Osharecare Be Balanced

HOW TO: Link 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, relationship, 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: The following trackers are currently available for the synching feature: 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 on the mobile device to seamlessly provide daily updates to certain trackers.
- 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.

Instructions based on screenshots:

Syncing trackers with Apple Health:

 A) Launch the Sharecare app and sign in. Upon login, users will be prompted to receive notifications and reminders from Sharecare; click "Allow." To make sure Sharecare can synchronize data from the Health app, please click "Allow Health Access." (see STAH Visual 1a-1 & 1a-2) B) If not prompted to answer this question or if you wish to connect or disconnect automatic tracking, click the heart icon in the bottom toolbar of the Sharecare app to access Trackers. From here, click the gear icon in the top righthand corner, then set automatic tracking preferences. (*see STAH Visual 1b-1 & 1b-2*)







- 2. Open the Apple Health App. (see STAH Visual 2)
- Click "Sources" from the bottom tool bar, then click Sharecare listed under "APPS." (see STAH Visual 3)



STAH Visual 2

STAITVISUULS

4. Select which health categories you would allow Sharecare to read data on or select "Turn All Categories On." (see STAH Visual 4a & 4b)

Allow Health Access		K Sources
		Turn All Categ
Health		Allow or disallow ' types listed here.
care" would like to access and upda the categories below.	ate your Health	Data
All Categories On		
or disallow "Sharecare" to access al listed here.	I health data	ALLOW "SHAREC
	>	Date of I
V "SHARECARE" TO READ DATA:		Heart Ba
Blood Glucose	\bigcirc	
Date of Birth	\bigcirc	
Diastolic Blood Pressure	\bigcirc	Sex
Heart Rate	\bigcirc	Sieep Ar
Height	\bigcirc	7 Steps
	*	⇒∀ Svstolic
y Health Data Sources	Medical ID	Today He

Syncing Trackers with Android Google Fit:

- 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 STGF Visual 1a & 1b)
- Click "Allow" to grant access for Sharecare to view and store activity information in Google Fit. (see STGF Visual 2)



3. In the Sharecare app, click on "Tracker" in the menu bar, then 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 STGF Visual 3a, 3b & 3c*)

		•	≡ Tracker	i 🗢	← Trackers
•		n Geyn	RealAge Today	Green Days	Automatic Trackers
iesmi	th@email.com 💌		30Y U4W		Detect Stress and Relationships
	Timeline				Detect Sleep
	Tracker				Detect Steps
	Topics				Stress and Relationships are automatically
	Health Profile	ETHE	Blood Glucose		detected by analyzing your voice during pho calls.
	RealAge	EMD	Today's entry is due!	EDIT	Configurations
	Rewards	EDIT	Diet Today's entry is due!	EDIT	Weight
	Challenges		C Filmers & Userlah		My Height: 5" 8"
	Relationships	EDIT	Today's entry is due!	EDIT	Smoke Exposure I do not smoke
	Find a Doctor	EDIT	(a) Relationships	EDIT	Aleshal
	AskMD		C robay's entry is due!		I drink
		FOIT	(C) Sleep	EDIT	
	STGF Visual 3a		STGF Visual	3b	STGF Visual 3c

O sharecare Be Balanced 😥

 To check that the connection was successful, open the Google Fit app | Click on "Settings" then scroll down and click "Connected apps" – you should see Sharecare listed. (see STGF Visual 4a, 4b, 4c & 4d)

