Asset Health®

## How to Sync Your
FITNESS DEVICE

Tracking your activity can be easy. This guide will take you through the authorization and device syncing process step by step.

By syncing your device, your activity will automatically be recorded. Once your device is authorized, Asset Health will automatically receive and upload your data to the challenge reporting page on a nightly basis. Any data that is manually entered on a given day will overwrite nightly data pulled from your device.

Follow the instructions below to set up your favorite fitness app or device

1. Once you are logged into your wellness portal, visit the **Settings** page and click on the **Authorize Device tab** from the left side menu.

2. Scroll through the list of approved devices until you find yours. Then, click **Connect** below your device.

3. You will now be taken to the device account login page. Here, you must log in using the username and password you created during the setup of your device. This device account username and password are not associated with Asset Health.

4. Please verify that you are logged in to the correct account (not the account of your spouse or another family member), then click **Allow*** to give Asset Health permission to pull activities from your device. You will be directed back to the Asset Health website, where you will see that your device is successfully authorized.
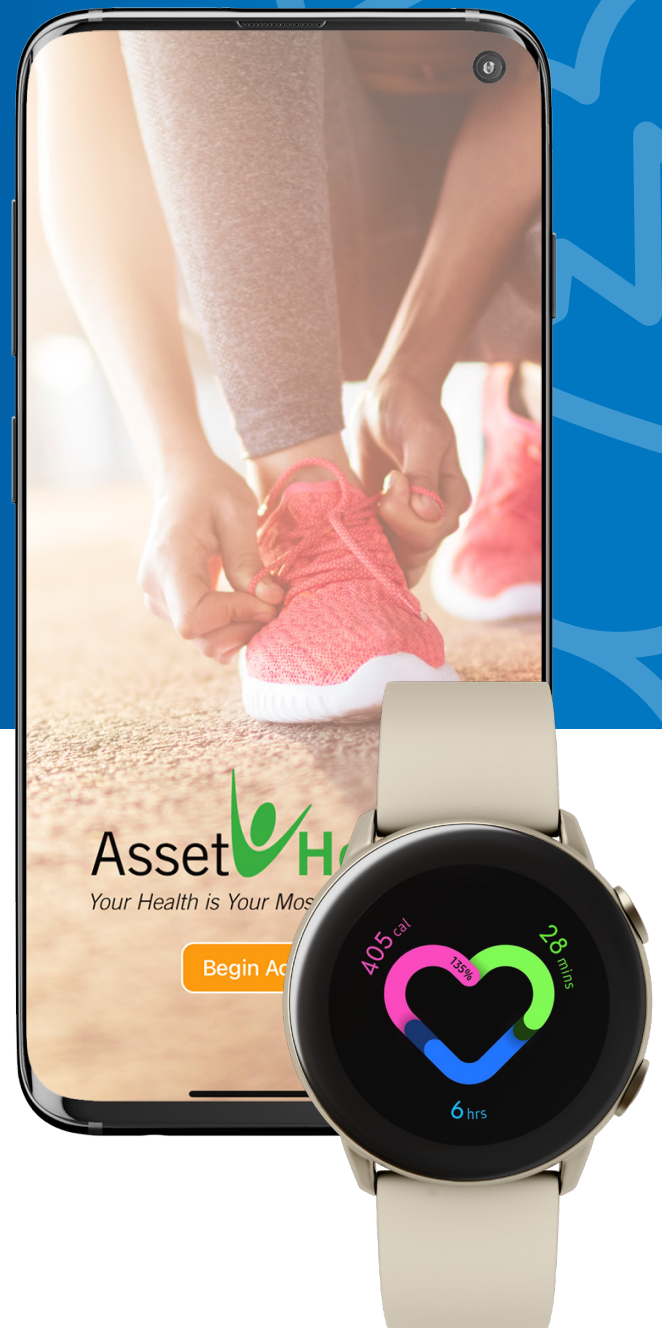
Please Note:

After your device is authorized, it may take **24-48 hours** to see your data.

*Attention Fitbit Users: To properly sync your device, please make sure **activity and exercise**, and **profile** are checked before clicking **Allow**.

Follow the instructions below to set up your Asset Health Mobile app

1. Download the Asset Health Mobile app from the Apple App Store or Google Play.

2. Log in to your wellness portal on your desktop or mobile device.

3. Once you are logged in, click on **Mobile App** from the top-right menu of the homepage.

4. Under **First-Time Authorization**, click **Authorize App**. You'll be provided a token (which will also be emailed to you) to use for authorization within the Asset Health Mobile app.

5. Open the Asset Health Mobile app on your phone and enter your token and email address. Set your four-digit PIN to complete the authorization and click **Finish**.

Set Up Apple HealthKit

On the Settings page of the app, click **HealthKit Activation** to give **Asset Health** permission to pull activities from your device.

At this point, the app will start uploading steps, minutes, sleep and weight data to Asset Health challenges. This will occur even if the app is completely closed or asleep in the background. Periodically log in to your portal to confirm that all reported data has been uploaded and is displaying correctly.

Set Up Samsung Health

Syncing steps from your Samsung device to Asset Health is easy. Open the Asset Health Mobile app, go to the main menu and tap Settings. Flip on the Samsung Health switch, accept all permissions and your steps will automatically be uploaded and applied to goals and challenges.

Questions?

Contact Asset Health at support@assethealth.com