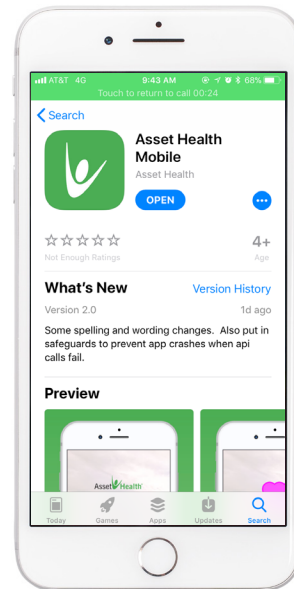
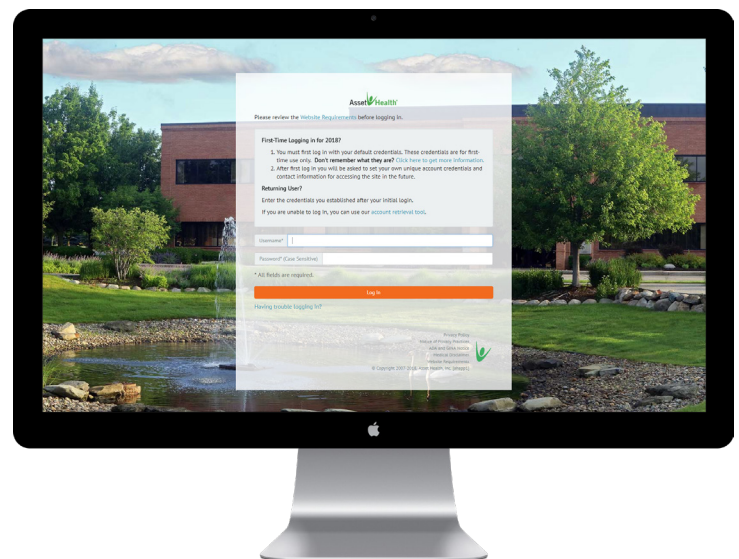


# How to Install the Asset Health Mobile App

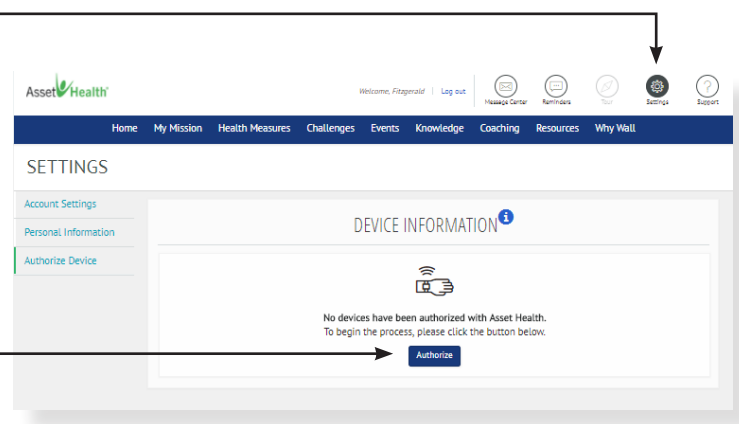
**1** Download the **Asset Health Mobile app** from the Apple App Store.



**2** From your computer, log in to your employer's Asset Health portal.



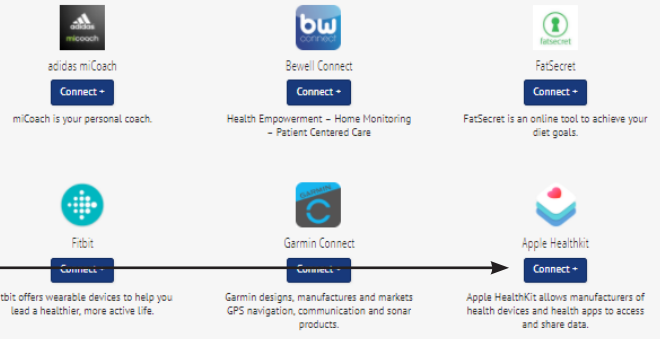
**3** Once you are logged in, click on the **Settings** icon in the upper right-hand corner.



**4** Click on **Authorize Device**.

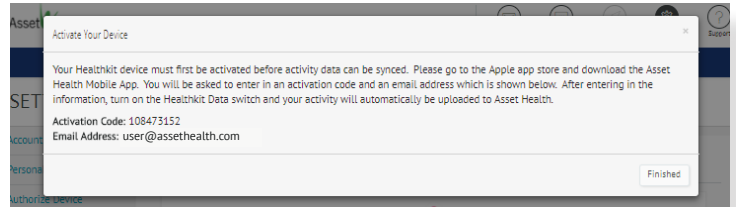
Click the appropriate "Connect +" button and you will be redirected to that device's website. Follow the provided instructions and upon authorization, you will be returned to Asset Health.

By doing so, you allow Asset Health to access data from your device and integrate it into Asset Health's system. Asset Health shall accurately report the activity recorded on your device to your employer but shall not be held liable for any claims or action based on the inaccuracy of the data that is recorded.

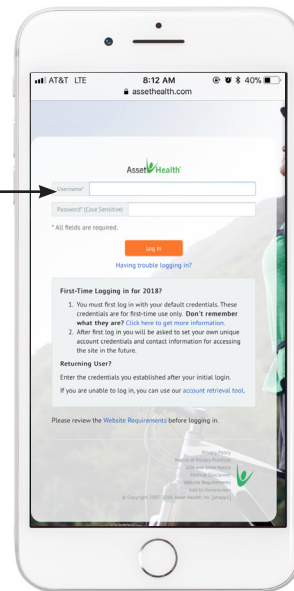


5 When the **Select Your Device** box pops up, click the **Connect+** button under **Apple HealthKit** to authorize an Apple HealthKit device.

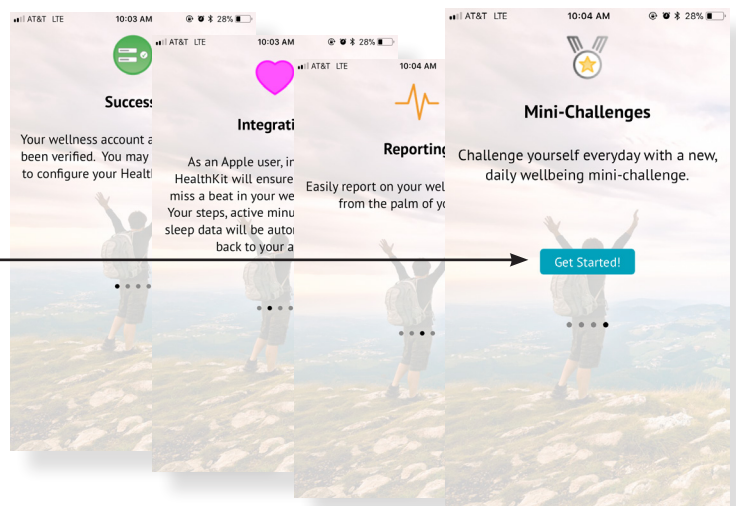
6 You will be provided with an activation code and email address that will be used in the Asset Health Mobile app.



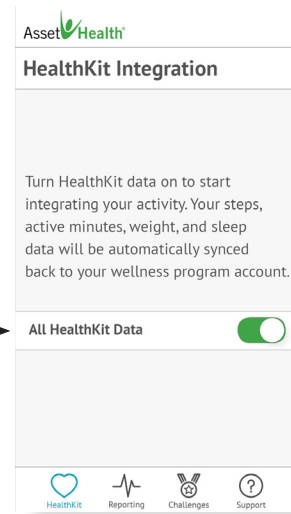
7 Open the app on your phone and enter the credentials.



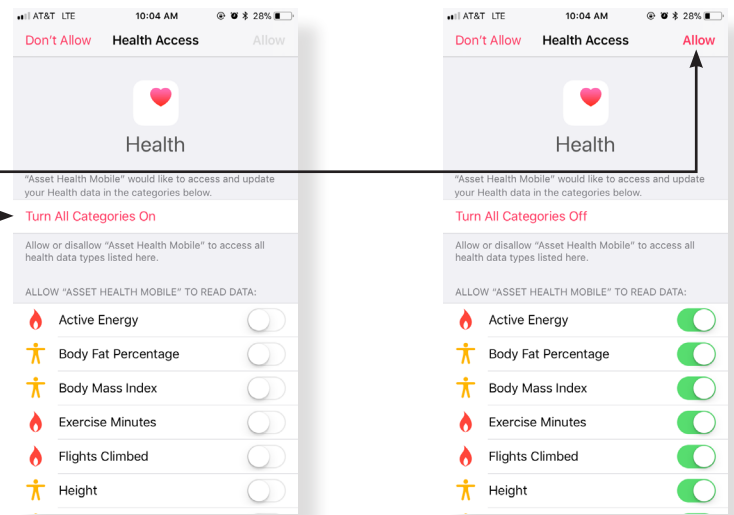
8 Once you are logged in, go through the short tour and click the **Get Started!** button.



9 On the HealthKit **Integration** tab, turn on the **HealthKit Data** switch. You will be directed to the Apple Health app for permissions.



10 Please turn on all categories and click **Allow**.



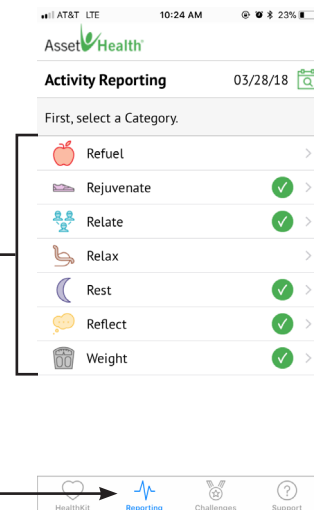
Once the above steps are completed, the Asset Health Mobile app will start uploading steps, minutes, sleep and weight data to your Asset Health portal. This will occur even if the app is completely closed in the background.

You will also have the ability to complete Mini Challenges and report on the 6 R's, if applicable.

## Reporting

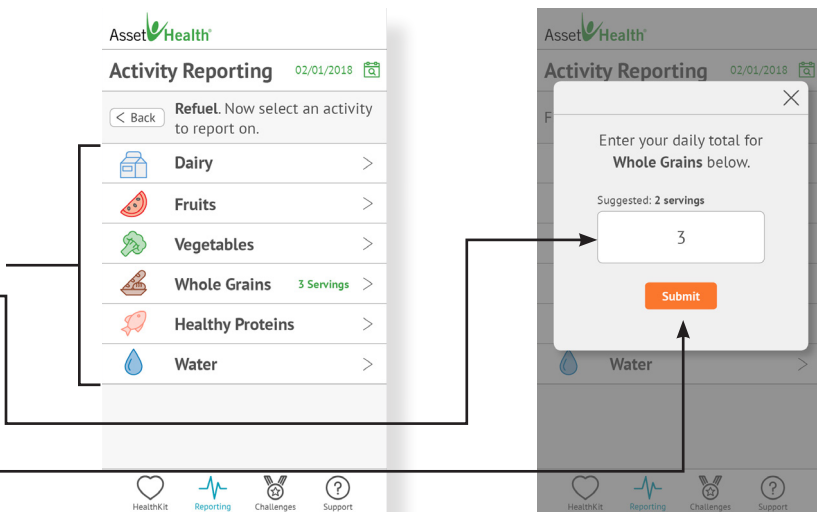
1 To start reporting, click on the **Reporting** tab.

2 Next, select which category you want to report and click on it. Such categories include: Refuel, Rejuvenate, Relate, Relax, Rest, Reflect and Weight.



3 Next, select an activity to report on. For example, if you selected the Refuel category, enter in your daily servings.

4 Finally, click **Submit** and your data will be updated and saved.



## Daily Mini Challenges

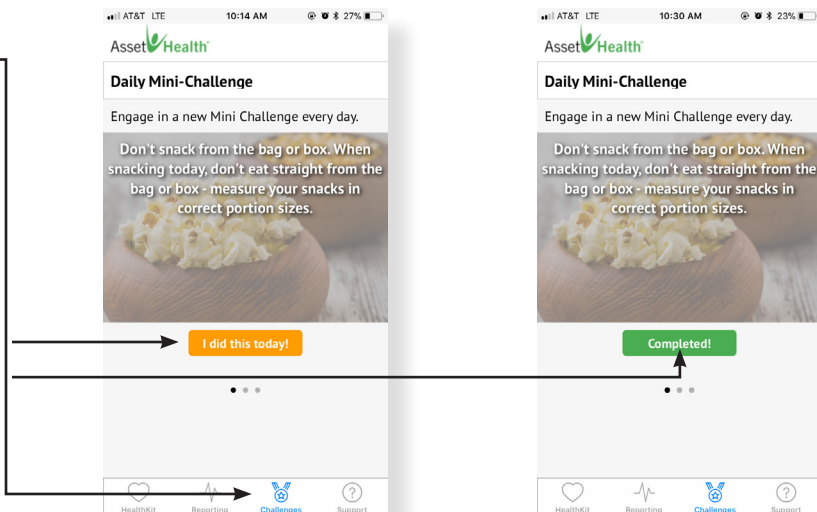
Mini Challenges are only accessible if these features have been turned on by your employer. If you don't see the Challenges tab, then this feature has not been activated.

1 To start reporting your Mini Challenge activity, click on the **Challenge** tab.

2 Here, you will see a new Mini Challenge each day.

3 If you have completed the Mini Challenge, click **"I did this today!"** and the box will update to say **"Completed!"**

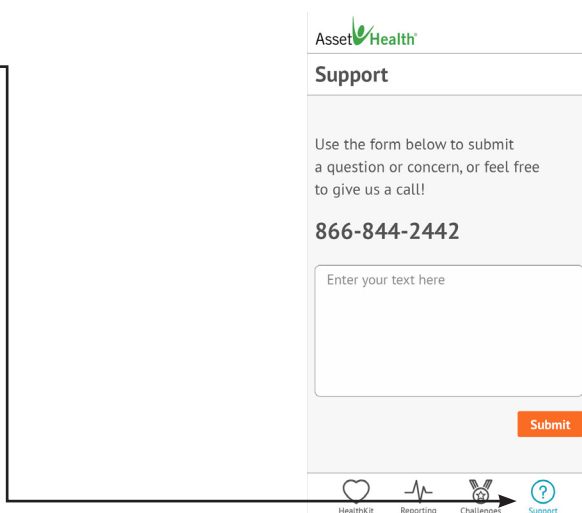
4 Swipe right to engage with a new Mini Challenge.



## Support

1 If you have a question or concern, click on the **Support** tab.

2 Here, you can either use the phone number provided or the form to submit your inquiry.



# iPhone Settings

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There are a few settings that affect how the app runs in the background:

- 1** Global background refresh on/off for all apps must be turned on.
- 2** Individual background refresh on/off for Asset Health Mobile must be turned on.
- 3** If Low Power Mode is turned on, background refreshes will be disabled when the battery is 20 percent or lower.

If you have concerns about data usage, background refreshes can be configured to only occur when your phone is connected to Wi-Fi.

## Frequently Asked Questions (FAQ)

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**1 Q: Why is my app not syncing any data?**

A: Make sure background processing is turned on globally and specifically for the Asset Health Mobile app. Also make sure that the correct categories have been turned on in the Health app.

**2 Q: Why does the app go through long periods without syncing any data?**

A: If Low Power Mode is enabled, the iPhone will temporarily stop background syncing until the battery reaches a certain power level. You also may have the background syncing enabled only when the phone is connected to Wi-Fi.

**3 Q: How do I know what data is being synced?**

A: The Health app controls the categories of data being synced. Open the Health app and go to the Sources tab. Tap the Asset Health Mobile app and you'll see all of the categories below. Here you can control what is being synced by turning categories on and off.

**4 Q: Does the app use data?**

A: Yes, the app periodically attempts to upload your activity data while closed or running in the background. To stop data usage, configure background syncing to only occur when the phone is connected to Wi-Fi.

**5 Q: Do I have to open the app daily to sync my data?**

A: No. Once the HealthKit integration is turned on, the app will sync the data periodically through the day, whether it is completely closed or running in the background.

**6 Q: During the tour, I saw information about reporting and Mini Challenges, but I don't see how to get to them.**

A: Reporting and Mini Challenges are only accessible if these features have been turned on by your employer. If you don't see the Reporting or Challenges tabs, then these features have not been activated.