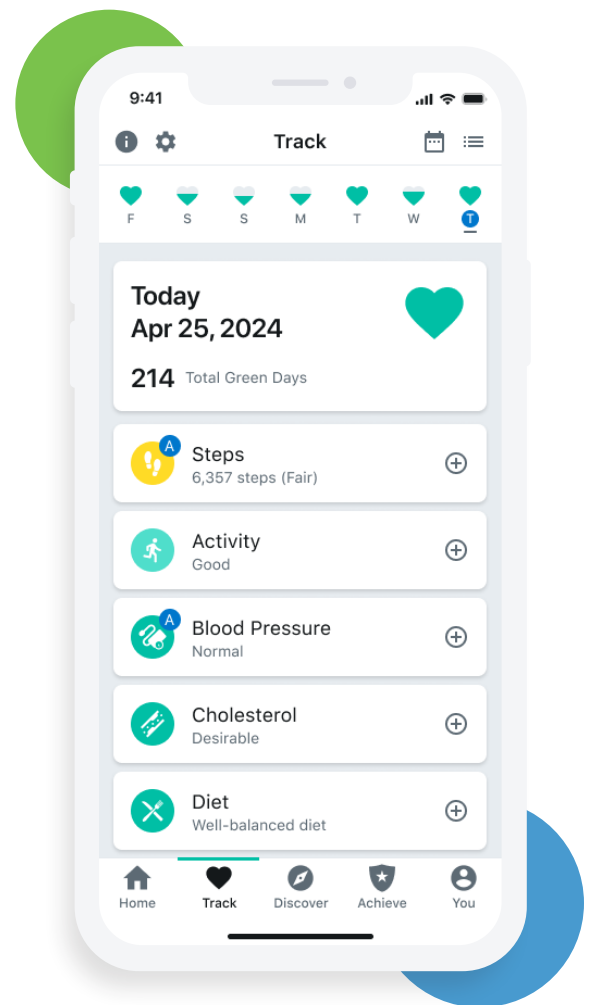# HealthyEmory

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, relationships, blood glucose, activity, 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 blood glucose, sleep, steps, and blood pressure. Fitbit wearable devices connect directly to the Sharecare app for easy tracking. To track using other wearable devices, connect them first to the Apple Health, Samsung Health or Google Fit app then allow them to synchronize with the Sharecare app. This allows Sharecare to sync with health data already available from your mobile device.

- **Manual tracking**: Allows for the ability to manually enter activity data. All trackers can be manually updated through your 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.

9:41

Track

Today
Apr 25, 2024

214 Total Green Days

F   S   S   M   T   W   T

Steps
6,357 steps (Fair)

Activity
Good

Blood Pressure
Normal

Cholesterol
Desirable

Diet
Well-balanced diet

Home   Track   Discover   Achieve   You

sharecare

Need help connecting your tracker? Call Sharecare at 855-428-1708 or visit support.sharecare.com
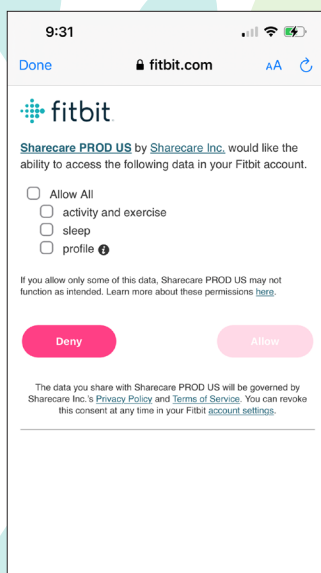
Link trackers with Fitbit:

1 Sign in to the Sharecare app. Select **Track**. Then, select the gear icon.
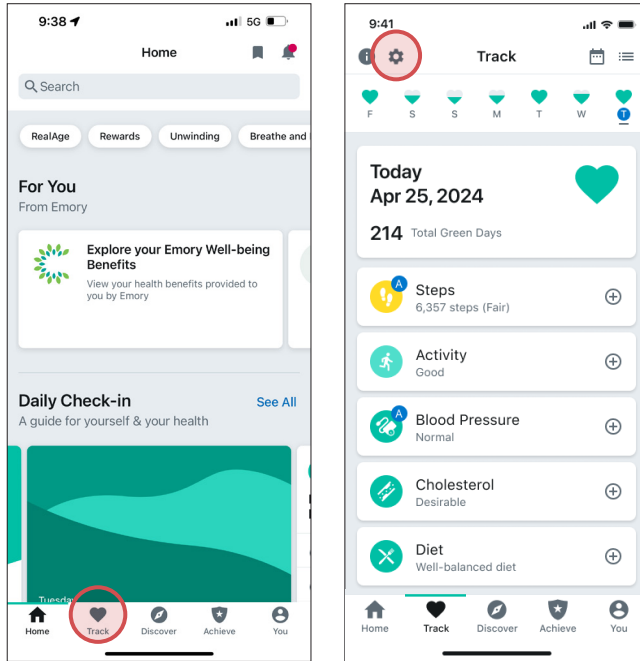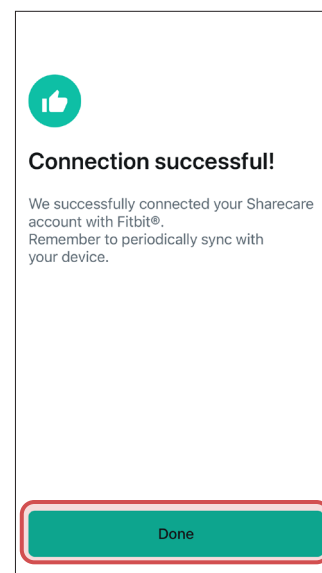

2 Select the **Connect** button next to Fitbit.
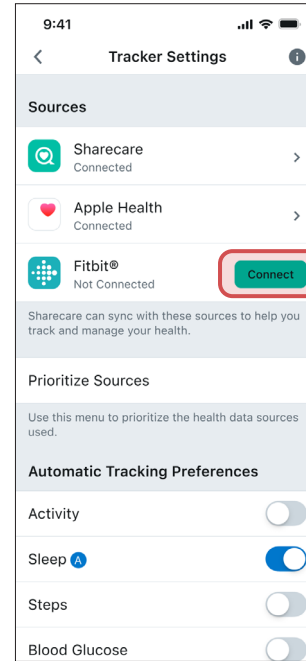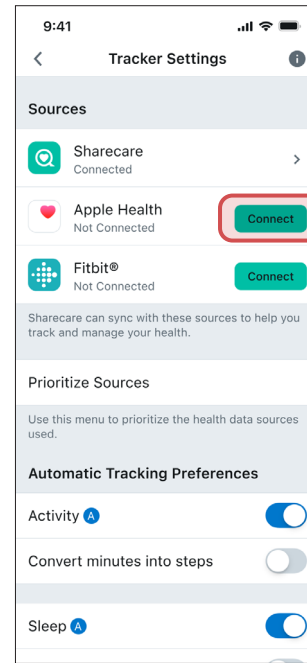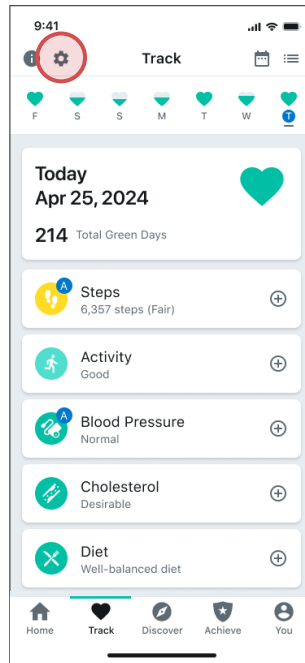

3 Select the data points you automatically want to share with Sharecare.

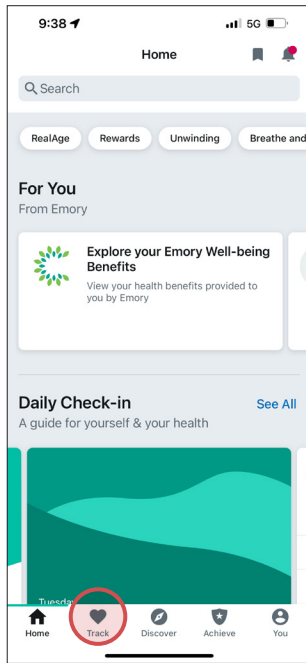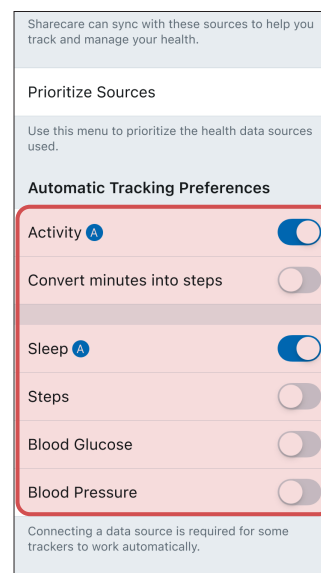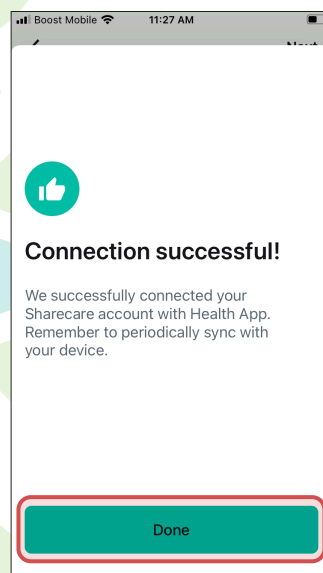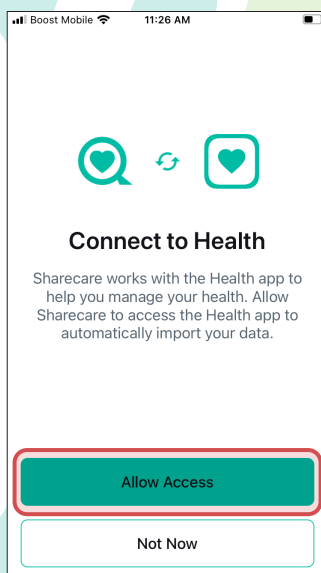**4** You are now connected. Select **Done**.

![sharecare]

Link trackers with Apple Health:

1 Sign in to the Sharecare app. Select **Track**. Then, select the gear icon.

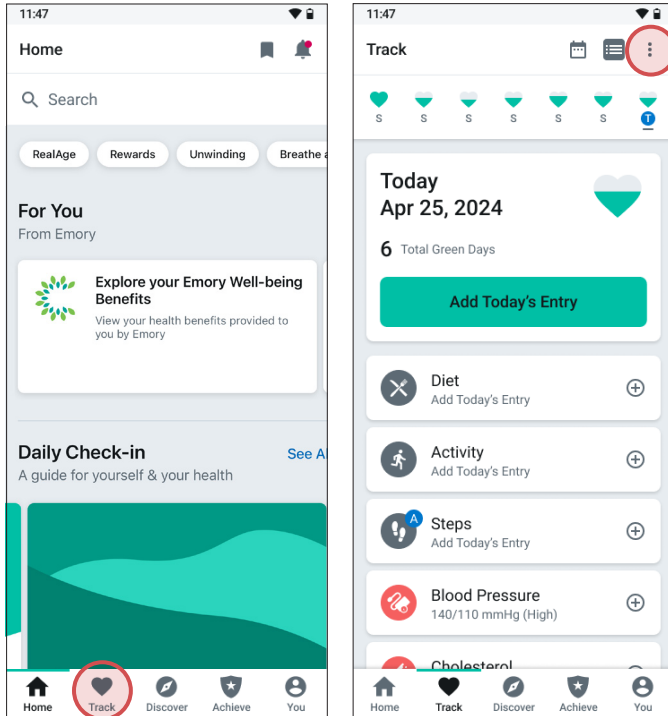**2** Select the **Connect** button next to Health App.

3 Select **Allow Access**. You are now connected. Select **Done**. Next, select the data points you automatically want to share with Sharecare.
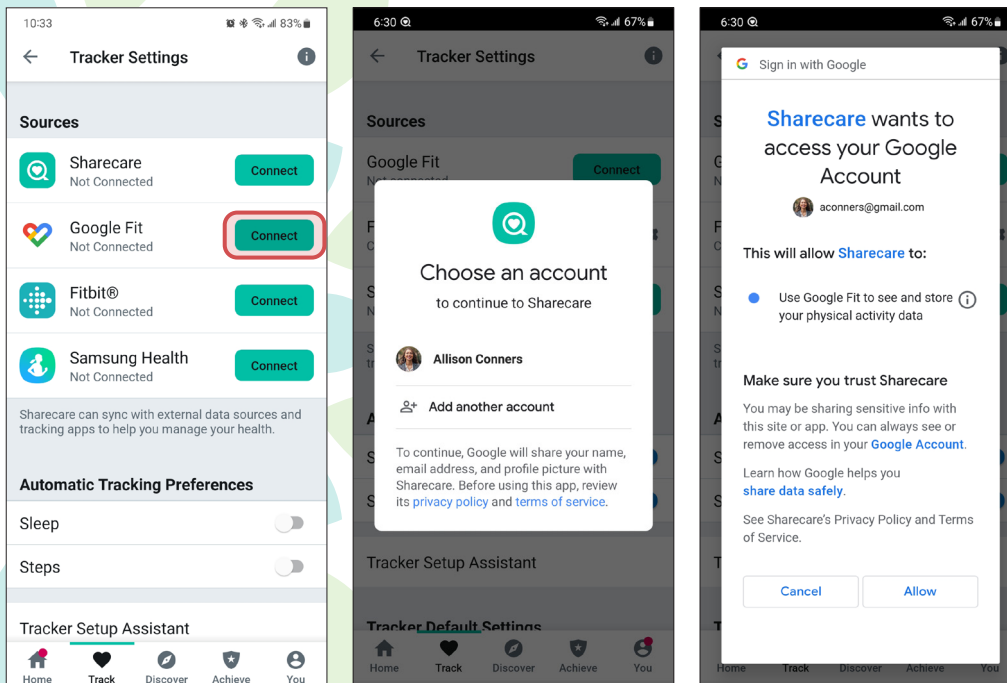

Connect to Health

Sharecare works with the Health app to help you manage your health. Allow Sharecare to access the Health app to automatically import your data.

Allow Access

Not Now

Connection successful!

We successfully connected your Sharecare account with Health App. Remember to periodically sync with your device.

Done

Sharecare can sync with these sources to help you track and manage your health.

Prioritize Sources

Use this menu to prioritize the health data sources used.

Automatic Tracking Preferences

Activity (A)
Convert minutes into steps
Sleep (A)
Steps
Blood Glucose
Blood Pressure

Connecting a data source is required for some trackers to work automatically.

Link trackers with Android Google Fit:

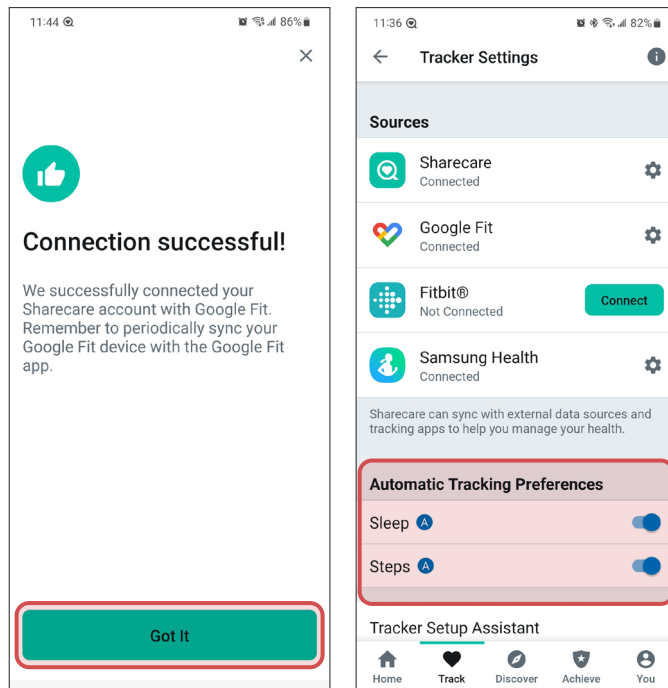**1** Sign in to the Sharecare app. Select **Track**. Select the 3 vertical dots then select **Settings**.

2 Select **Connect** next to Google Fit. Choose an account. To allow Sharecare to use Google Fit to see and store your physical activity data, select **Allow**.


Need help connecting your tracker? Call Sharecare at 855-428-1708 or visit support.sharecare.com

![sharecare logo]

Link trackers with Android Google Fit (continued):

3 You are now connected. Select **Got It**. Next, select the data points you automatically want to share with Sharecare.
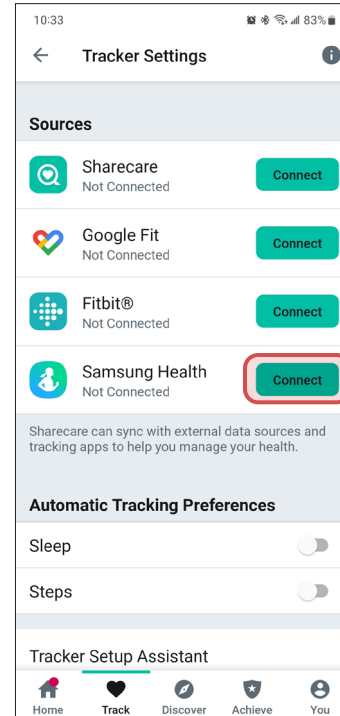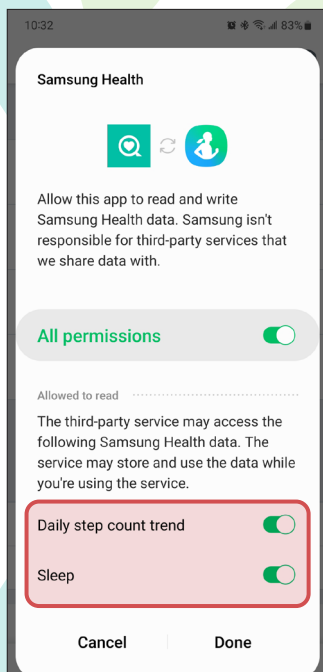
Link trackers with Samsung Health:

1 Sign in to the Sharecare app. Select **Track**.
Select the 3 vertical dots then select **Settings**.
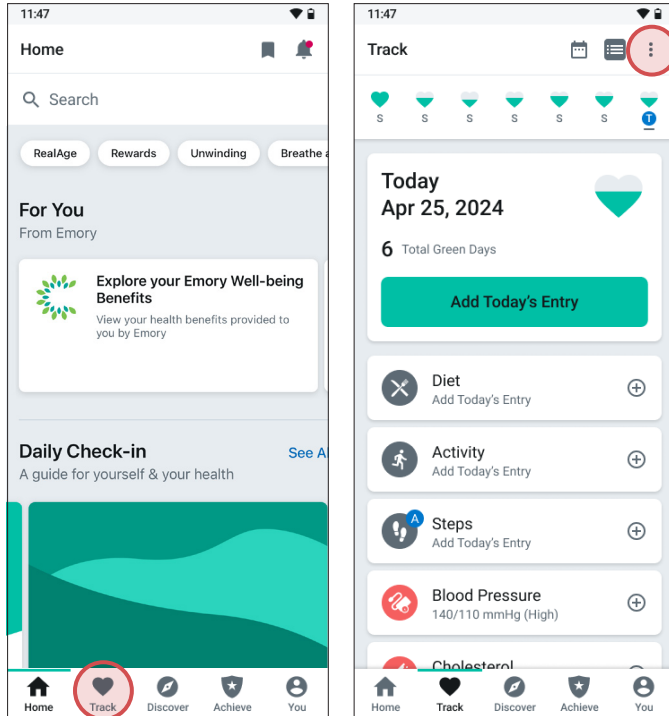
2 Select **Connect** next to Samsung Health.

3 Select the data points you automatically want to
share with Sharecare. Then, select **Done**.

4 You are now connected. Select **Got It**.