

# 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.

You can also earn incentive points toward your wellness program by syncing an app or device daily and tracking your steps. You can earn 1,000 points for each 250,000 steps that you take while using a compatible synced app or device, for up to a total of 4,000 incentive points.

To sync your app or device, log in through MyCreighton or through your mobile app. (Sync your Apple Health app or Apple Watch using the Viverae® mobile app):

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

Visit [MyAppsAndDevices.com](https://myappsanddevices.com) to verify your app or device is compatible.

## Questions?

Contact our wellness partner  
at 1-888-833-5828 or  
[my.creighton.edu/#/quicklaunch](https://my.creighton.edu/#/quicklaunch)