



# 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 participating in step challenges.

You can earn up to 1,000 points for each 250,000 steps you take using your synced device, for up to 4,000 points.

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

### Questions?

Contact our wellness partner at  
888-833-5828.