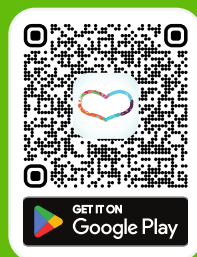
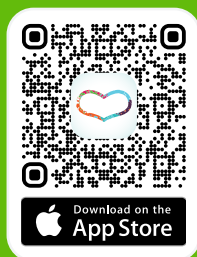


LAUNCH INTO WELLNESS

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.

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

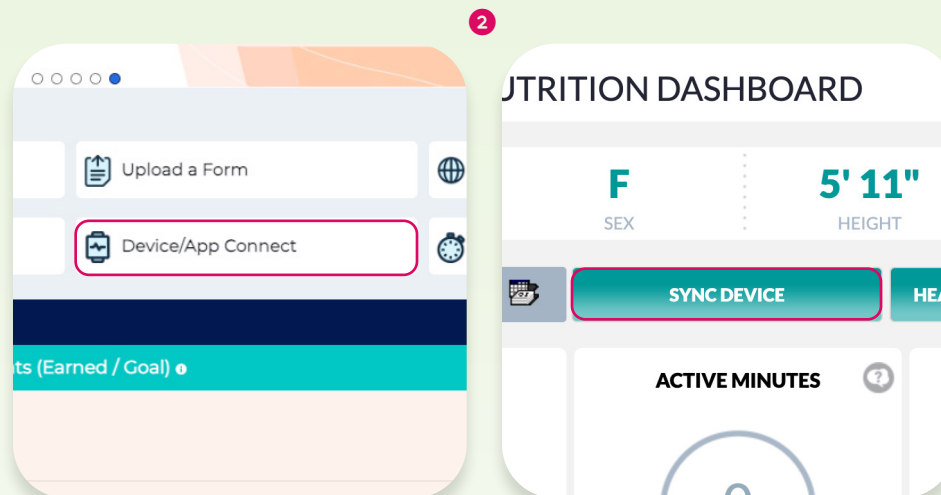
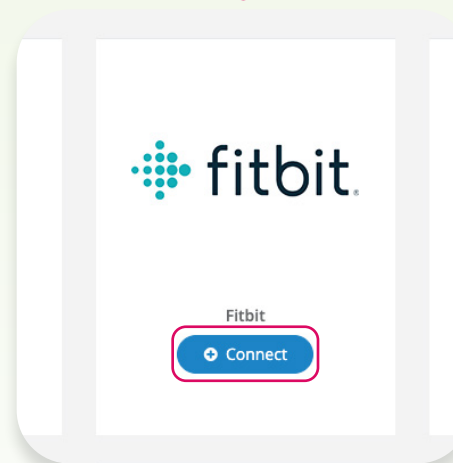
Select the **Device/App Connect** page via the home-page or the Menu page in the top-right corner or Fitness & Nutrition Dashboard > **Sync Device**.

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.

**3**

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

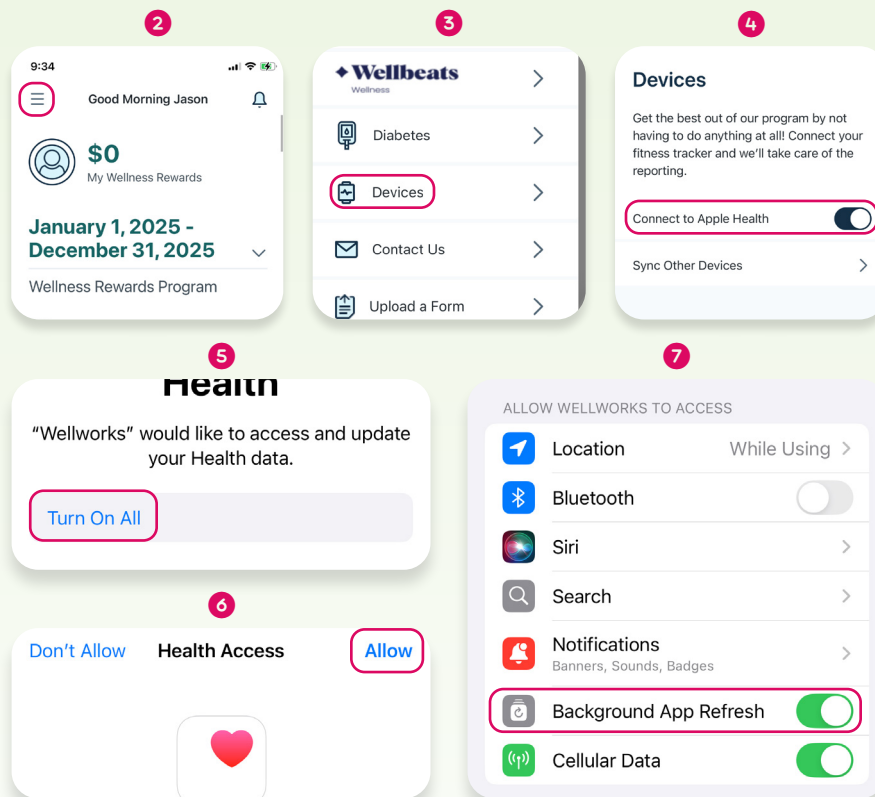
We recommend selecting **Turn On All**.

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.



Prior to syncing your device or app to the Wellness Portal, you must register your account with the respective manufacturer. Users should only sync one device or app.

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

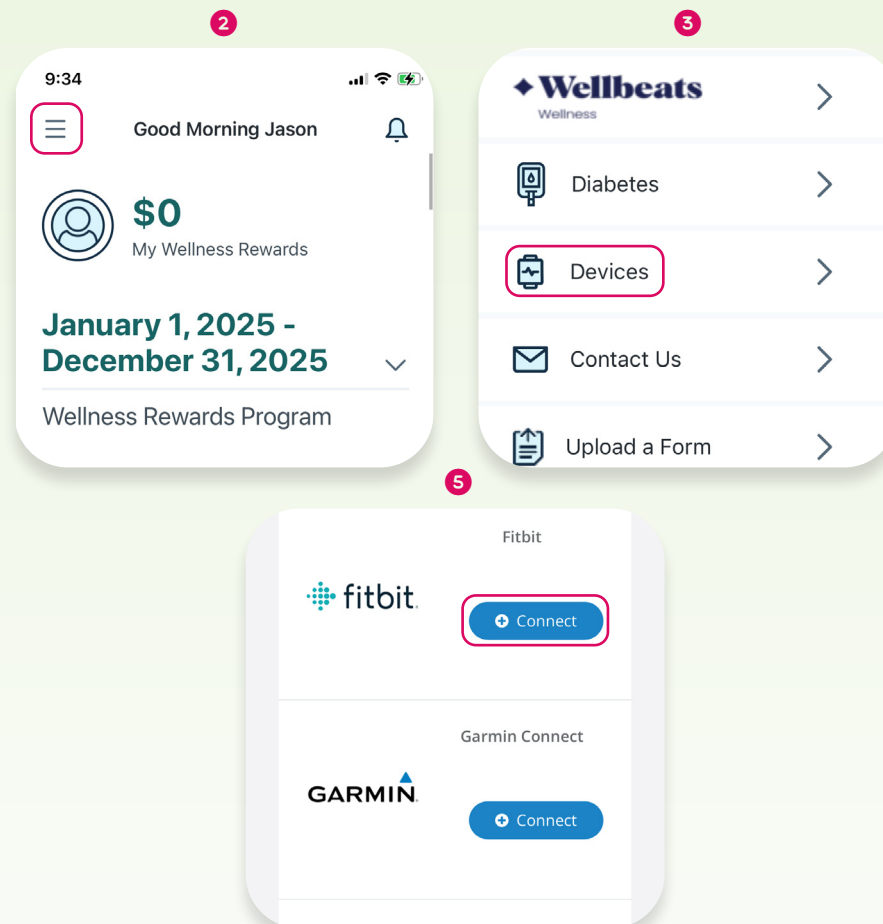
Turn on **Background App Refresh** so your app can sync continuously with your other health and wellness apps and devices. Otherwise, the apps will only sync when you have both open.



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.



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

SAMSUNG HEALTH

Connect Samsung Health via Withings app to Wellworks For You Mobile App.

1

Log in to the **Withings** App with your login information.

2

Click your **Share** and scroll down to apps.

3

Select the **Samsung Health** app.

4

Select **Turn All Categories On** for best results. Users are able to enable data individually.
❗ If the button says DEACTIVATE, the sync is already active.

5

Open the **Samsung Health** app and **Withings** for data to sync.

6

Continue to refresh the screen until the data sync is complete.

7

When navigating to the **Steps** page in Withings, you will be able to verify Samsung Health is the step source.

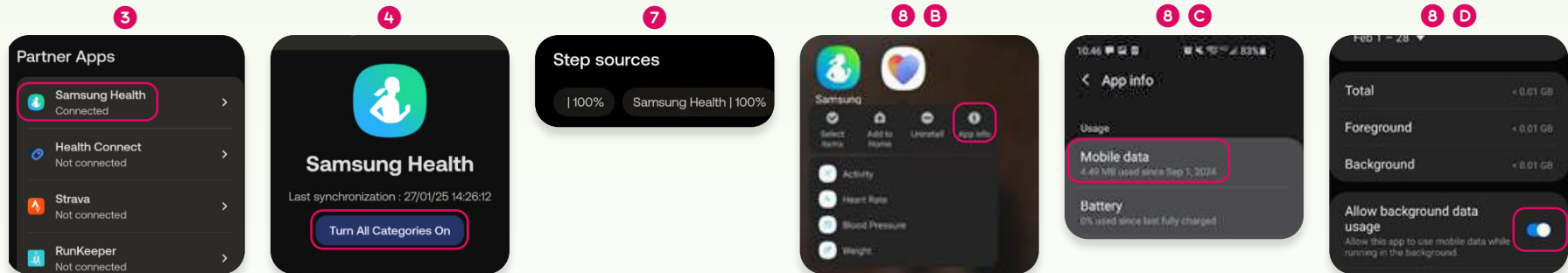
8

Once verified, ensure the **Allow background data usage** is toggled on.

- A** Find the Withings App>Tap and hold until the app options display
- B** Select the **App info** option
- C** Under Usage>Select **Mobile data**
- D** Ensure the **Allow background data usage** toggle is ON

9

Proceed to the Wellworks For You app to complete the sync between Withings and Wellworks For You.

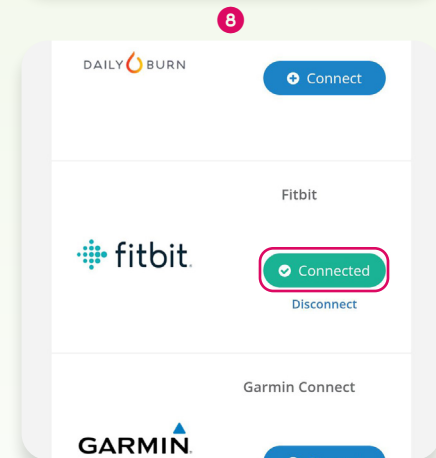
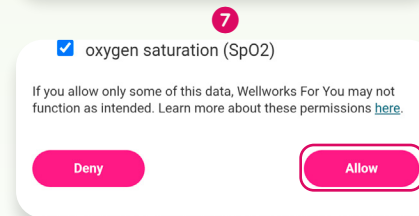
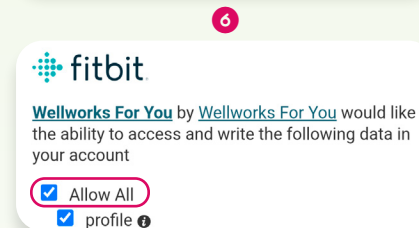
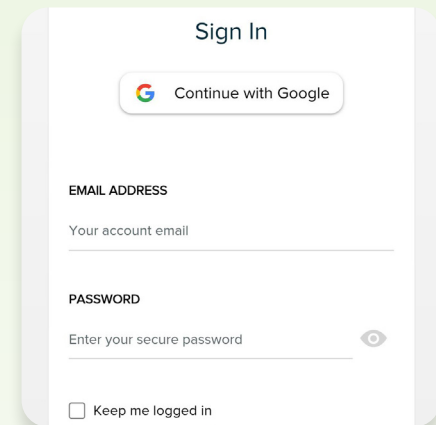
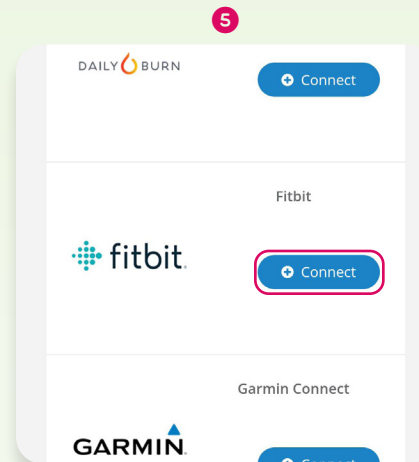


Both the Samsung Health and Withings apps must be downloaded on the device and accounts set up prior to syncing with Wellworks For You Mobile app.

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.

