

How to Sync Your Apple Device

Syncing your Apple device is easy! This guide will take you through the authorization and device syncing process step by step.

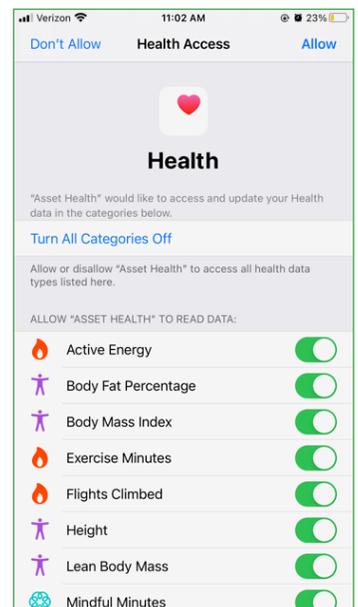
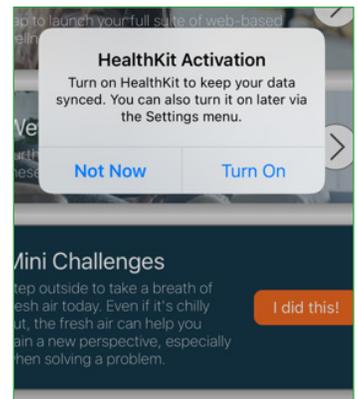
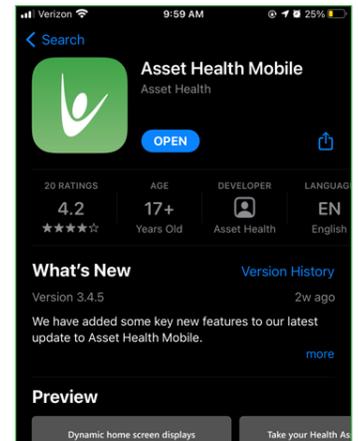
By syncing your Apple device, your data will automatically be recorded. Once your Apple device is authorized, Asset Health will automatically transfer your data on a nightly basis.

Setup

**You can sync your Apple Watch or iPhone using the Apple HealthKit!
Follow the instructions below to set up your Apple HealthKit.**

- 1** Download the **Asset Health Mobile** app from the Apple App Store (iOS) and follow the instructions to authorize your wellness account and set a pin.
- 2** If you are opening the app for the first time, you will be automatically prompted to Turn on your HealthKit to sync with your wellness account via a pop-up notification inside the app. If you already had the app installed on your phone, click on the Settings icon then toggle the HealthKit Activation switch to “on.”
- 3** You will be directed to the Apple Health app for permissions. Please turn on all categories and click Allow.

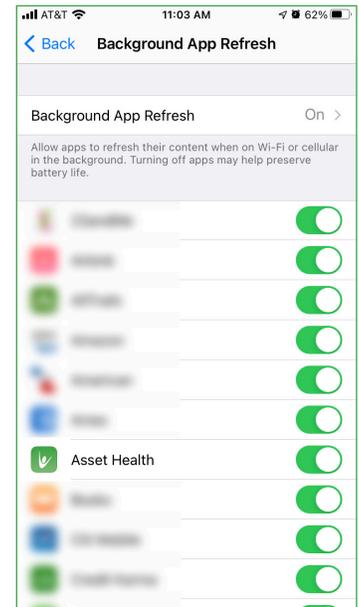
At this point, the app will start uploading your steps and minutes data to Asset Health. This will occur even if the app is completely closed or asleep in the background. Periodically log in to the Asset Health portal to confirm that all reported data has been uploaded and is displaying correctly.



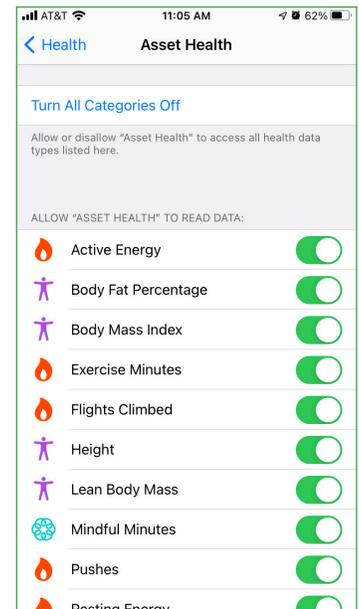
iPhone Settings for Syncing the Apple HealthKit

There are a few settings that affect how the app can run in the background:

- 1 Visit **Settings > General > Background App Refresh** and ensure Background App Refresh is turned on for all apps, including Asset Health Mobile.



- 2 To change which activities get sent to Asset Health, go to **Settings > Privacy > Health > Asset Health Mobile**.



- 3 If Low Power Mode is turned on, background refreshes will be disabled when the battery is 20% or lower.

If you have any questions, please contact Asset Health at **855-444-1255** or support@assethealth.com.