



# APPLE USERS

## SYNC YOUR ACTIVITY WITH APPLE HEALTH

Keeping track of your steps and physical activity is easier than ever thanks to the free, built-in Apple Health app for the Apple Watch and iPhone. And now you can sync that health and fitness data into your wellness portal, giving you one convenient place to track and manage all your relevant health information.

### Syncing Apple Health is Easy

- » Log in to the mobile app with your compatible iOS device
- » Select the **Preferences** icon
- » Select **Apps & Devices**
- » Select **Apple Health**
- » Scroll down and tap **Connect**

**Syncing your device takes only seconds! Once complete, you'll be able to easily track your steps and activity directly through your wellness portal and the mobile app.**

### Questions?

Contact us at 888-848-3723

