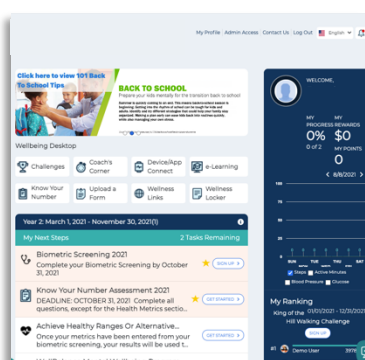
# DEVICE/APP CONNECTING INSTRUCTIONS

Wellworks For You offers two ways to sync your wearable device or mobile application to your personal Wellness account – via the Wellness Portal or the Wellworks For You mobile app.

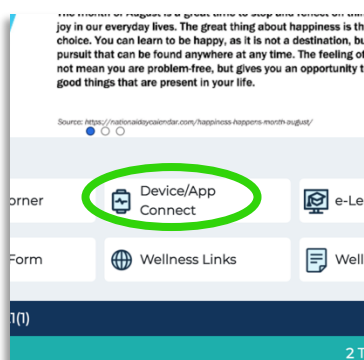


## Website Connecting Instructions

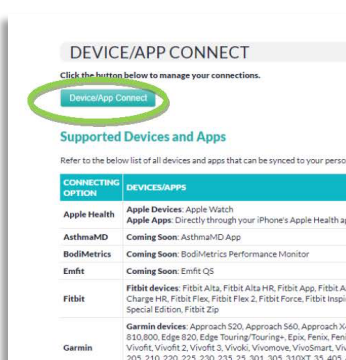
Follow these step-by-step instructions to connect your device or app to your personal account via the **Wellness Portal**. Please Note: Apple devices and apps can only be synced via the Wellworks For You mobile app. Users should only sync one device or app.



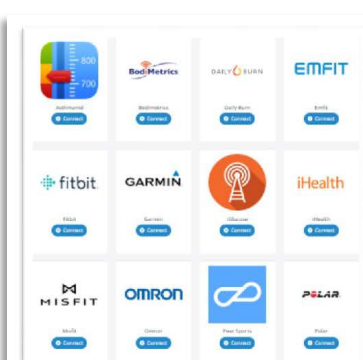
**1** Log into the Wellness Portal.



**2** Select the **DEVICE/APP CONNECT** page via the **HOMEPAGE** or the **MENU** page in the top-right corner.



**3** Select the **DEVICE/APP CONNECT** button.



**4** Select the **+CONNECT** button under the icon of the device/app that you are connecting.

## LOGIN

**5** When prompted, enter your device/app username and password. Please Note: Prior to syncing your device or app to the Wellness Portal, you must register your account with the manufacturer.

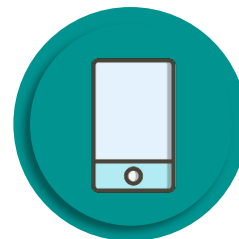
Username

Password



# DEVICE/APP CONNECTING INSTRUCTIONS

Wellworks For You offers two ways to sync your wearable device or mobile application to your personal Wellness account – via the Wellness Portal or the Wellworks For You mobile app.



## Mobile App (iOS and Android) Connecting Instructions

Follow these step-by-step instructions to connect your device or app to your personal account via the Wellworks For You mobile app. Search **WELLWORKS FOR YOU** on your Play Store or App Store.

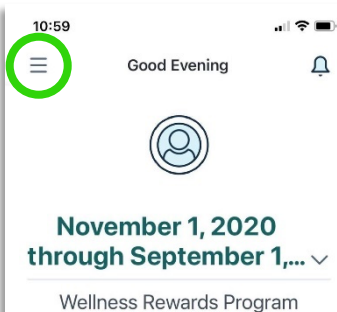


Sign In

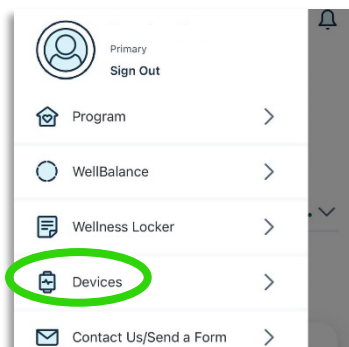
Register

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**1** Log into the Wellworks For You app with your Portal login information.



**2** Click the three lines in the top left-hand corner to access the menu.



**3** Select **DEVICES**.

### Devices

Get the best out of our program by not having to do anything at all! Connect your fitness tracker and we'll take care of the reporting.

Connect to Apple Health

Sync Other Devices

**4** Select **SYNC OTHER DEVICES**.

fitness tracker and we'll take care of the reporting.

Connect to Apple Health

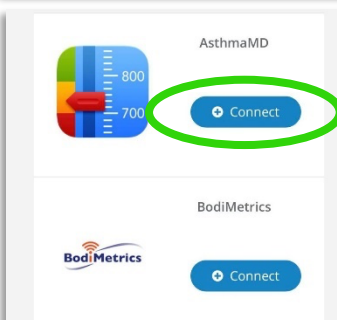
Are you sure you want to leave the app?

Tapping Continue will leave the app and take you to the Wellworks website.

Continue

Cancel

**5** Select **CONTINUE** on the popup message to view connectable devices.



**6** Select the **+CONNECT** button under the icon of the device/app that you are connecting.

## LOGIN

Username

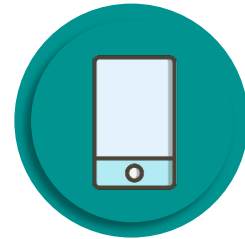
Password

**7** When prompted, enter your device/app username and password. *Please Note: Prior to syncing your device or app to the Wellness Portal, you must register your account with the manufacturer.*



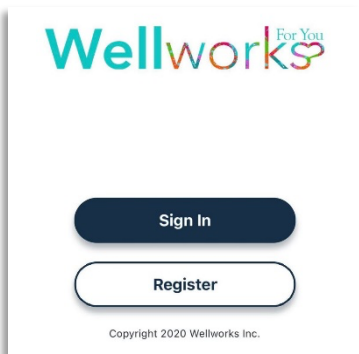
# DEVICE/APP CONNECTING INSTRUCTIONS

Wellworks For You offers two ways to sync your wearable device or mobile application to your personal Wellness account – via the Wellness Portal or the Wellworks For You mobile app.

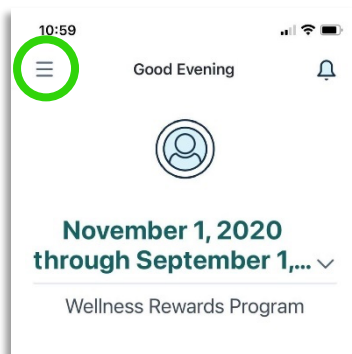


## Apple Health Connecting Instructions

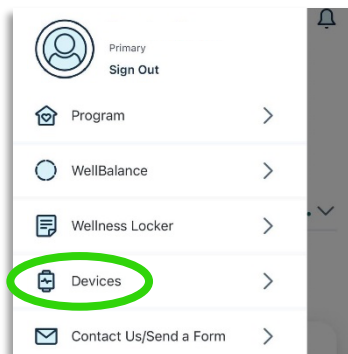
Follow these step-by-step instructions to connect your Apple Watch or Apple Health app to your personal account via the Wellworks For You mobile app. Search **WELLWORKS FOR YOU** on the App Store.



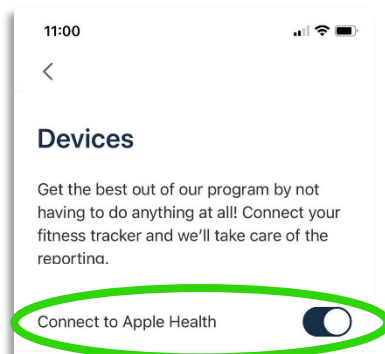
**1** Log into the Wellworks For You app with your Portal login information.



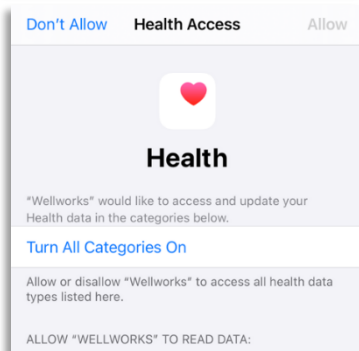
**2** Click the three lines in the top left-hand corner to access the menu.



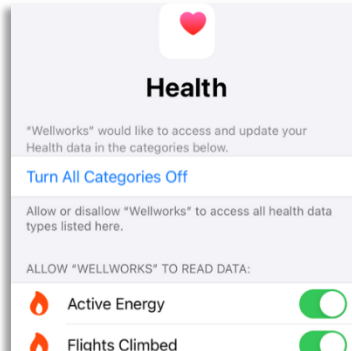
**3** Select **DEVICES**.



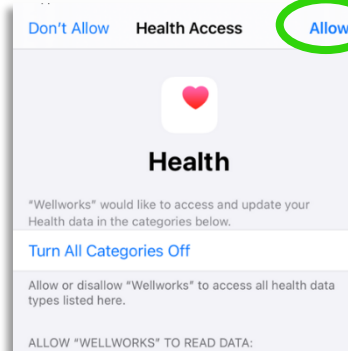
**4** Select the **CONNECT TO APPLE HEALTH** button.



**5** You will be prompted to allow Wellworks to access your health data.



**6** Select **TURN ALL CATEGORIES ON**.



**7** Select the **ALLOW** button.

# CAN'T FIND YOUR DEVICE OR APP LISTED?

Refer to the below list of all devices and apps that can be synced to your personal wellness account. Locate your device/app's connecting option in the Connecting Option column of the table.

CONNECTING OPTION DEVICES/APPS	CONNECTING OPTION DEVICES/APPS
<b>APPLE HEALTH</b>	Apple Devices: Apple Watch Apple Apps: Directly through your iPhone's Apple Health app*
<b>ASTHMAMD</b>	Coming Soon: AsthmaMD App
<b>BODIMETRICS</b>	Coming Soon: BodiMetrics Performance Monitor
<b>EMFIT</b>	Coming Soon: Emfit QS
<b>FITBIT</b>	FitBit devices: Fitbit Alta, Fitbit Alta HR, Fitbit App, Fitbit Aria 2 Scale, Fitbit Aria Air Scale, Fitbit Aria Scale, Fitbit Blaze, Fitbit Charge, Fitbit Charge 2, Fitbit Charge 3, Fitbit Charge 4, Fitbit Charge HR, Fitbit Flex, Fitbit Flex 2, Fitbit Force, Fitbit Inspire, Fitbit Inspire HR, Fitbit Ionic, Fitbit One, Fitbit Surge, Fitbit Ultra, Fitbit Versa, Fitbit Versa 2, Fitbit Versa Lite, Fitbit Versa Special Edition, Fitbit Zip
<b>GARMIN</b>	Garmin devices: Approach S20, Approach S60, Approach X40, D2 Bravo, Edge 100, Edge 20, Edge 200, Edge 205, Edge 25, Edge 305, Edge 510/500, Edge 520, Edge 605, Edge 705, Edge 810,800, Edge 820, Edge Touring/Touring+, Epix, Fenix, Fenix/2, Fenix/3, Fenix/3 HR, Fenix/5, FR60, FR70, Index Smart Scale, Quatix 3, Swim, Tactix, Tactix Bravo, VivoActive, VivoActive HR, Vivofit, Vivofit 2, Vivofit 3, Vivoki, Vivomove, VivoSmart, VivoSmart 3, VivoSmart HR, VivoSmart HR+, VivoActive 3, VicoSport, VivoSmart 4 Forerunner Device Models: 10, 101, 110, 15, 201, 205, 210, 220, 225, 230, 235, 25, 301, 305, 310XT, 35, 405, 410, 50, 610, 620, 630, 735XT, 910XT, 920XT, 935, 645 Music, 645, Garmin apps: Garmin Connect, Garmin Fit
<b>IGLUCOSE</b>	Coming Soon: iGlucose Blood Glucose Meter
<b>IHEALTH</b>	iHealth Devices: Edge (AM3S), Wave (AM4) iHealth Apps: iHealth Cloud Web App
<b>MISFIT</b>	Beddit, Flare, Flash, Phase, Ray, Shine, Sine 2, Sine 2 Swimmer's Edition, Vapor
<b>WITHINGS</b>	Nokia Devices: Go, Steel, Steel HR, Body, Body +, Body Cardio Withings Devices: Activite Steel, Aura, Go, Pulse Activity Tracker, Body Cardio Scale, Body Scale, Smart Body Analyzer Scale, WS-30 Wireless Scale Withings Health Mate Other Apps: Sync your Samsung Health* or Google Fit* app through the Withings Health Mate app
<b>OMRON</b>	Omron Alvita USB Pedometers: HJ-322U, HJ-324U, Alvita Wireless Activity Tracker HJ-327T, Pedometer HJ-720ITC
<b>POLAR</b>	Devices: A300, A360, AXN500, AXN700, Beat, beat 2, Coach, CS200, CS300, CS400, CS500, CS600, CS600X, F11, F55, F6, F7, Flow for Club, FT40, FT60, FT77, FT80, Loop, Loop 2, Loop Crystal, M200, M400, M430, M450, M600, RC3 GPS, RCX3, RCX5, RS200, RS300X, RS400, RS800, RS800CX, S410, S510, S520, S610, S610i, S625X, S710, S710i, S20i, S725, S25X, TeamPro, V800
<b>STRAVA</b>	Strava Apps: Strava Running and Cycling App Other Apps: Sync your Android Wear, Garmin, Fitbit, Polar, Wahoo, Suunto, or TomTom to the Strava Running and Cycling App
<b>STRIIV</b>	Striiv Devices: Fusion, Fusion Lite, Bio, Fusion 2, Fusion Bio 2
<b>UNDERARMOUR</b>	Devices: Sync Burn Fitness Band, Sync Calorie Activity Tracker, Sync Distance Activity Tracker, Sync Elite Activity Tracker, Sync Fit Fitness Band, Sync GPS + HR Watch (M/W), Sync GPS Watch (M/W), Sync Steps Activity Tracker, Under Armour Band, Under Armour Record, Apps: MapMyFitness, MapMyHike, MapMyRide, MapMyRun, MapMyWalk, Under Armour Record Other Apps: Sync your Samsung Health* or Google Fit* app through the Under Armour Record app
<b>YOO</b>	HD, SA, C, 2, RX, ZZ