



SYNC YOUR DEVICE AND GET MOVING!

Did you know, most popular health apps and devices can sync up with your wellness portal? These seamless integrations can transform the portal into an invaluable resource as you track and manage your health and participate in Employer and Peer Challenges.

To sync your app or device visit your wellness portal:

- » Select the **Preferences** icon in the top right corner
- » Select **Apps & Devices**
- » Select the “+” icon
- » Follow the prompts to sync your app or device