Q sharecare

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, 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 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 available from the mobile device.
- **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.



Syncing Trackers with Fitbit:



4

To get started, select the heart icon in the navigation bar to access Sharecare Trackers. Then, select the gear icon in the top righthand corner. (see figure 1)



_	
2	
4	
	-

Select the **Connect** button next to Fitbit. This will direct you to Fitbit.com where you will enter your Fitbit log in credentials. *(see figure 2)*

•••• FT 🗢	1:20 PM	* 77% 🔳
0		Done
Select the want Sha	e data source: recare to con	s that you nect with
Sharecare c sources and manage you	an sync with ext I tracking apps to Ir health.	ernal data o help you
Health app Connected		>
Fitbit® Not Connected		Connect
Connecting an some trackers t	external data source to work automatically	is required for



3 Allow Sharecare the ability to access data in your Fitbit account. Don't forget to periodically sync your Fitbit device with the Fitbit app.

The settings page will now show Fitbit as connected. If you ever decide to disconnect and no longer sync Fitbit data with the Sharecare app, tap the arrow next to Fitbit, then select **Disconnect**. (see figures 3 & 4)



Syncing trackers with Apple Health:

1a

Launch the Sharecare app and sign in. Upon login, users will be prompted to receive notifications and reminders from Sharecare; select **Allow**. To make sure Sharecare can synchronize data from the Health app, please select **Allow Access**. (see figure 5)







Open the Apple Health App and tap on your profile. *(see figure 8)*





•••∘∘ FT 🗢 1:20 PM	* 77%		
1 Track 🗸 🗸	G \$	Fitbit® Not Connected	Connect
		Samsung Health Not Connected	Connect
472 0204 24		Sharecare can sync with external data tracking apps to help you manage your	sources and r health.
RealAge Green D	avs	Automatic Tracking Preferences	
1 - And	No.	Sleep	
Blood Pressure Enter today's data	Edit	Steps	\bigcirc
G Stress	Edit	Blood Glucose	\bigcirc
		Blood Pressure	
Cholesterol Average (181-220 mg/dL)	Edit	Connecting an external data source is some trackers to work automatically.	required for
Fitness Good	Edit		
Home Track Discover Achieve	e You	Tracker Setup Assistant	
(figure 6)		(figure 7)	



Scroll down to **Privacy**, select **Apps**, and then **Sharecare**. Select which health categories you would allow Sharecare to read data on or select **Turn All Categories On**. (see *figures 9 & 10*)

III AT&T 4G	8:55 AM	72%	III AT&T 4G	8:54 AM	72% 🗖
		Done	Apps	Sharecare	
Medical [Details		Turn All Cate	gories On	
Health Profil	e	>	Allow or disallow types listed here	"Sharecare" to access al	l health data
Medical ID		>	Data		<u> </u>
Organ Dona	tion	>	Data		
半 Account	s		ALLOW "SHARE	CARE" TO READ DATA:	
Health Reco	rds	>	Hood Blood	Glucose	
			Date of	Birth	
Privacy			🎔 Diasto	lic Blood Pressure	
Apps		<u> </u>	💛 Heart	Rate	
Devices		>	T Heigh	t	
			Sex		
Export All He	ealth Data		🚝 Sleep	Analysis	

(figure 9)

(figure 10)

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 figure 11)

2

Click **Allow** to grant access for Sharecare to view and store activity information in Google Fit. (see figure 12)



3

In the Sharecare app, click the heart icon in the navigation bar to access Sharecare Trackers. From here, 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 figures 13 and 14)

Today ~	▲ 12:30 → ● ◆	<i></i>	a 🛾 12:30
		What would you like to automatically track?	
47Y 03M	24	Sleep	
RealAge Gree	en Days	Steps	
Blood Pressure	Edit	Blood Glucose	
Enter today's data		Blood Pressure	
Galm	Edit		
Cholesterol Average (181-220 mg/dL)	Edit		
Fitness	Edit	NEVT	
Home Track Discover Achie	Yee You	NEXT	

(figure 13)

(figure 14)

Syncing trackers with Android Google Fit (continued):

4

To check that the connection was successful, open the Google Fit app. Select **Settings** then scroll down and tap **Connected apps** – you should see Sharecare listed. (see figures 15 – 17)



(figure 15)

