

LAUNCH INTO WELLNESS

Device & App Sync Guide

The Wellworks For You
Mobile App is available on
iOS and Android.



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INDEX



*Apple devices and third-party apps can only be
synced via the Wellworks For You Mobile App.
Users should only sync one device or app.*

WELLNESS PORTAL

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

Follow these step-by-step instructions to connect your device or app to your personal account via the Wellness Portal.

- 1 Log in to the Wellness Portal.
- 2 Click **Sync Device** via the sidebar on any page or at the top of the **My Health** page.
- 3 Select the **+ Connect** button under the icon of the device/app that you are connecting.
- 4 When prompted, enter your device/app username and password.

2

 Admin Access Support Sync Device Logout

3

 fitbit

Fitbit

 Connect

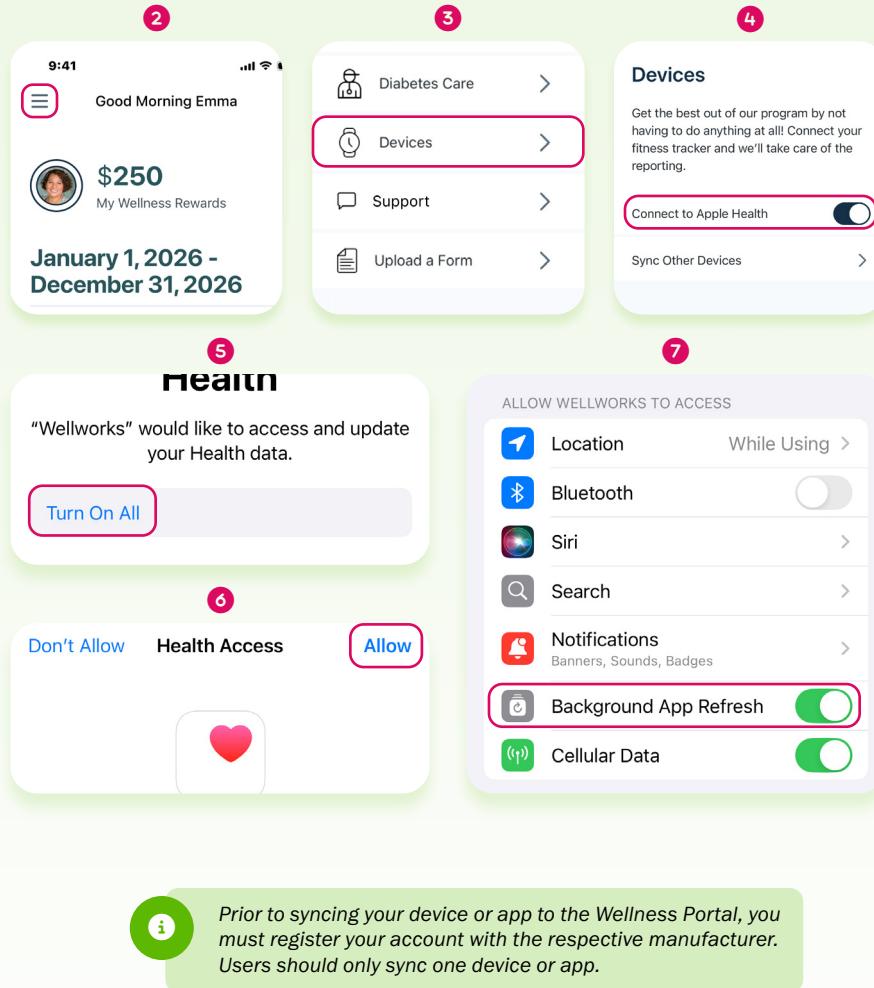
Prior to syncing your device or app to the Wellness Portal, you must register your account with the respective manufacturer.



APPLE HEALTH

Connect your Apple Health app to your personal account via the Wellworks For You Mobile App.

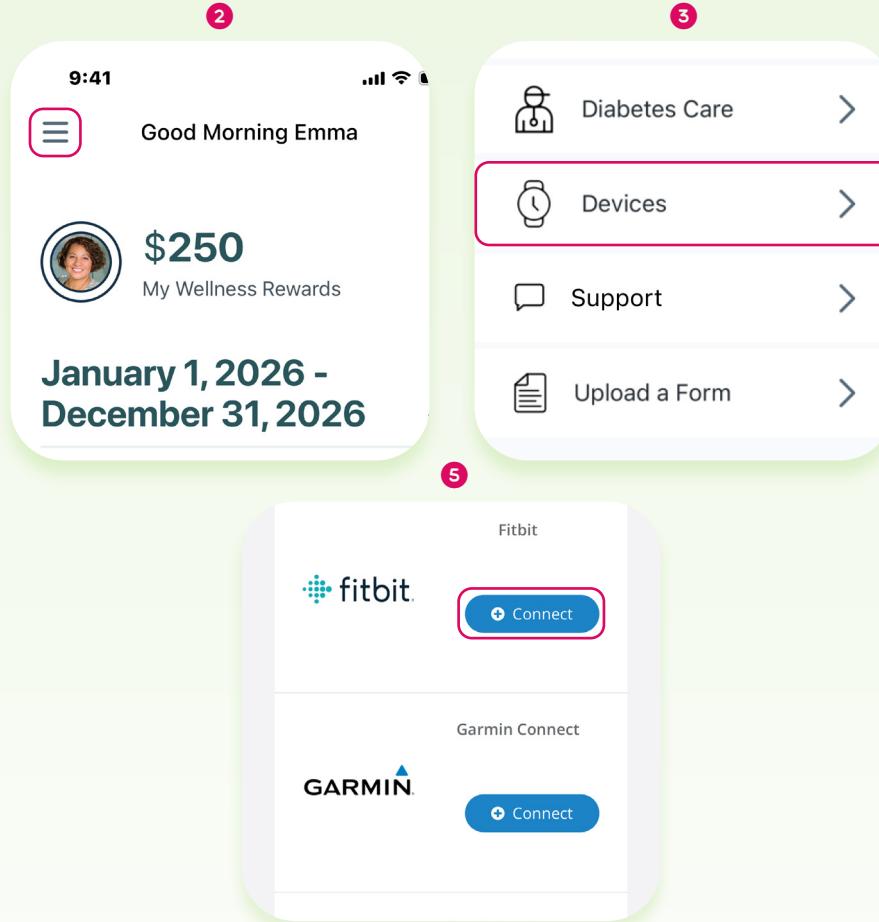
- 1 Log in to the Wellworks For You Mobile App with your portal login information.
- 2 Tap the three lines in the top left-hand corner to access the **Menu**.
- 3 Select **Devices**.
- 4 Toggle on the **Connect to Apple Health** slider. *You will receive prompts to allow the Wellworks app to access your Apple Health data.*
- 5 We recommend selecting **Turn On All**.
- 6 Select the **Allow** button.
- 7 To allow your Apple Health and Wellworks apps to sync continuously, allow Background App Refresh. Otherwise, the apps will only sync when you have both open. Go to iPhone Settings, select **Apps**, select the **Wellworks For You app**, **Background App Refresh** should be toggled on.



MOBILE APP

Connect your device or app to your personal account via the Wellworks For You Mobile App.

- 1 Log in to the Wellworks For You Mobile App with your portal login information.
- 2 Tap the three lines in the top left-hand corner to access the **Menu**.
- 3 Select **Devices**.
- 4 Select **Sync Other Devices**.
- 5 Select **+ Connect** button under the icon of the device/app that you are connecting.
- 6 When prompted, enter your device/app username and password.
- 7 Turn on **Background App Refresh** so your app can sync continuously with your other health and wellness apps and devices. Otherwise, the apps will only sync when you have both open.
 - A** Go to iPhone **Settings**, select **Apps**, select the **Wellworks For You** app, **Background App Refresh** should be toggled on.
 - G** Go to Android **Settings**, select **Apps**, select the **Wellworks For You** app, select **Mobile Data, Allow background data usage** should be toggled on.

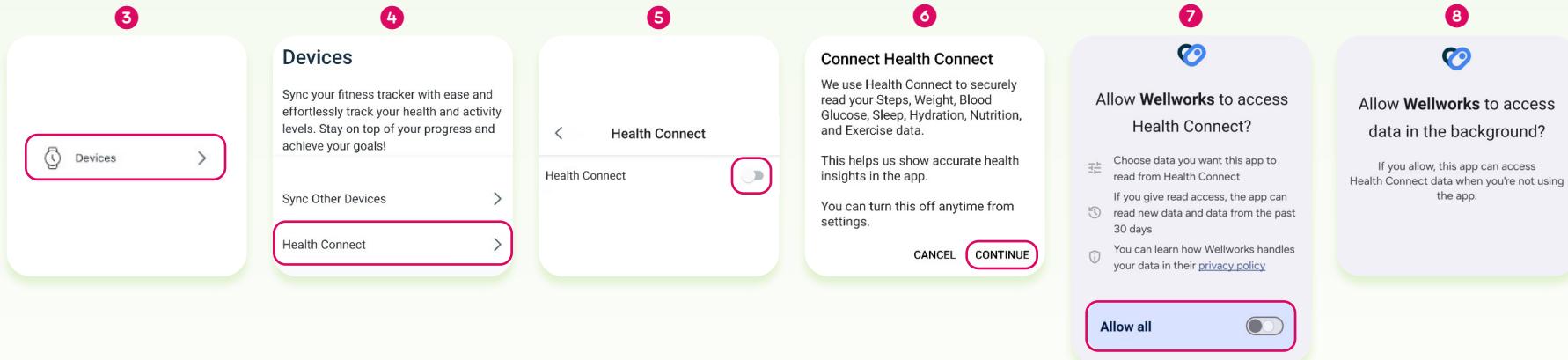


Prior to syncing your device or app to the Wellness Portal, you must register your account with the respective manufacturer.

ANDROID DEVICES

Connect Android devices via Health Connect to the Wellworks For You Mobile App.

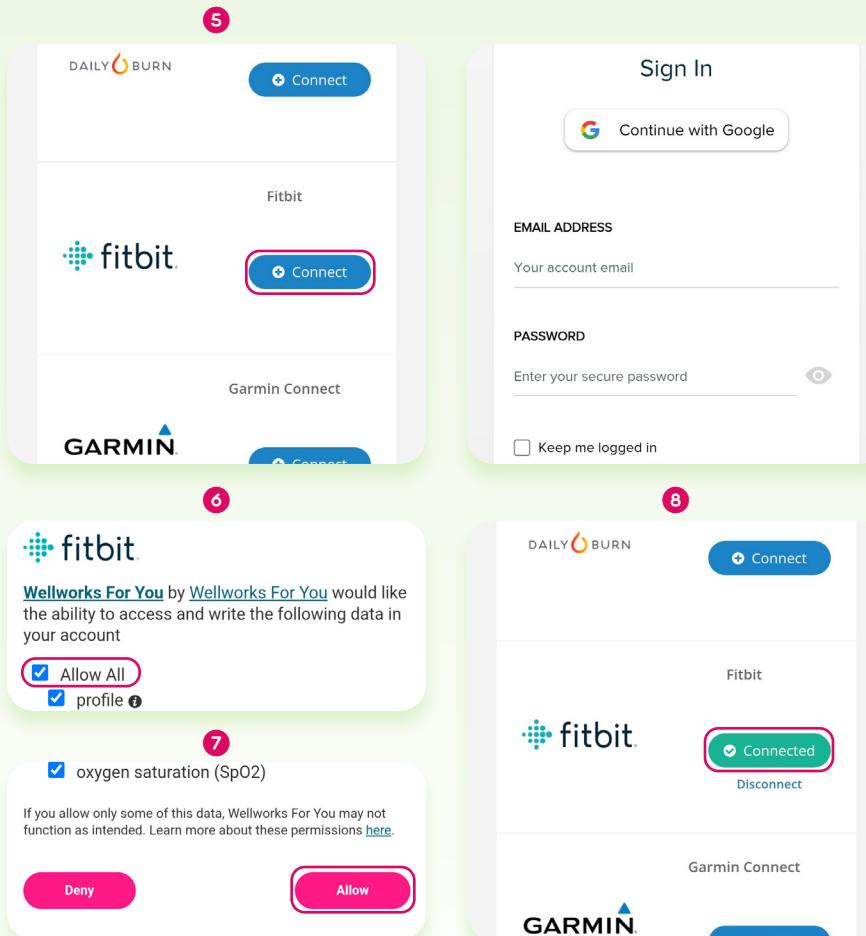
- 1 Log into the Wellworks For You Mobile App with your portal login information.
- 2 Tap the three lines in the top left-hand corner to access the **MENU**.
- 3 Select **DEVICES**.
- 4 Select **Health Connect** button.
- 5 Enable the **Health Connect** button.
- 6 On the “Connect Health Connect” pop up select **CONTINUE**.
- 7 On the “Allow Wellworks to access Health Connect?” pop up select either **ALLOW ALL** or **select each type of data to allow**.
- 8 On the “Allow Wellworks to access data in the background?” pop up select **ALLOW**.
- 9 Review “Data and access” Permissions in Health Connect.



FITBIT DEVICE

Connect your FITBIT device to your personal account via the Wellworks For You Mobile App.

- 1** Log in to the Wellworks For You Mobile App with your portal login information.
- 2** Tap the three lines in the top left-hand corner to access the **Menu**.
- 3** Select **Devices**.
- 4** Click **Sync Other Devices**.
- 5** Select **+ Connect** under the icon of **Fitbit**.
- 6** Click on **Allow All**.
- 7** Select the pink **Allow** button.
- 8** FITBIT tile will update to **Connected** after a successful connection.



GARMIN DEVICE

Connect your Garmin device to your personal account via the Wellworks For You Mobile App.

- 1 Log in to the Wellworks For You Mobile App with your portal login information.
- 2 Tap the three lines in the top left-hand corner to access the **Menu**.
- 3 Select **Devices**.
- 4 Click **Sync Other Devices**.
- 5 Select **+ Connect** under the icon of **Garmin**.
- 6 Select the data to share with Wellworks For You by sliding the bar to enable.
- 7 Click **Agree**.
- 8 Select a compatible Garmin Device from the list.
- 9 Follow instruction to sync.
- 10 Garmin tile will update to **Connected** after a successful connection.

