Fitness Tracker Syncing Guide

Pair Your Apple Watch:
1. During the tutorial process you will be prompted to pair your device
2. Select Fitness Tracker
3. Select Apple Watch
4. Toggle Exercise Minutes, Heart Rate, and Steps to ON

Pair Your Fitbit:
1. During the tutorial process you will be prompted to pair your device
2. Select Fitness Tracker
3. Select Fitbit
4. Sign in to your Fitbit account

*If you use another wearable device, check to see if it syncs with Apple Health Kit on iPhone or Google Fit on Android.