

HOW TO SYNC YOUR DEVICE TO YOUR WELLNESS PORTAL



APPLE USERS:

1. Download the Asset Health mobile app.
2. In the app, go to **Settings**, and activate HealthKit to sync your device.



OTHER DEVICES:

1. Sign in to assethealth.com/transwestern and select the **Sync Now** button on the device sync tile.
2. Select **Authorize**.
3. Choose your device from the list provided.
4. You will be redirected to the device's account login page. Sign in with the username and password you created when you set up your device.
5. Select **Allow*** to give Asset Health permission to pull activities from your device. You will be directed back to your wellness portal, where you will see that your device is successfully authorized.



ANDROID USERS:

If you are using a Samsung Watch or want to sync your Android device, the Withings/HealthMate app is a great app to track your steps.

1. Download the app and follow the instructions to set up your account.
2. Return to your wellness portal and follow the directions above for non-Apple devices. When asked to select a device, choose the Withings/HealthMate app.
3. The Withings/HealthMate app will sync to your phone and track steps from your phone as if you had a tracker.

**Attention Fitbit Users: Please do not uncheck any of the boxes before selecting Allow. Although Fitbit requires all boxes to be selected for your device to properly sync, Asset Health only receives minutes of physical activity and steps.*

If you have any questions, please contact Customer Support at support@assethealth.com.

All personal health information (PHI) is protected, by law, under the Health Insurance Portability and Accountability Act (HIPAA) and is maintained in a secure and confidential manner.