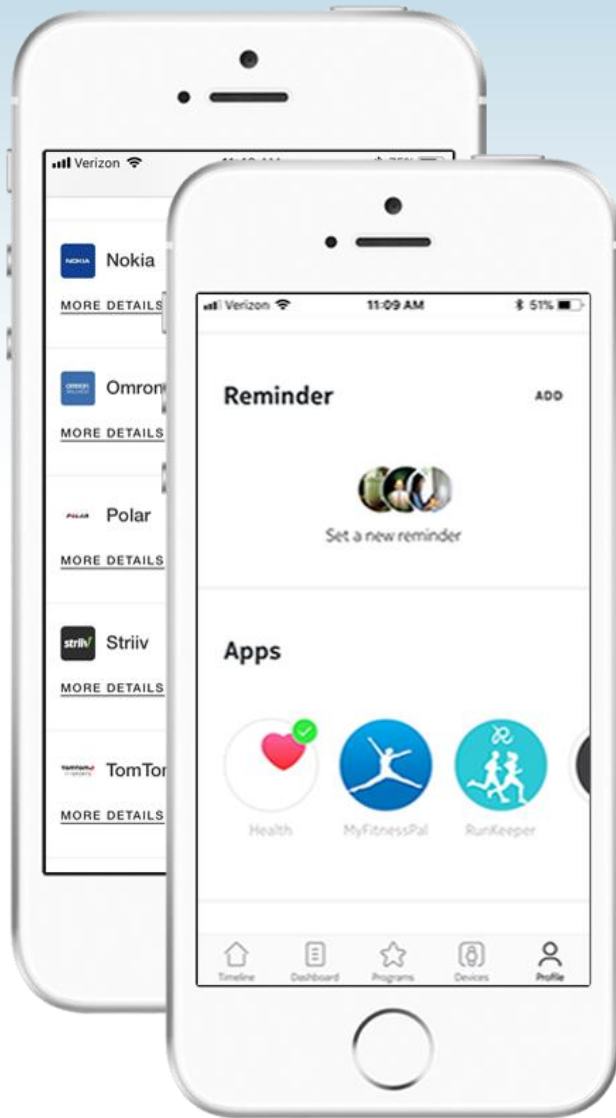


Synchronize Apple Health with Activity Challenges

I do not see Apple Health in the platform list of connected devices and apps. Is it possible to share my step data from this app with the challenge trackers?

Yes, Apple Health connects to the Wellness Portal through the Withings Health Mate app. Start by downloading Withings Health Mate from the Apple Store and follow the steps below:



1

Open the Withings Health Mate app and create an account.

2

Navigate to the Profile tab and scroll down to the Apps section.

3

Select the Apple Health icon to share data.

4

Allow data sharing by selecting Turn All Categories On or allowing HealthMate to read step data.

5

In the Wellness Portal, select Fitness Device in the top right drop-down menu and connect with Withings.

6

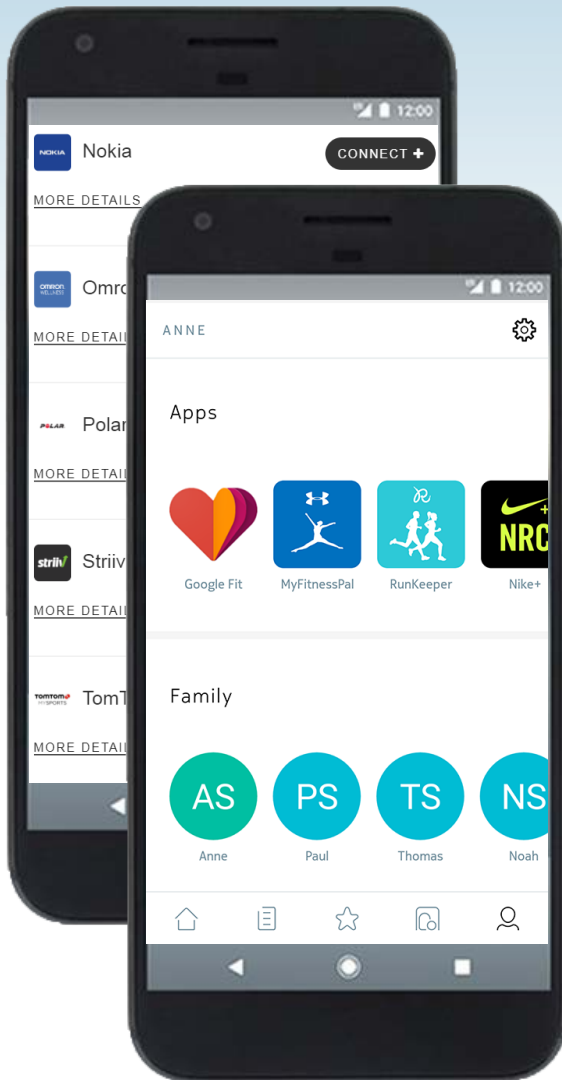
Sign in with the account information you entered in step 1.

Please log into your Health Mate app daily to synchronize your step data from Apple Health. Once you refresh the Health Mate app the updated data will automatically upload into the activity challenge. (Note: Withings used to be known as Nokia)

Synchronize Google Fit with Activity Challenges

I do not see Google Fit in the platform list of connected devices and apps. Is it possible to share my step data from this app with the challenge trackers?

Yes, Google Fit connects to the Wellness Portal through the Withings Health Mate app. Start by downloading Nokia Health Mate from the Apple Store and follow the steps below:



1

Open the Withings Health Mate app and create an account.

2

Navigate to the Profile tab and scroll down to the Apps section.

3

Select the Google Fit icon to share data.

4

You will be prompted to allow data sharing between the two apps. Please switch from Deactivate to Activate.

5

In the Wellness Portal, select Fitness Device in the drop-down menu (top right) and connect with Withings.

6

Sign in with the account information you entered in step 1.

Please log into your Health Mate app daily to synchronize your step data from Google Fit. Once you refresh the Health Mate app the updated data will automatically upload into the activity challenge. (Note: Withings used to be known as Nokia)