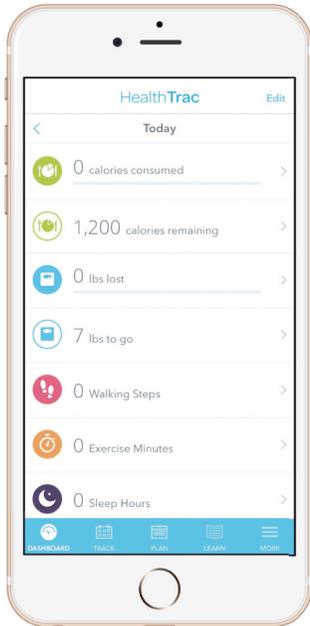


How to link tracking devices and scales with HealthTrac



Overview:

Linking and syncing activity tracking devices and scales can make tracking a seamless and convenient experience. You will be able to enter your information from your device, and that information will be automatically entered into the HealthTrac app.

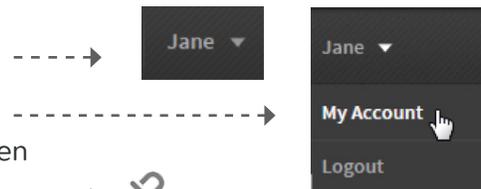
Supported devices include Fitbit, Garmin, Withings and iHealth devices, and any device that connects to Apple Health or Google Fit.

To link to a device on the App:

- Go to the More tab
- Tap Devices
- Select your device and follow the on screen prompts

To link to a device from the HealthTrac Website:

- Put your mouse over your username in the top right corner
- Click on My Account
- In Administrative Information, scroll to the bottom of the screen
- Click on the link icon for the device you want to link
- In the popup, enter your username and password for that device account.
 - * If you have not already set up an account for the device itself, you will need to do this first.
- Click Allow



HealthTrac will pull device measurements at regular intervals during the day. It will also pull information every time you log in to the HealthTrac site or app.

Troubleshooting

If you are entering your weight (or another metric) into HealthTrac and find your entry gets overwritten, and you have an iPhone, check your Apple Health settings. Apple Health may be overwriting your data. If this is the case, you need to change your Apple Health to not write that data to HealthTrac. See next page for more details.

Connecting devices with Apple Health & Google Fit

A very large number of devices work with Apple Health and Google Fit. It's easy to get information from these devices into HealthTrac using the steps below.

Apple Health

Apple Health is an app that comes with all iPhones.

STEP 1

Download the app that comes with your device. Log into that app and connect the app with your device. When you see your measurements in the device app, this step is complete.

STEP 2

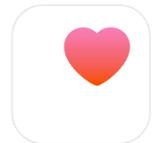
Link **your device** to Apple Health using the following steps:

- On your iPhone, go to your Settings app
- Select Privacy
- Select Health
- Select your device app
- In the *ALLOW [DEVICE NAME] TO WRITE DATA* section, turn on the information you would like in HealthTrac



Older iPhones:

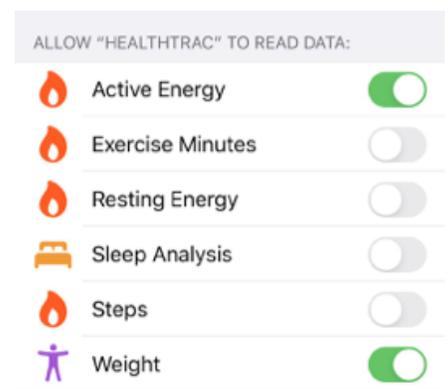
In the Apple Health app, select the Sources tab, then select your device, then select which data you would like to share with Apple Health.



STEP 3

Link **HealthTrac** to Apple Health using the steps below:

- Download the HealthTrac app onto your iPhone
- On your iPhone, go to your Settings app, select Privacy, then Health, then **HealthTrac**
- In the *ALLOW HEALTHTRAC TO READ DATA* section, turn on the information you would like in HealthTrac



Older iPhones:

In Apple Health, select the Sources tab, then select HealthTrac, then select which data you would like to share with HealthTrac.

Google Fit



STEP 1

Make sure the **Google Fit** app and the app that comes with your device are installed on your smartphone.

STEP 2

Log into the **device app**. On your device's app, connect the app with your device. When you see your measurements in the app, this step is complete.

STEP 3

On your device's app, connect your device to **Google Fit**.

STEP 4

On a **computer**, go to your practice portal website and log into your **HealthTrac** account. Hover over your name in the top right corner. Click on My Account. Scroll to the bottom of the screen. Click on the gray link icon next to Google Fit.

STEP 5

Log into the Google account you would like to link to HealthTrac. Click "Allow" on all popups and confirmations. Once you see the congratulations message, the link icon next to Google Fit will be glowing green.

STEP 6

Check the boxes next to the information you would like pulled into HealthTrac from Google Fit. Click Save.