

DEVICE & APP CONNECTING INSTRUCTIONS

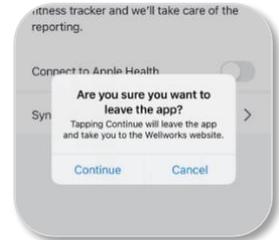
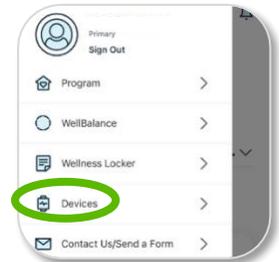
Wellworks For You offers ways to sync your wearable device or mobile application to your personal Wellness account via the Wellness Portal or the Wellworks For You mobile app.

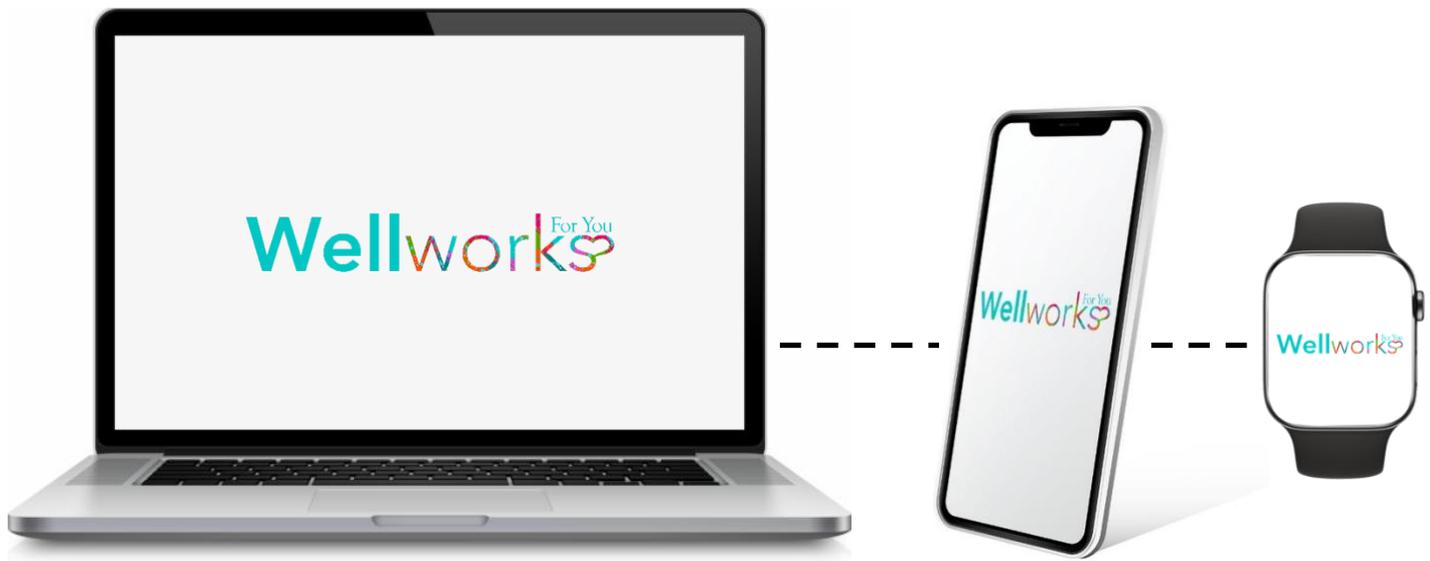
Mobile App (iOS and Android) Connecting Instructions

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.

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 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 **CONTINUE** on the popup message to view connectable devices.
- 6.** Select **+CONNECT** button under the icon of the device/app that you are connecting.
- 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.





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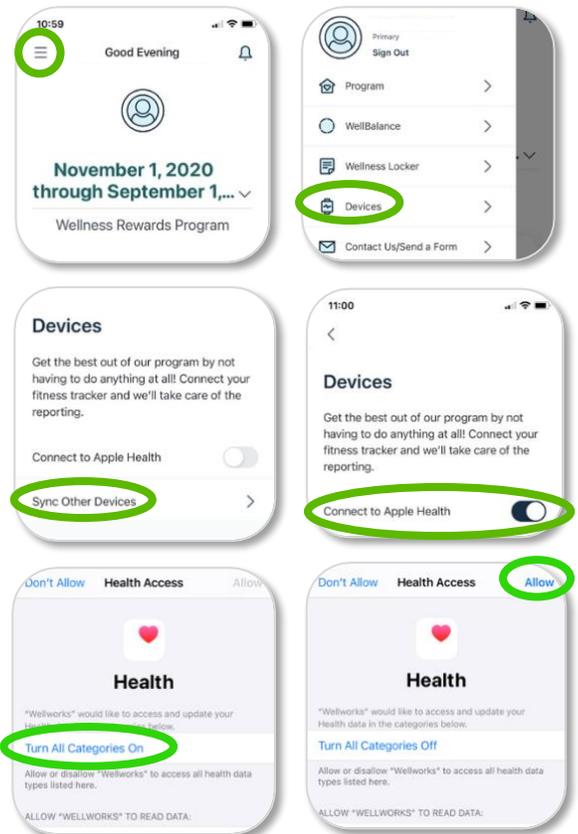
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Apple Health Connecting Instructions

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.

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 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 the **CONNECT TO APPLE HEALTH** button
- 5.** Select 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
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