

# How to: Linking Trackers

*Monitor your daily habits, earn a green day, and lower your RealAge®*

## How do the trackers get my information?

Sharecare utilizes several different types of trackers to measure progress towards earning green days: stress, relationship, blood pressure, weight, steps, smoke, sleep, glucose, fitness, diet, cholesterol, alcohol and medications. Tracking operates through a variety of input types based on member selection and the type of information being tracked.

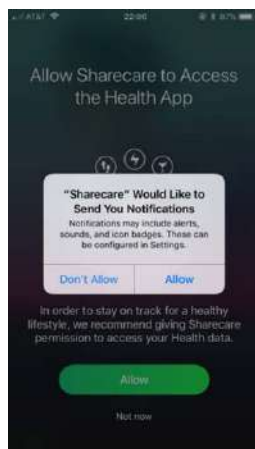
- **Automatic tracking:** The following trackers are currently available for the syncing feature: glucose, sleep, steps, and blood pressure. These trackers can be automatically updated through the device sensors (either directly via the device or by allowing the Sharecare app to synchronize with the iPhone's Health app or Android's Google Fit app). This allows Sharecare to sync with health data already on the mobile device to seamlessly provide daily updates to certain trackers.
- **Manual tracking:** Allows for the ability to manually enter activity data. For example, the diet tracker is optimized by manually tracking the size and quality of meals and snacks. All trackers can be manually updated through the Sharecare app.
- **Customized:** Certain tracker categories are snapshots at any given point in time, and do not typically change on a daily basis, and therefore do not require daily input (e.g. cholesterol). These types of trackers are set to the appropriate cadence for data entry based on personal health status.



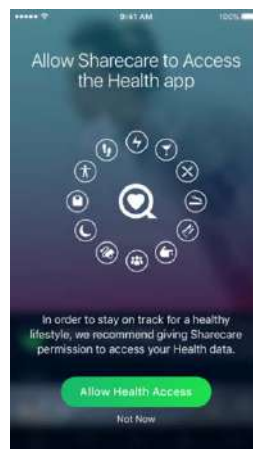
## Instructions based on screenshots:

### Syncing trackers with Apple Health:

1. A) Launch the Sharecare app and sign in. Upon login, users will be prompted to receive notifications and reminders from Sharecare; click "Allow." To make sure Sharecare can synchronize data from the Health app, please click "Allow Health Access." (see *STAH Visual 1a-1 & 1a-2*)

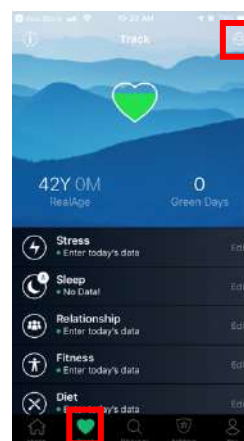


STAH Visual 1a-1

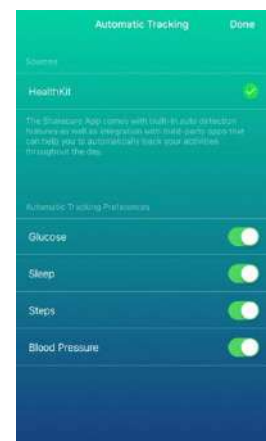


STAH Visual 1a-2

- B) If not prompted to answer this question or if you wish to connect or disconnect automatic tracking, click the heart icon in the bottom toolbar of the Sharecare app to access Trackers. From here, click the gear icon in the top righthand corner, then set automatic tracking preferences. (see *STAH Visual 1b-1 & 1b-2*)



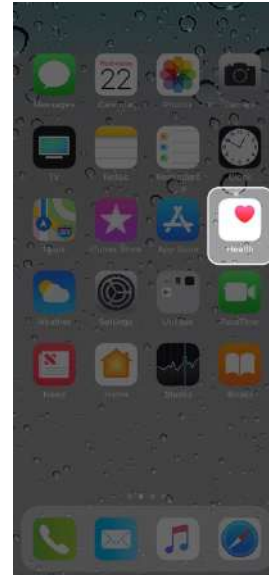
STAH Visual 1b-1



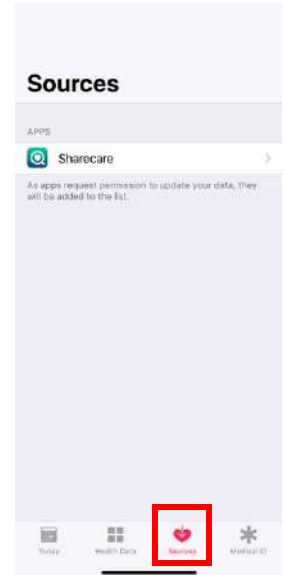
STAH Visual 1b-2

## Syncing trackers with Apple Health:

2. Open the Apple Health App. (see *STAH Visual 2*)
3. Click “Sources” from the bottom tool bar, then click Sharecare listed under “APPS.” (see *STAH Visual 3*)

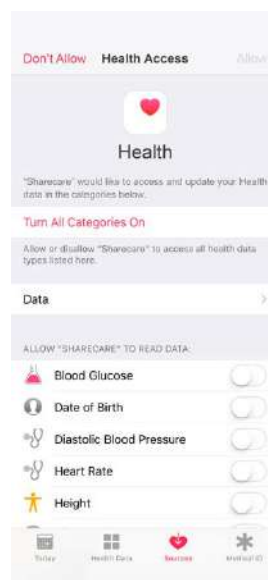


STAH Visual 2

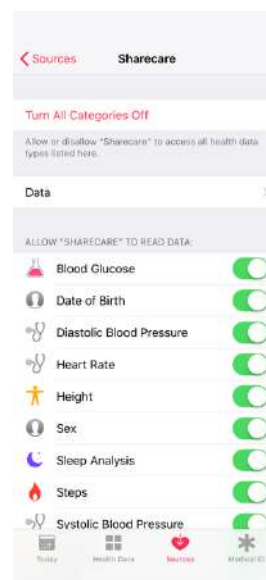


STAH Visual 3

4. Select which health categories you would allow Sharecare to read data on or select “Turn All Categories On.” (see *STAH Visual 4a & 4b*)



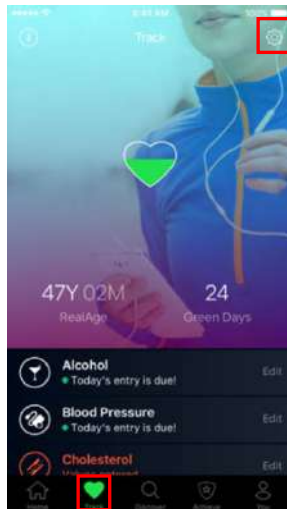
STAH Visual 4a



STAH Visual 4b

## Syncing Trackers with Fitbit for iPhone Users:

1. To get started, click the heart icon in the navigation bar to access Sharecare Trackers. Then, click the gear icon in the top righthand corner. (see *STAH Visual 1*)
2. Under “sources” you should see Fitbit listed. Click the “+” next to Fitbit. This will direct you to Fitbit.com where you will enter your Fitbit log in credentials. (see *STAH Visual 2*)

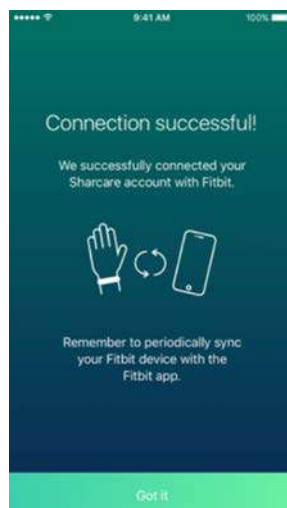


STAH Visual 1

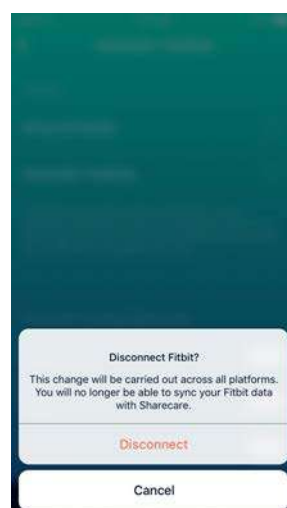


STAH Visual 2

3. Allow Sharecare the ability to access data in your Fitbit account. Don't forget to sync your Fitbit device with the Fitbit app every 5 to 7 days.
4. The settings page will now show Fitbit as connected. Once Fitbit is connected the user may decide to disconnect and no longer sync the Fitbit data with their Sharecare app. To disconnect, click the green checkmark next to Fitbit, then “disconnect.” (see *STAH Visual 4a & 4b*)



STAH Visual 4a



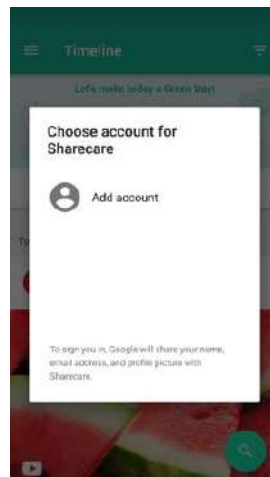
STAH Visual 4b

## Syncing Trackers with Android Google Fit:

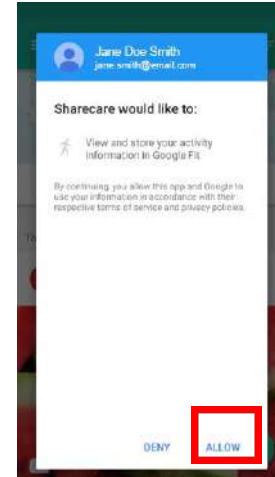
1. Launch the Sharecare app and sign in. Upon login, users will be prompted to "Choose account for Sharecare." Choose the email that is associated with your Google Fit account. (see *STGF Visual 1a & 1b*)
2. Click "Allow" to grant access for Sharecare to view and store activity information in Google Fit. (see *STGF Visual 2*)



STGF Visual 1a

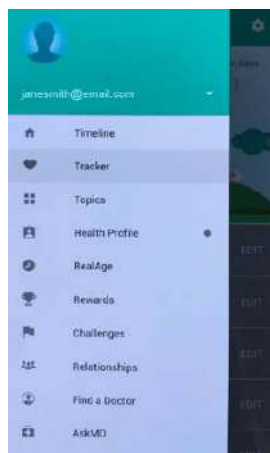


STGF Visual 1b

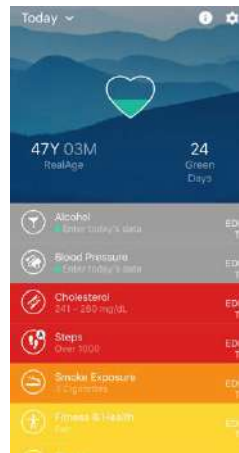


STGF Visual 2

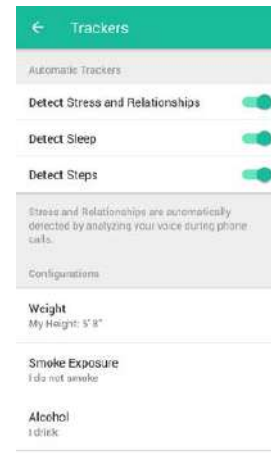
3. In the Sharecare app, click on "Tracker" in the menu bar, then click the gear icon in the top righthand corner to open tracker settings. Here you can set data points to pull through to Sharecare. (see *STGF Visual 3a, 3b & 3c*)



STGF Visual 3a



STGF Visual 3b



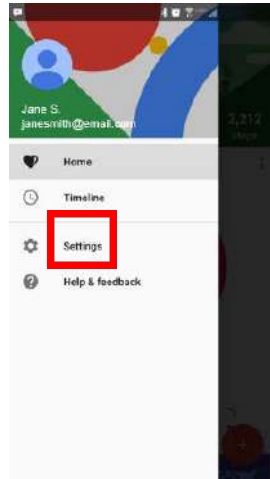
STGF Visual 3c

## Syncing Trackers with Android Google Fit:

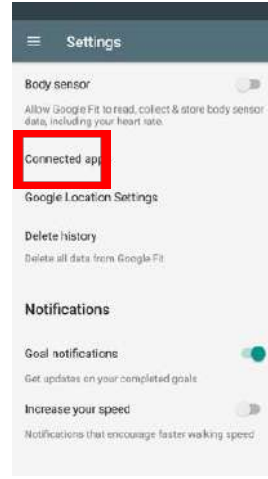
4. To check that the connection was successful, open the Google Fit app | Click on “Settings” then scroll down and click “Connected apps” – you should see Sharecare listed. (see STGF Visual 4a, 4b, 4c & 4d)



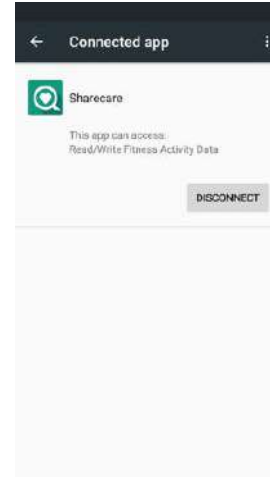
STGF Visual 4a



STGF Visual 4b



STGF Visual 4c

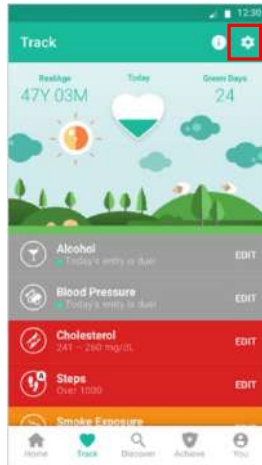


STGF Visual 4d

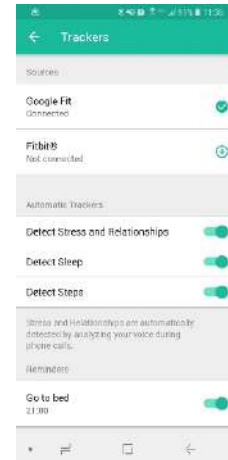


## Syncing Trackers with Fitbit for Android Users:

1. To get started, click the gear icon in the top righthand corner of tracker settings (see *STAH Visual 1*)
2. Under “sources” you should see Fitbit listed. Click the “+” next to Fitbit. This will direct you to Fitbit.com where you will enter your Fitbit log in credentials. (see *STAH Visual 2*)

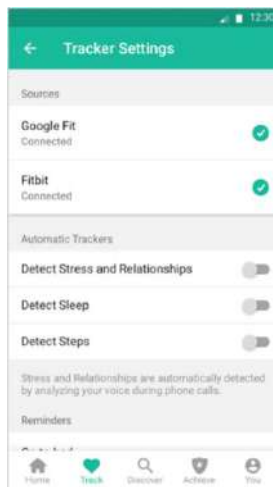


STAH Visual 1

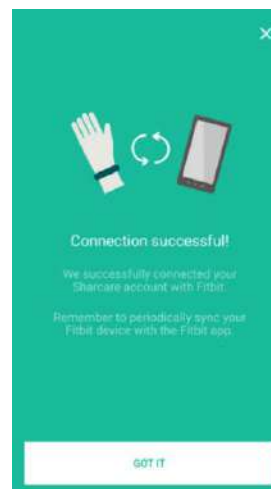


STAH Visual 2

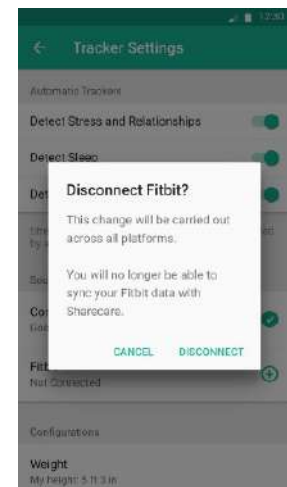
3. Allow Sharecare the ability to access data in your Fitbit account. Don't forget to periodically sync your Fitbit device with the Fitbit app. (see *STAH Visual 3*)
4. The settings page will now show Fitbit as connected. Once Fitbit is connected the user may decide to disconnect and no longer sync the Fitbit data with their Sharecare app. To disconnect, click the green checkmark next to Fitbit, then “disconnect.” (see *STAH Visual 4a & 4b*)



STAH Visual 3



STAH Visual 4a



STAH Visual 4b