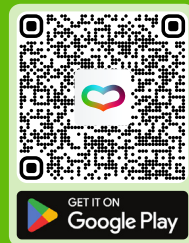


# LAUNCH INTO WELLNESS

## Device & App Sync Guide

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



# 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.*

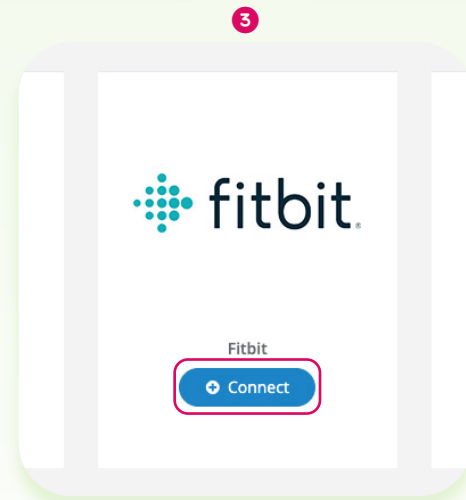
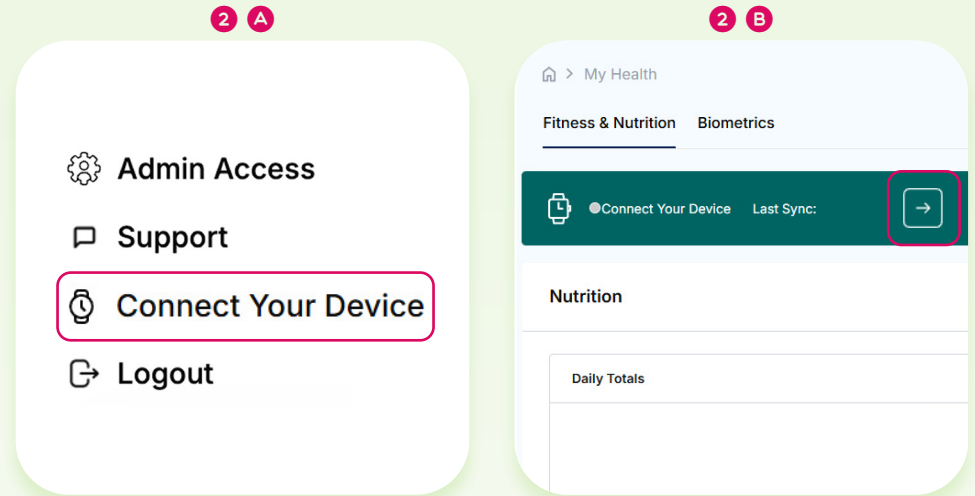
If you'd like a more detailed video that walks you through how to sync your device, click the button below.

# 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 **Connect Your Device** via the sidebar on any page or click the arrow on 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.



*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

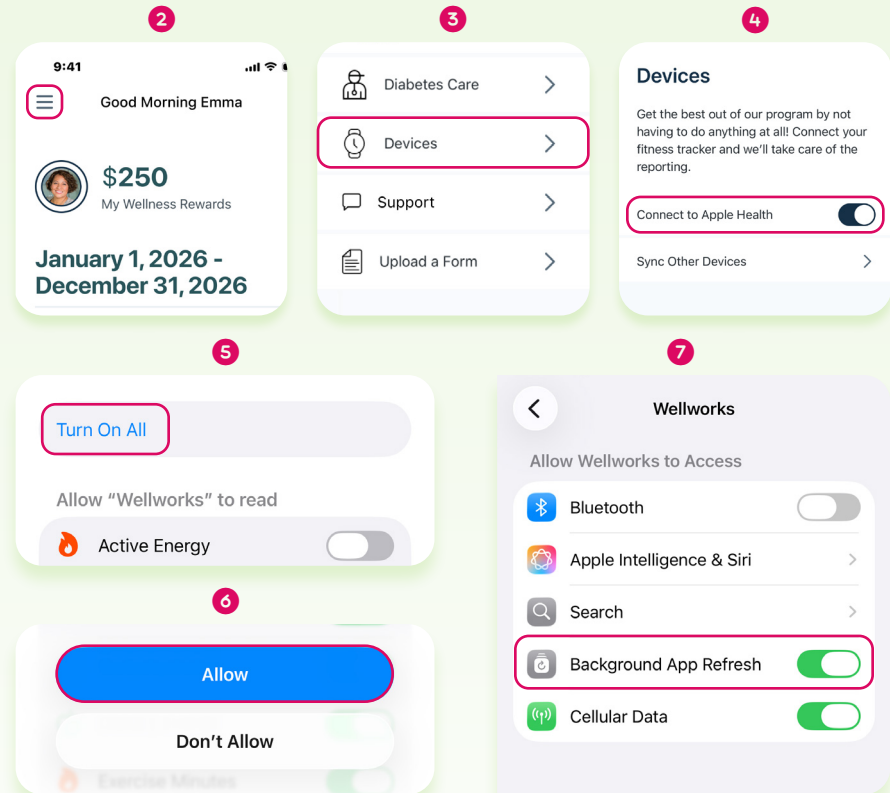
We recommend selecting **Turn On All**.

6

Tap 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.



During the initial sync, Apple Health may transfer up to 180 days of historical data, which can cause the process to take several hours. After the initial sync is completed, your newer activity and data will sync with Wellworks much faster.

# ANDROID DEVICES

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

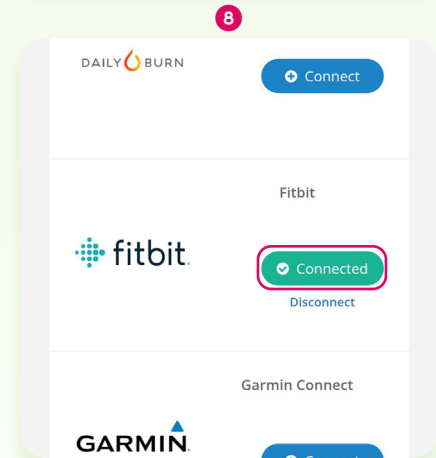
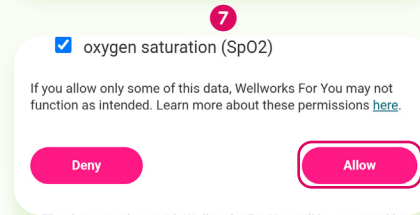
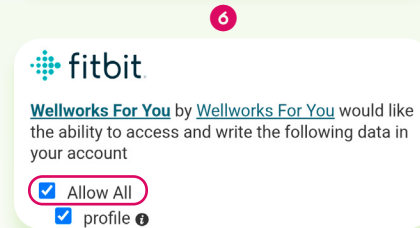
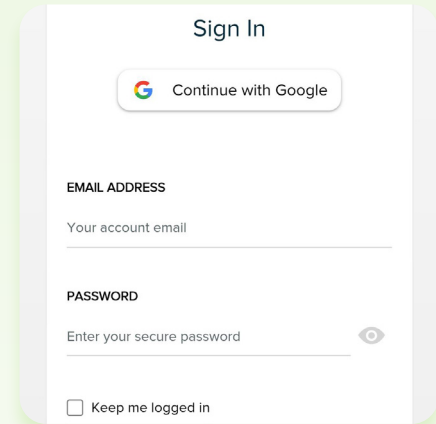
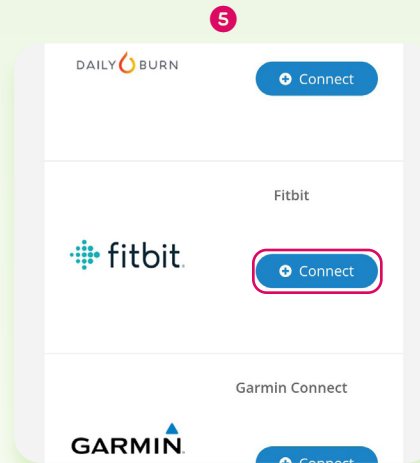
- 1 Log into the Wellworks For You Mobile App with your portal login information.
- 2 Tap the three lines in the top left-hand corner to access the **MENU**.
- 3 Select **DEVICES**.
- 4 Select **Health Connect** button.
- 5 Enable the **Health Connect** button.
- 6 On the “Connect Health Connect” pop 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.

**i** Health Connect accounts need to be set up and allow access prior to syncing with Wellworks For You Mobile app. During the initial sync, Health Connect may transfer up to 180 days of historical data, which can cause the process to take several hours. After the initial sync is completed, your newer activity and data will sync with Wellworks much faster.

# FITBIT DEVICE

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

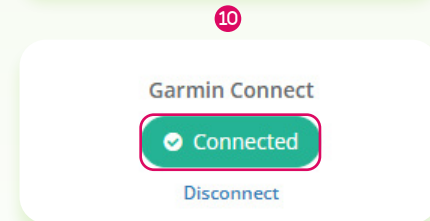
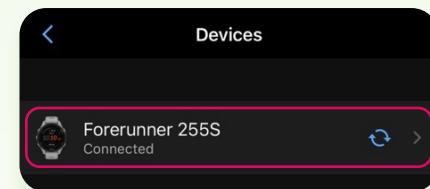
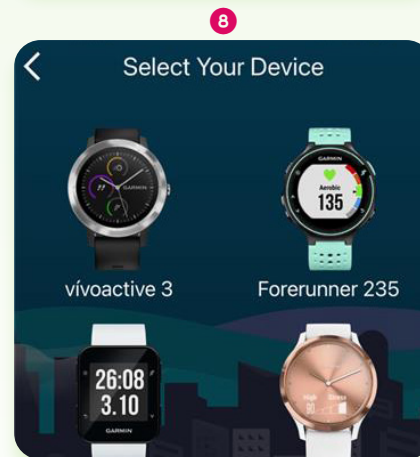
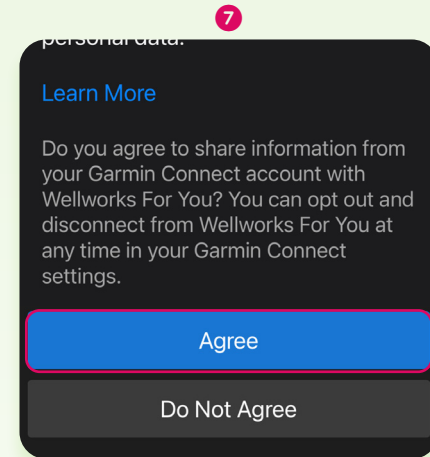
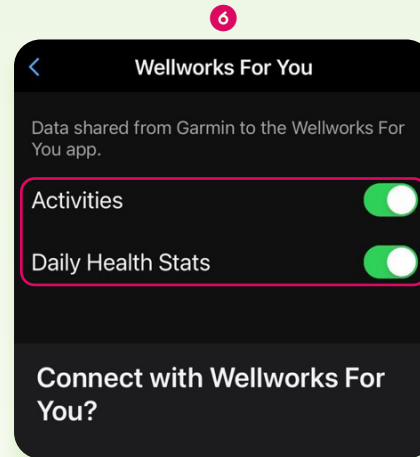
- 1 Log in to the Wellworks For You Mobile App with your portal login information.
- 2 Tap the three lines in the top left-hand corner to access the **Menu**.
- 3 Select **Devices**.
- 4 Click **Sync Other Devices**.
- 5 Select **+ Connect** under the icon of **Fitbit**.
- 6 Click on **Allow All**.
- 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.



# 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

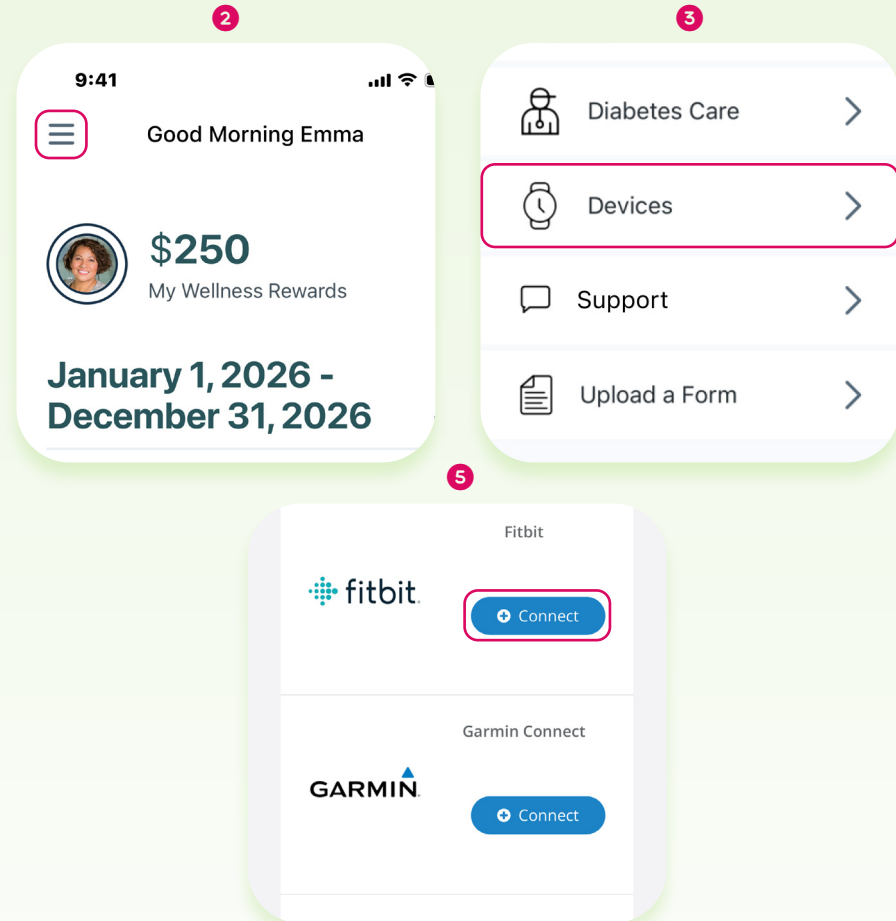
Turn on **Background App Refresh** so your app can sync continuously with your other health and wellness apps and devices. Otherwise, the apps will only sync when you have both open.



Go to iPhone **Settings**, select **Apps**, select the **Wellworks For You** app, **Background App Refresh** should be toggled on.



Go to Android **Settings**, select **Apps**, select the **Wellworks For You** app, select **Mobile Data**, **Allow background data usage** should be toggled on.



i

Prior to syncing your device or app to the Wellness Portal, you must register your account with the respective manufacturer. The initial sync with Wellworks passes up to 180 days of historical data, which can take several hours to process. After the initial sync is completed, your newer activity and data will sync with Wellworks much faster.