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 synching 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.



Q sharecare

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

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



How to: Linking Trackers

Syncing trackers with Apple Health:

- 2. Open the Apple Health App. (see STAH Visual 2)
- 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)

-	Turn All Categories Off	
	Allow or disallow "Sharecare" to access all health (1010
Health	types litted here.	10120
"Sharecare" would like to access and update your Health date in the categories below.	Data	
Turn All Categories On		
Allow or disallow "Sharesare" to access all bealth data types listed here.	ALLOW "SHARECARE" TO READ DATA	6
Data		_
Jala /	Diastolic Blood Pressure	
ALLOW "SHARECARE" TO READ DATA.		
🛓 Blood Glucose 🛛 🕖		C
O Date of Birth		0
Diastolic Blood Pressure		C
8 Heart Rate	Sleep Analysis	C
t Height	👌 Steps	C
	Systolic Blood Pressure	-
	BE B	*



Syncing Trackers with Fitbit for iPhone Users:

 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*)



 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)



0.7.11.1.100001.1

- 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

How to: Linking Trackers



Syncing Trackers with Android Google Fit:

- 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)
- Click "Allow" to grant access for Sharecare to view and store activity information in Google Fit. (see STGF Visual 2)





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*)

			t Gene	\sim		Automatic Trackers	
neən	iith@email.som					Detect Stress and Relationships	-
1	Timeline			47Y 03M	24	Detect Sleep	-
2	Tracker		a	RealAge	Green Daya	Detect Steps	-
	Topica			Alcobal		Steese and Relationships are automati-	cn≹y
	Health Profile	٠	FERT	Alcohol Entertaitey's data		detected by analyzing your voice during calls.	g phone
	RealAge			Soad Pressure	E DA T	Configurations	
	Bewards		CROCK .	Cholesterol 241 - 280 mg/dL	EDI	Weight	
	Challenges			Steps Over 2000	EDI	My Height: 5" 8"	
	Relationships		TEDIA.			Smoke Exposure	
	Find a Doctor		CROPT:	Singler Exposure	ED) T		
	AskMD				- 1	Alcohol Lidrick	



Syncing Trackers with Android Google Fit:

 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)

Office Coderts Messages Chones Apple	ALCONAUTION Tringsday August son Der Der Small Enter Enter Der Der Der Der Der Der Der D	Anne S Janesvith Qenal ann Morre C Timaine Settings 2 Help & feedback	Settings Socy sensor Allow Googe Fit to read, collect & store body sensor dist, including year, heart take. Connected app Googe Location Settings Delete history Delete history Delete history Delete history Cont data frem Google Fit Context and take frem Google Fit Delete history Delete history	Connected app :
STGE Visual 4a STGE Visual 4b STGE Visual 4c STGE Visual 4d	Phone Conterna Metalogies Chrome Appe		Notifications that encourage faster walking speed	CTCC 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*)



STAH Visual 1

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*)



 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)

Solwien		
Google Fit		
Connected		10
Fithit28		
Not connected		C
Automatic Tracs	(0.3	
Detect Stress	and Relationshi	ps 🛋
Detect Sleep		-
Detect Steps		61
	tion ships are auto lyzing your voice	
phone calls.		201298
Remindere		
Go to bed		-
. =		4

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)



do.[®] is a registered trademark of Blue Cross[®] and Blue Shield[®] of Minnesota, a nonprofit independent licensee of the Blue Cross and Blue Shield Association. Sharecare is an independent company providing a health and wellness engagement platform. Offerings subject to change.