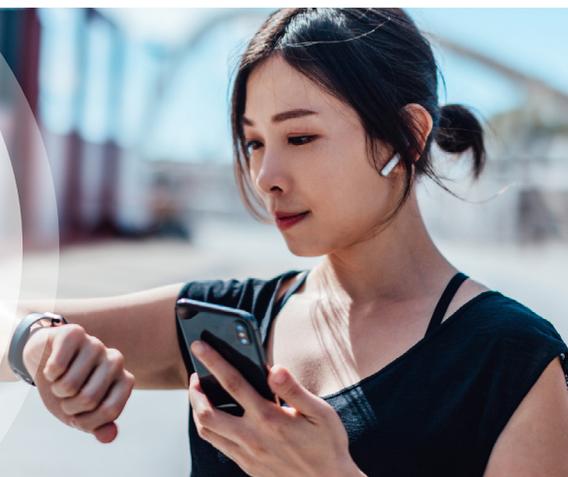




Track Your Steps

Link Your Fitness Device



Research shows that consistent use of fitness devices or apps that track your steps, exercise and other health metrics may help with motivation and increase the likelihood of meeting your goals. Easily track your steps through the Health Advocate website and app by linking your favorite fitness device or app. Nearly 100 different fitness devices and apps from 25 leading manufacturers are supported, including: **Apple Health***, **Fitbit®**, **RunKeeper**, **Withings**.

How to Link Your Fitness Device or App

1. **Log on** to the Health Advocate website or mobile app
2. Click on **your name in the upper right-hand corner** to open a drop-down menu
3. Select **Account Settings**
4. Click on **Fitness Devices & Apps**
5. **Choose the device or app you would like to connect** from the options available
**Please note: You will only see Apple Health as an option when logged on to the Health Advocate app on compatible iOS devices.*
6. You will be directed to the website for the device or app you choose
7. **Follow the directions** to link the device or app (steps vary by manufacturer)
8. After completing the appropriate steps, you'll be **redirected back the Health Advocate website**
 - To confirm your device linked, follow steps 2-4. You should see your device or app listed as **Connected**
 - Select **Manage** if you'd like to refresh your data or to disconnect your device or app



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