How to Link Apple Health App:

Sharing steps:
- Login to Vitality Today
- Tap More in the lower right-hand corner of the screen then tap Apple Health.
- Tap Settings at the top of the Apple Health screen & follow the prompts to connect.

After connecting, you should get a popup that says “You’re Connected. Vitality Today is now synched to Apple Health.”

*See notes below on connecting the Vitality Today App.

How to Link Apple Watch:

Sharing steps:
- Login to Vitality Today.
- Tap More in the lower right-hand corner of the screen, then tap Apple Watch.
- Tap Settings at the top of the Apple Watch screen and follow the prompts to connect.
- After connecting, you should get a popup that says “You’re Connected. Vitality Today is now synched to Apple Watch.”

*See notes below on connecting the Vitality Today App.

Sharing VHR Health Data:

- Visit My Health Results page in Vitality Today & follow the prompts to push the VHR data to Apple Health.
- Tap Update Apple Health then Let’s do it! To allow your points to be pushed from Apple to Vitality. Once you have done so, you will get a popup that says “Health App was updated. 3 of 5 values have been saved successfully.”

*Note: You can share self-reports health data between the VHR

Members must connect the Vitality Today app to Apple Health/Apple Watch and confirm that they would like to share their step data. Step data will only be transferred when members log into the Vitality Today app. As soon as they log into Vitality Today, Vitality will award points.

Step data can only be pulled from iPhone 5S, 6, 6+ (or later), iPod Touch (9th generation) or the Apple Watch.

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