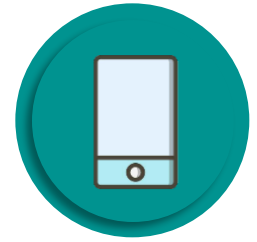




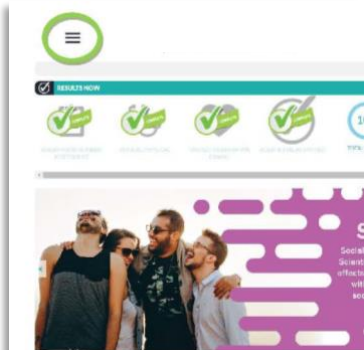
DEVICE/APP CONNECTING INSTRUCTIONS

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.

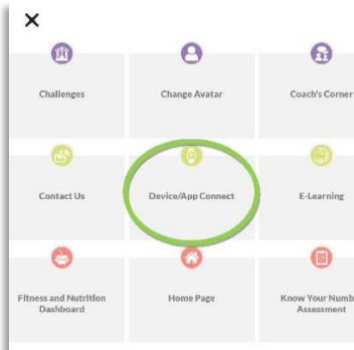


Website Connecting Instructions

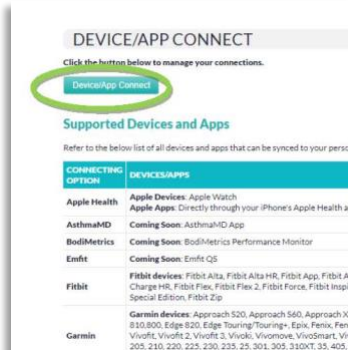
Follow these step-by-step instructions to connect your device or app to your personal account via the **Wellness Portal**. *Please Note: Apple devices and apps can only be synced via the Wellworks For You mobile app. Users should only sync one device or app.*



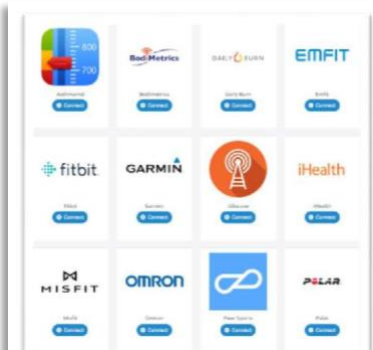
1 Log into the Wellness Portal.



2 Navigate to the **DEVICE/APP CONNECT** page via the Portal Menu.



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



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

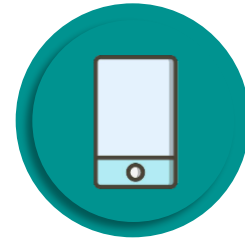
LOGIN

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.*



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

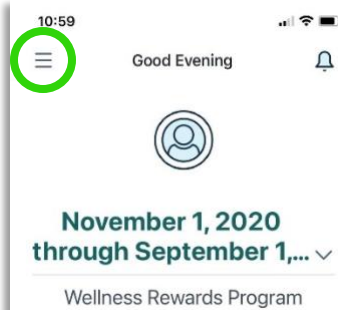
Follow these step-by-step instructions to connect your device or app to your personal account via the Wellworks For You mobile app. Search **WELLWORKS FOR YOU** on your Play Store or App Store.

Sign In

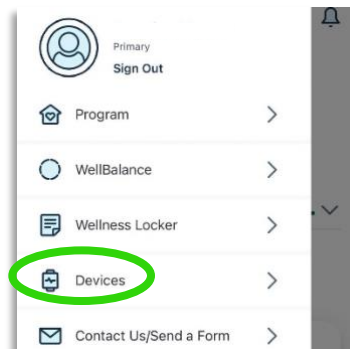
Register

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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**.



4 Select **SYNC OTHER DEVICES**.

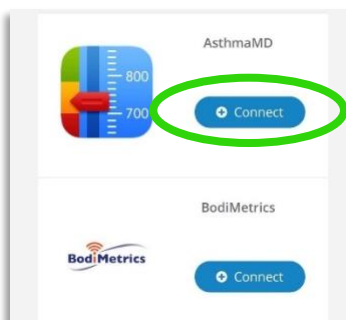
fitness tracker and we'll take care of the reporting.

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

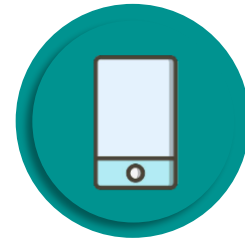
Username

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.

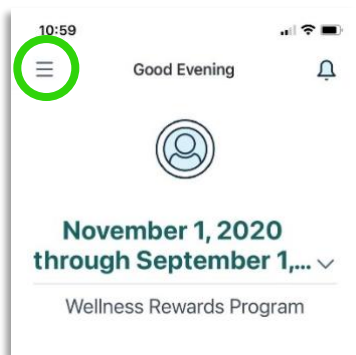


Apple Health Connecting Instructions

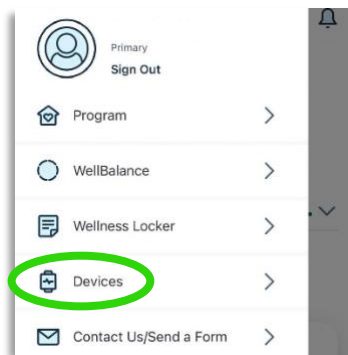
Follow these step-by-step instructions to connect your Apple Watch or Apple Health app to your personal account via the Wellworks For You mobile app. Search **WELLWORKS FOR YOU** on the App Store.



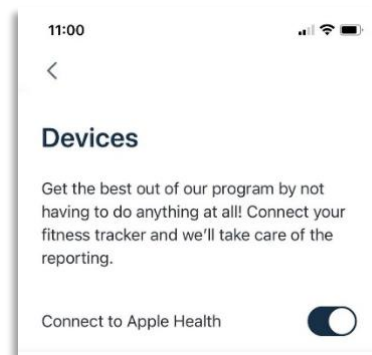
1 Log into the Wellworks For You app with your Portal login information.



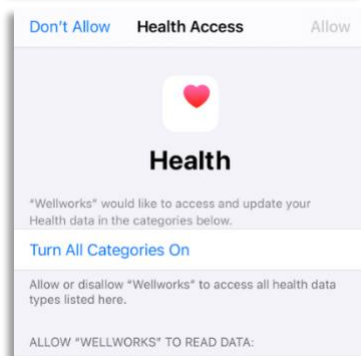
2 Click the three lines in the top left-hand corner to access the menu.



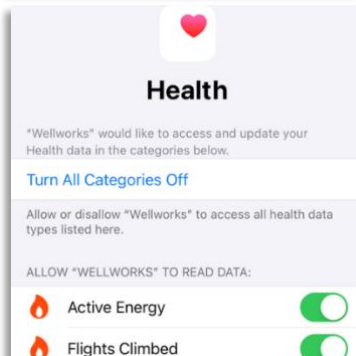
3 Select **DEVICES**.



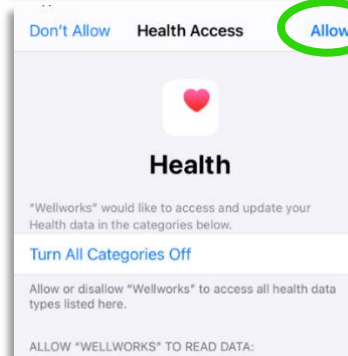
4 Select the **CONNECT TO APPLE HEALTH** button.



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



6 Select **TURN ALL CATEGORIES ON**.

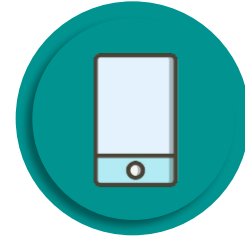


7 Select the **ALLOW** button.



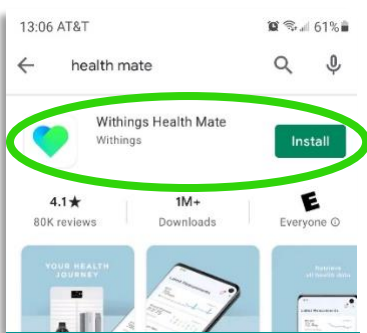
DEVICE/APP CONNECTING INSTRUCTIONS

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.

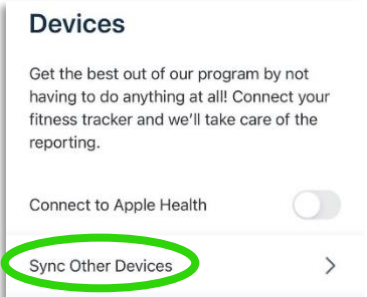


Google Fit Connection Instructions Through Withings

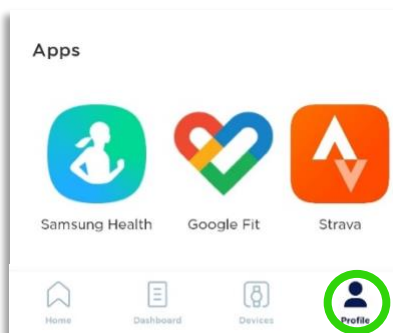
Follow these step-by-step instructions to connect your **GOOGLE FIT** account to the **WITHINGS HEALTH MATE APP**, which is compatible with the Wellworks For You mobile app. Search **WELLWORKS FOR YOU** on the Play Store.



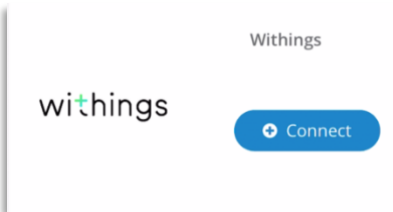
1 Search for **HEALTH MATE** in the Play Store to download the Health Mate – Total Health Tracking app by Withings.



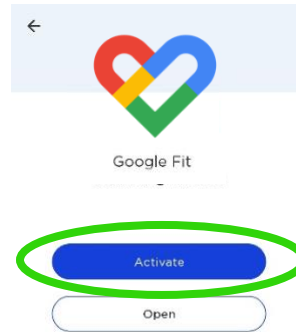
8 Log into the Wellworks Mobile app. From the menu tab, select **DEVICES** then **SYNC OTHER DEVICES**.



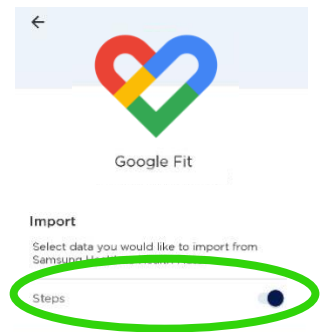
2 Create an Account in **HEALTH MATE** if you do not already have one.
3 Open the Health Mate app and choose **PROFILE** at the bottom of the app.
4 Scroll down until you see the Apps section and choose **GOOGLE FIT**.



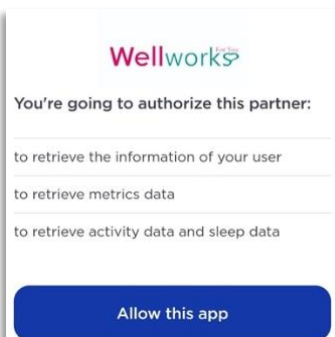
9 Scroll down to Withings and click **+CONNECT**.



5 Click **ACTIVATE**.



6 Slide the bar for Steps until the bar appears blue.
7 Google Fit app is now connected to the Health Mate app.

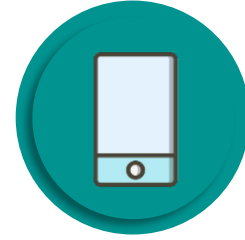


10 Follow all of the following prompts to **ALLOW THIS APP**.



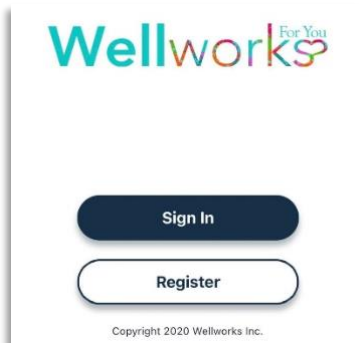
DEVICE/APP CONNECTING INSTRUCTIONS

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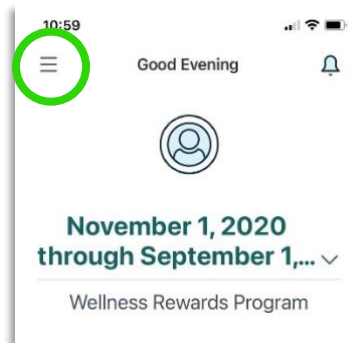


Samsung Health Connection Instructions

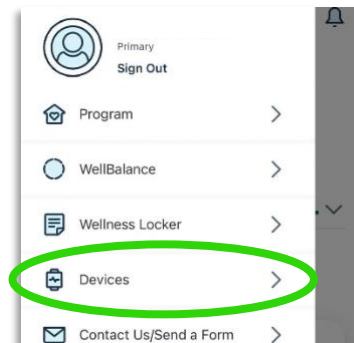
Follow these step-by-step instructions to connect your Android specific apps to your personal account via the Wellworks For You mobile app. Search **SAMSUNG HEALTH** and **WELLWORKS FOR YOU** on the Play Store.



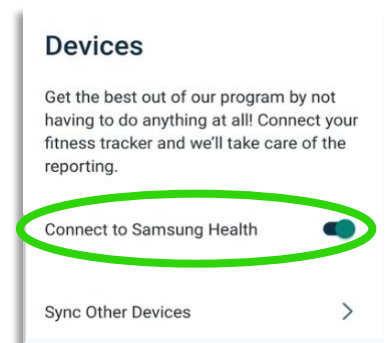
1 Log into the Wellworks For You app with your Portal login information.



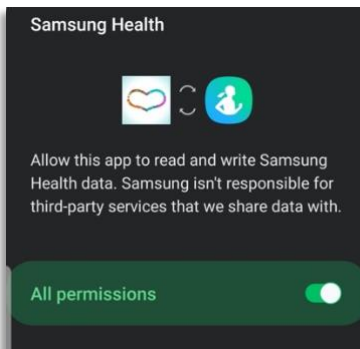
2 Click the three lines in the top left-hand corner to access the menu.



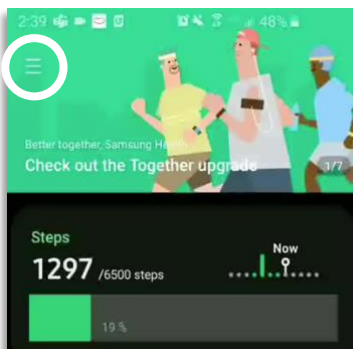
3 Select **DEVICES**.



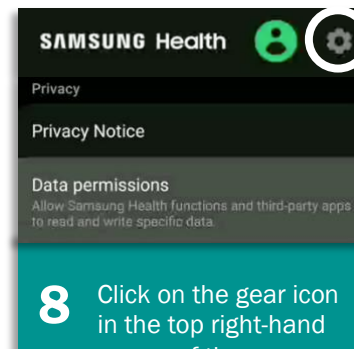
4 Select **CONNECT TO SAMSUNG HEALTH**, then allow Wellworks to access your health data.



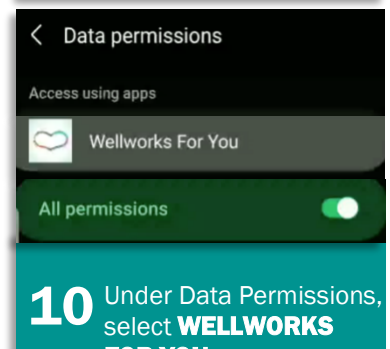
5 Make sure **ALL PERMISSIONS** is marked **ON**.
6 Select **DONE**.



7 Open the **SAMSUNG HEALTH** app and click the three lines in the top left-hand corner to access the menu.



8 Click on the gear icon in the top right-hand corner of the menu.
9 Under Settings, scroll down and select **DATA PERMISSIONS** under Privacy.



10 Under Data Permissions, select **WELLWORKS FOR YOU**.
11 Under Wellworks For You, click on the **ALL PERMISSIONS** slider to turn on all categories.

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
APPLE HEALTH	Apple Devices: Apple Watch Apple Apps: Directly through your iPhone's Apple Health app*
ASTHMAMD	Coming Soon: AsthmaMD App
BODIMETRICS	Coming Soon: BodiMetrics Performance Monitor
EMFIT	Coming Soon: Emfit QS
FITBIT	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
GARMIN	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
IGLUCOSE	Coming Soon: iGlucose Blood Glucose Meter
IHEALTH	iHealth Devices: Edge (AM3S), Wave (AM4) iHealth Apps: iHealth Cloud Web App
MISFIT	Beddit, Flare, Flash, Phase, Ray, Shine, Sine 2, Sine 2 Swimmer's Edition, Vapor
WITHINGS	Nokia Devices: Go, Nokia 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 Nokia Apps: Nokia Health Mate Other Apps: Sync your Samsung Health* or Google Fit* app through the Nokia Health Mate app
OMRON	Omron Alvita USB Pedometers: HJ-322U, HJ-324U, Alvita Wireless Activity Tracker HJ-327T, Pedometer HJ-720ITC
POLAR	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
STRAVA	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
STRIIV	Striiv Devices: Fusion, Fusion Lite, Bio, Fusion 2, Fusion Bio 2
UNDERARMOUR	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
YOO	HD, SA, C, 2, RX, ZZ