

Live Well. Be Well.

Linking Trackers

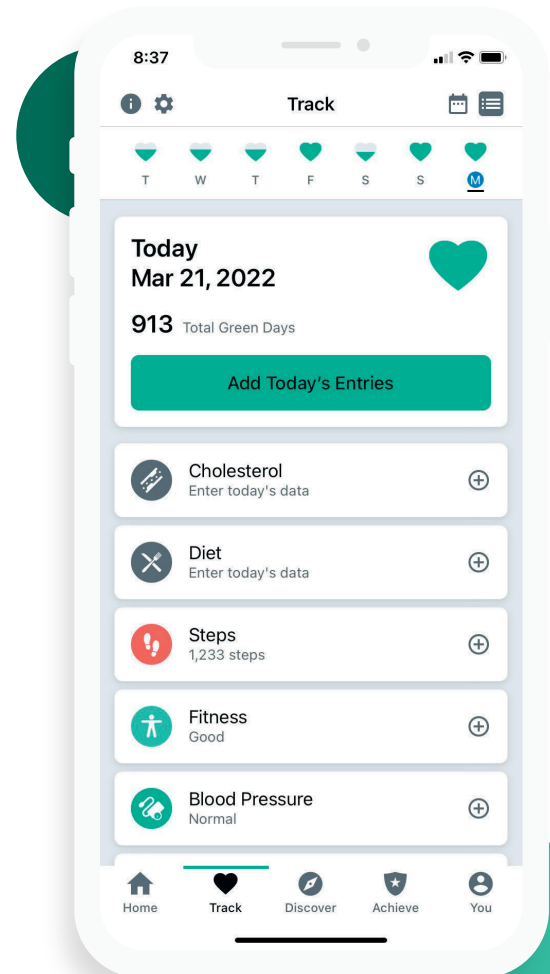
Monitor your daily habits, earn a green day, and lower your RealAge.



How do the trackers get my information?

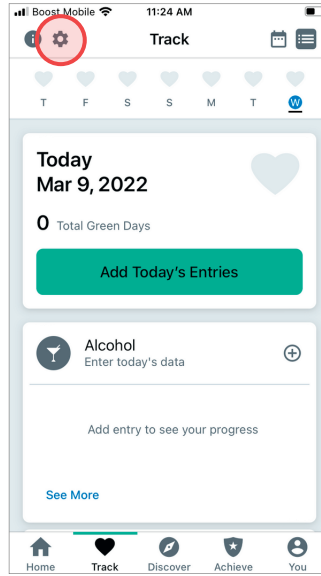
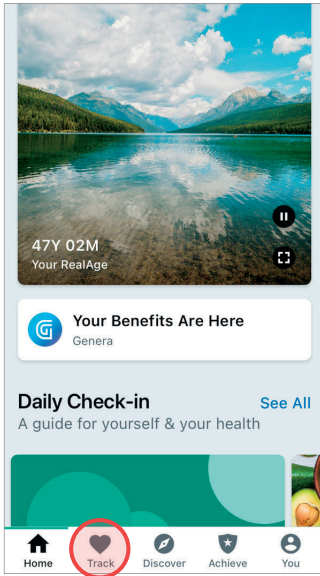
Sharecare utilizes several different types of trackers to measure progress towards earning green days: stress, blood pressure, weight, steps, smoke, sleep, relationships, blood glucose, fitness, diet, cholesterol, alcohol and medications. Tracking operates through a variety of input types based on member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

- **Automatic tracking:** You can currently track and sync 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.

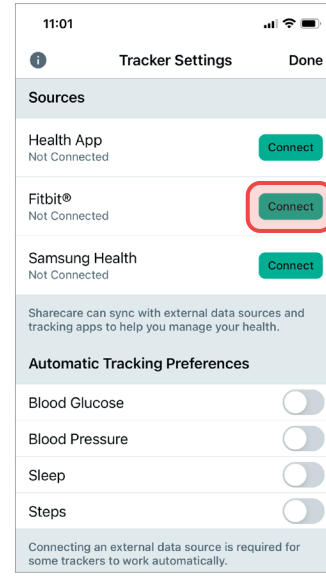


Link trackers with Fitbit:

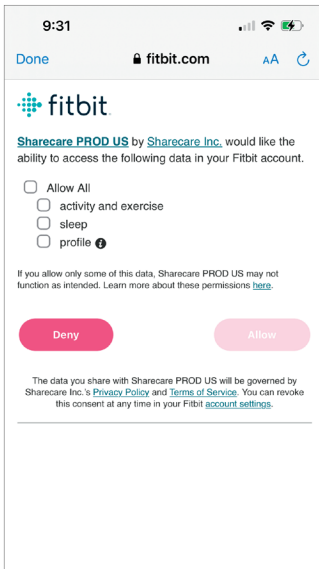
1 Sign in to the Sharecare app. Select Track. Then, select the gear icon.



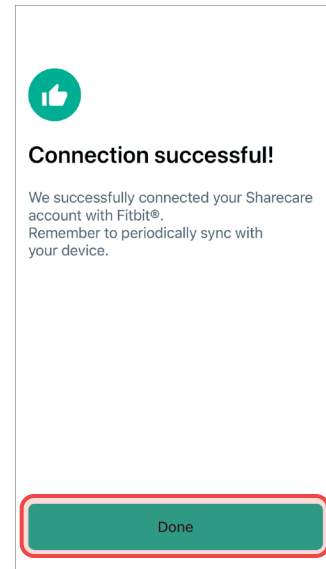
2 Select the Connect button next to Fitbit.



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

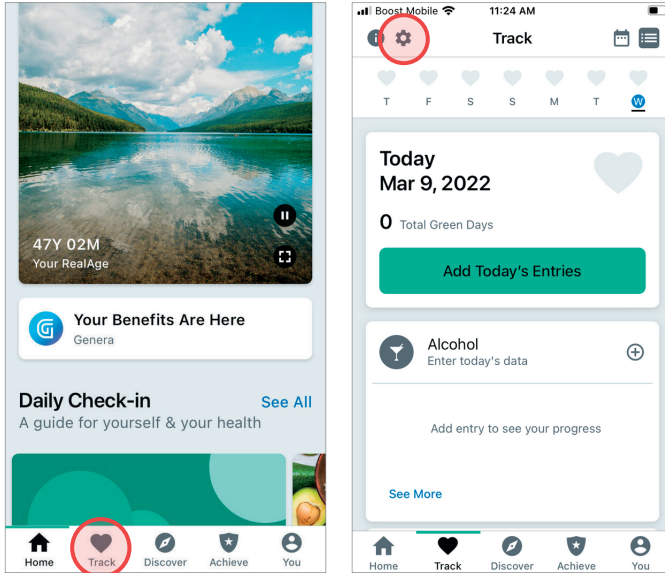


4 You are now connected. Select Done.

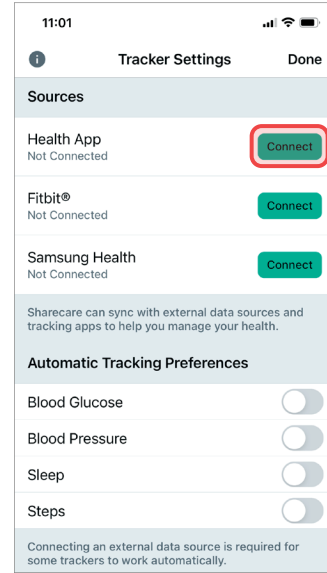


Link trackers with Apple Health:

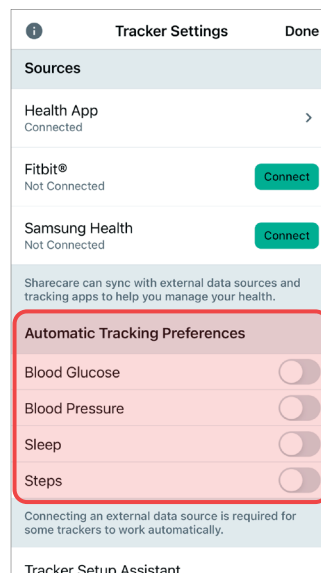
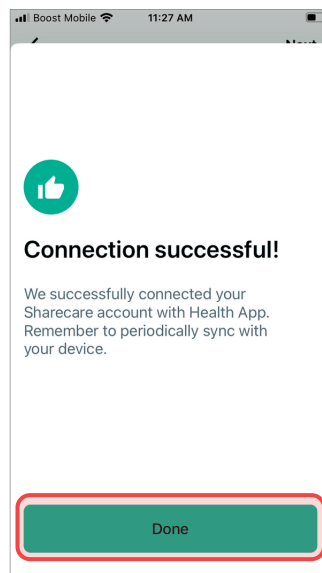
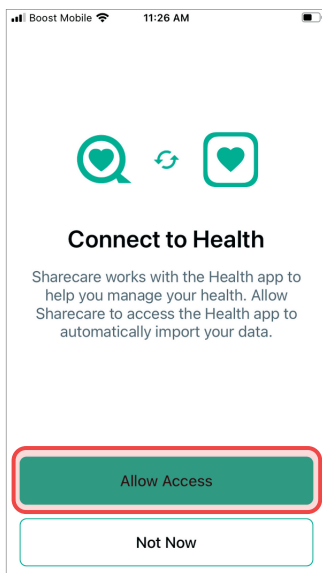
1 Sign in to the Sharecare app. Select Track. Then, select the gear icon.



2 Select the Connect button next to Health App.

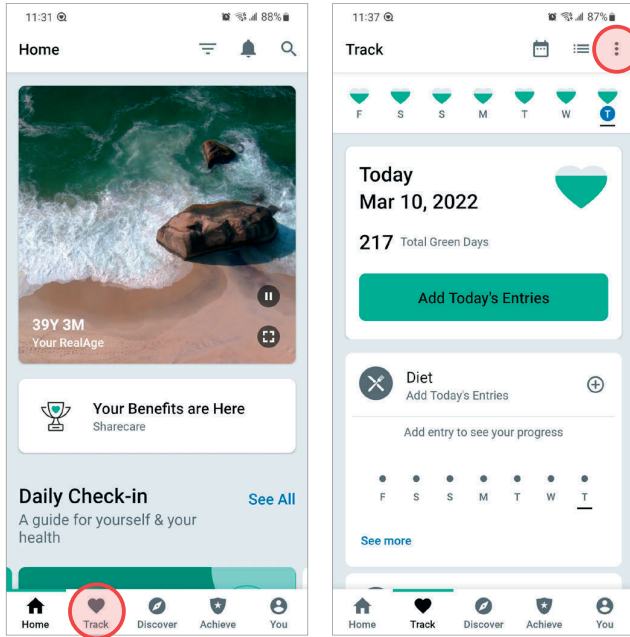


3 Select Allow Access. You are now connected. Select Done. Next, select the data points you automatically want to share with Sharecare.

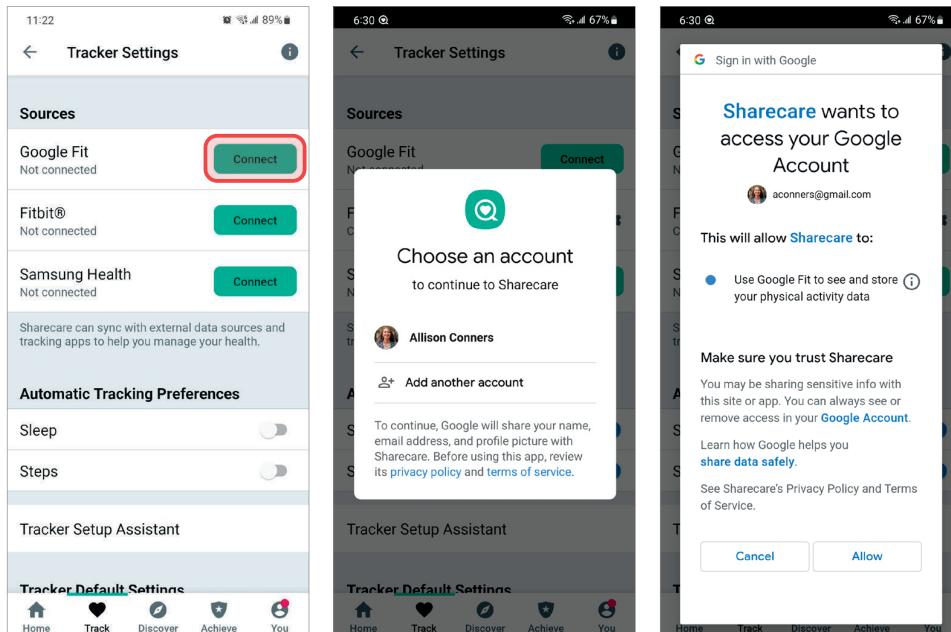


Link trackers with Android Google Fit:

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

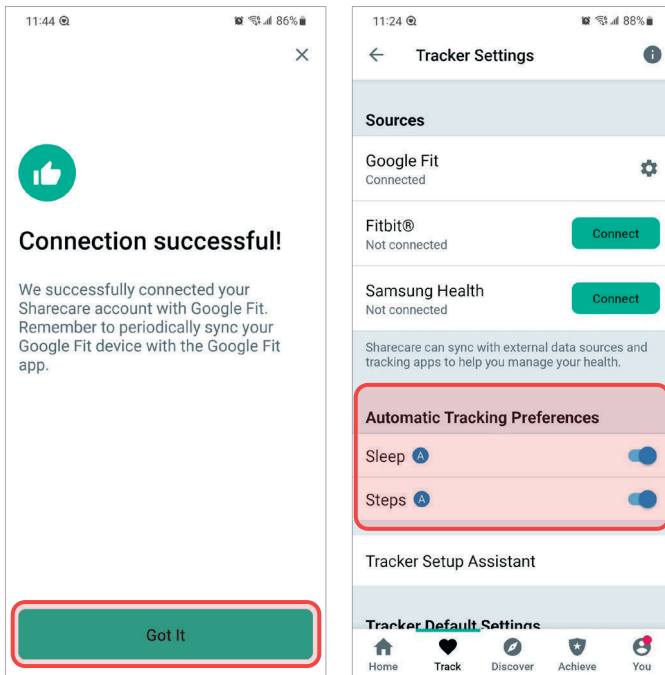


- 2 Select Connect next to Google Fit. Choose an account. To allow Sharecare to use Google Fit to see and store your physical activity data, select Allow.



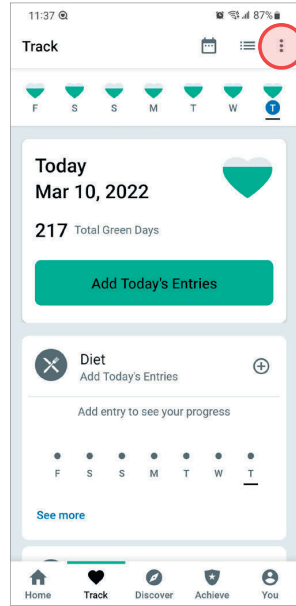
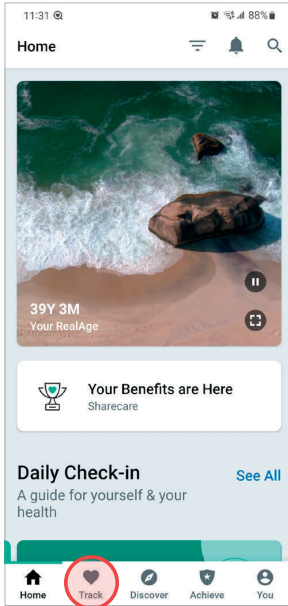
Link trackers with Android Google Fit (continued):

- 3 You are now connected. Select **Got It**. Next, select the data points you automatically want to share with Sharecare.

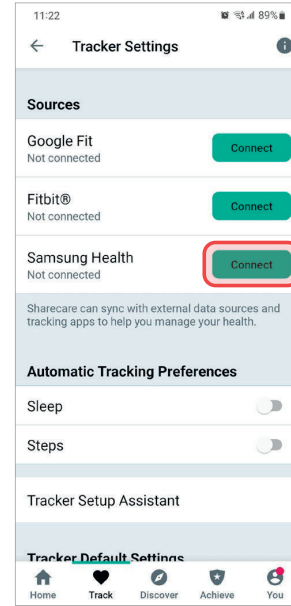


Link trackers with Samsung Health:

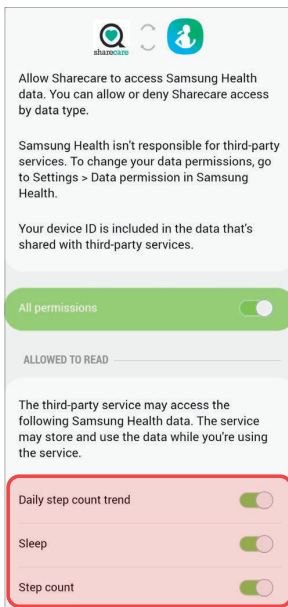
1 Sign in to the Sharecare app. Select Track. Select the 3 vertical dots then select Settings.



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.

