



# 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.

**You can also earn credit toward your wellness program by syncing Apple Health to your device and participation in the 250K Steps Challenge.**

### Syncing Apple Health is Easy

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

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

**TIP: Log in to the SimplyWell app at least once every 30 days for your Apple Health data to sync. If more than 30 days passes without a log in, only the previous 30 days of data will sync.**

### Questions?

Contact our wellness partner  
at 888-848-3723

