

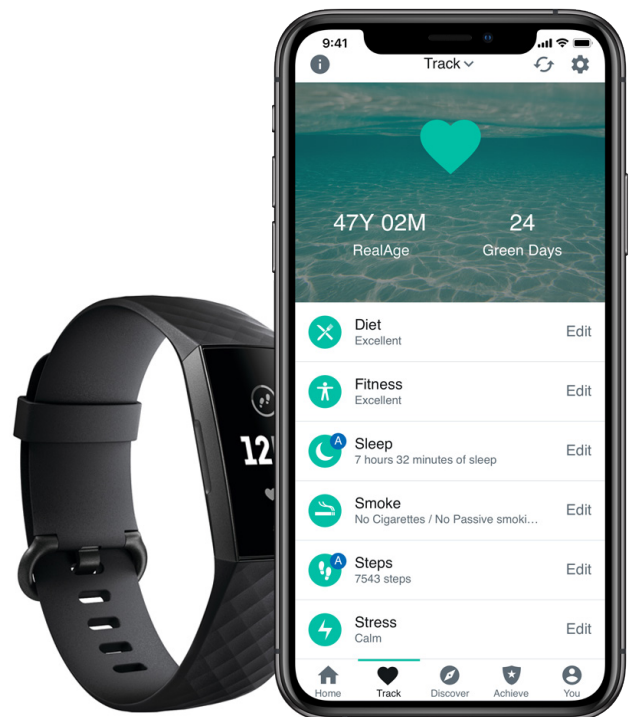
# Linking Trackers

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

## How do the trackers get my information?

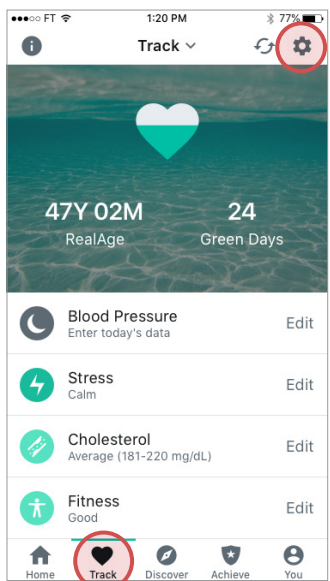
Sharecare utilizes several different types of trackers to measure progress towards earning green days: stress, blood pressure, weight, steps, smoke, sleep, glucose, fitness, diet, cholesterol, alcohol and medications. Tracking operates through a variety of input types based on member selection and the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

- **Automatic tracking:** You can currently track and sync 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 available from the mobile device.
- **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.



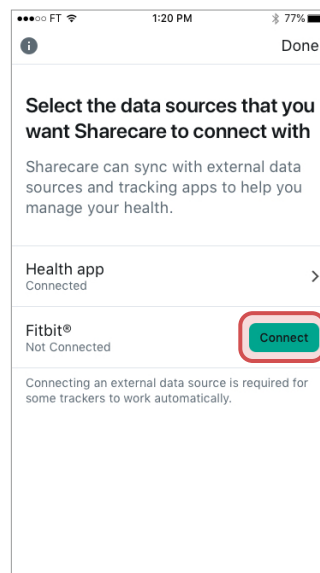
## Syncing Trackers with Fitbit:

- 1 To get started, select the heart icon in the navigation bar to access Sharecare Trackers. Then, select the gear icon in the top righthand corner.  
(see figure 1)



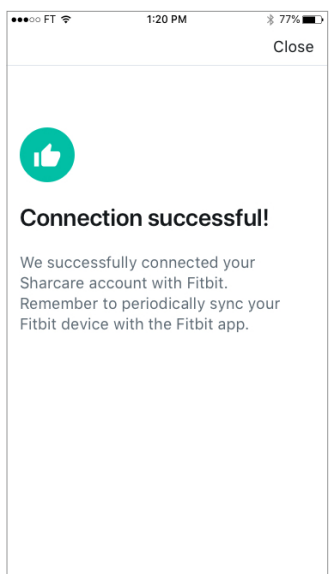
(figure 1)

- 2 Select the **Connect** button next to Fitbit. This will direct you to Fitbit.com where you will enter your Fitbit log in credentials.  
(see figure 2)

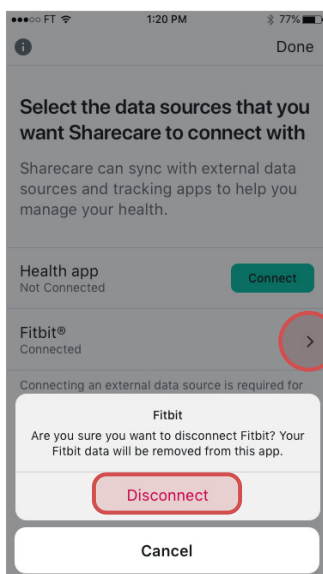


(figure 2)

- 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.
- 4 The settings page will now show Fitbit as connected. If you ever decide to disconnect and no longer sync Fitbit data with the Sharecare app, tap the arrow next to Fitbit, then select **Disconnect**. (see figures 3 & 4)



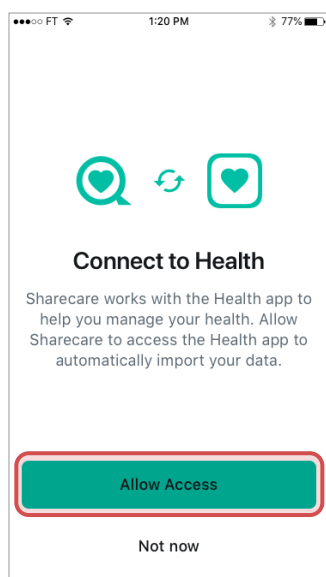
(figure 3)



(figure 4)

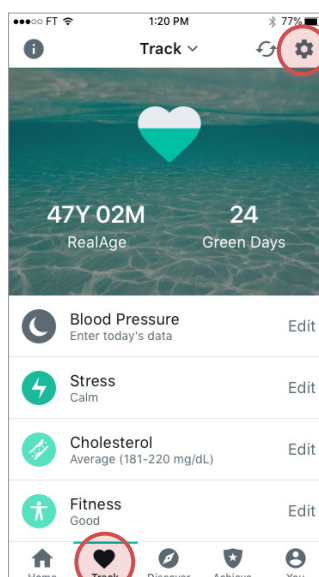
## Syncing trackers with Apple Health:

- 1a** Launch the Sharecare app and sign in. Upon login, users will be prompted to receive notifications and reminders from Sharecare; select **Allow**. To make sure Sharecare can synchronize data from the Health app, please select **Allow Access**.  
(see figure 5)

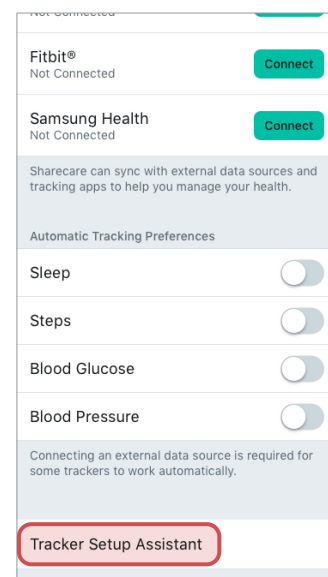


(figure 5)

- 1b** If not prompted to answer this question or if you wish to connect or disconnect automatic tracking, click the heart icon in the navigation bar to access Sharecare Trackers. From here, click the gear icon in the top righthand corner, then scroll to **Tracker Setup Assistant**. (see figures 6 & 7)

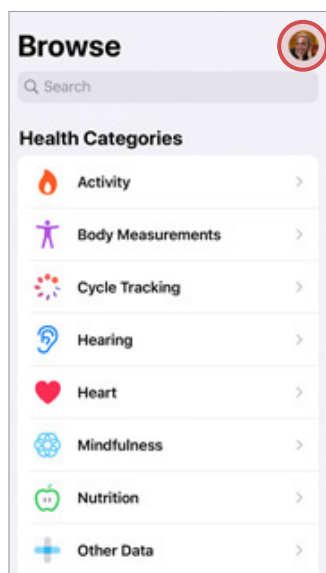


(figure 6)



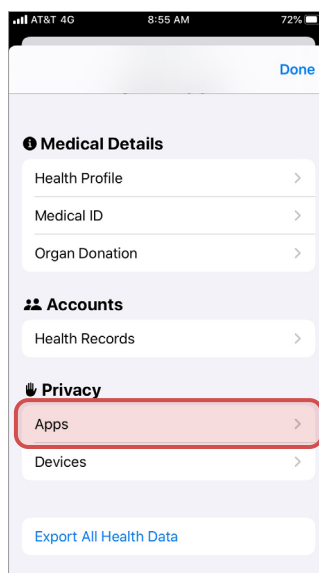
(figure 7)

- 2** Open the Apple Health App and tap on your profile.  
(see figure 8)

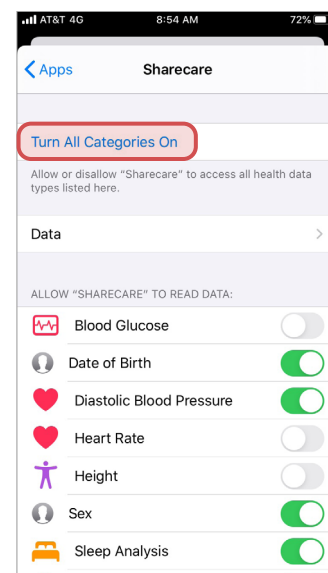


(figure 8)

- 3** Scroll down to **Privacy**, select **Apps**, and then **Sharecare**. Select which health categories you would allow Sharecare to read data on or select **Turn All Categories On**. (see figures 9 & 10)



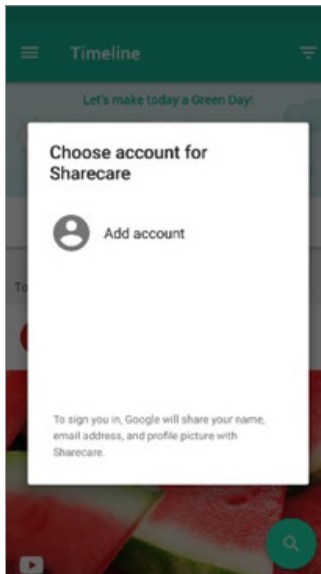
(figure 9)



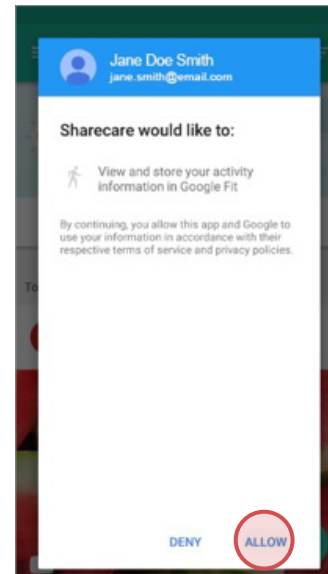
(figure 10)

## 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 figure 11)
- 2 Click **Allow** to grant access for Sharecare to view and store activity information in Google Fit.  
(see figure 12)

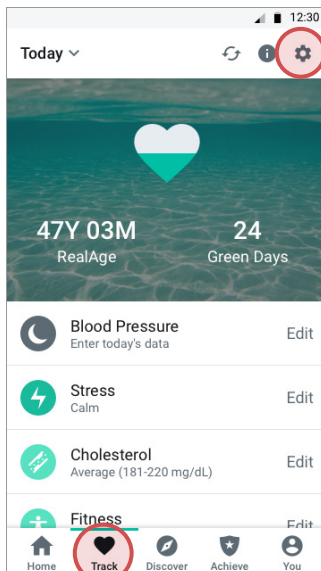


(figure 11)

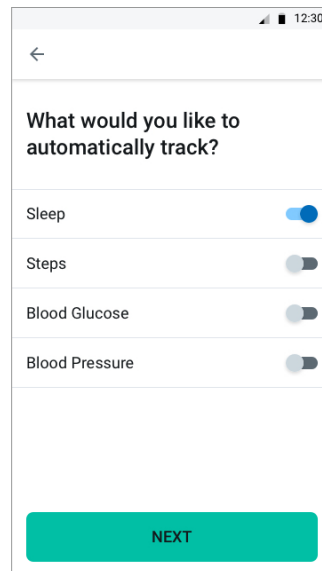


(figure 12)

- 3 In the Sharecare app, click the heart icon in the navigation bar to access Sharecare Trackers. From here, 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 figures 13 and 14)



(figure 13)

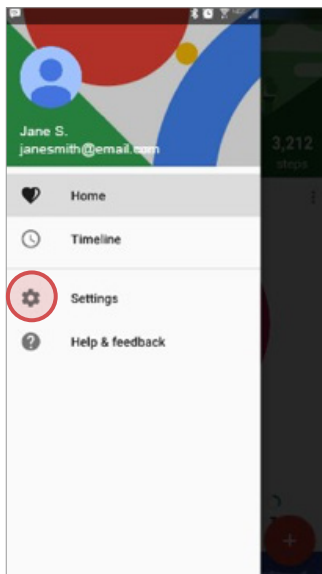


(figure 14)

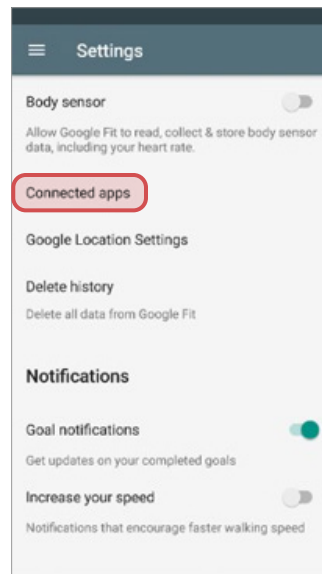


## Syncing trackers with Android Google Fit (continued):

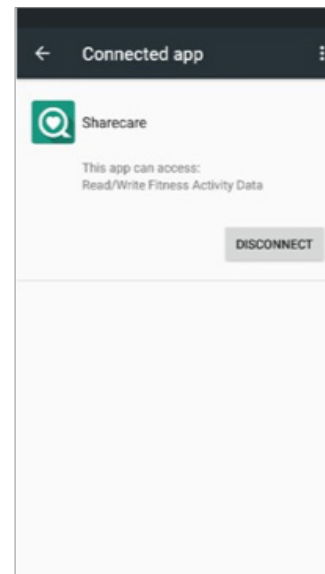
- 4 To check that the connection was successful, open the Google Fit app. Select **Settings** then scroll down and tap **Connected apps** – you should see Sharecare listed.  
(see figures 15 – 17)



(figure 15)



(figure 16)



(figure 17)