# Link Your Tracker

MONITOR YOUR DAILY HABITS, EARN GREEN DAYS, AND LOWER YOUR REALAGE®.

How do the trackers get my information?

Sharecare utilizes different types of trackers to measure your health progress. There are trackers to track your: stress, blood pressure, weight, steps, smoking, sleep, relationships, blood glucose, fitness, diet, cholesterol, alcohol and medications. Here are different types of tracking methods:

- **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 connect with the Sharecare app. This allows Sharecare access your health data.

- **Manual tracking:** Allows you to manually enter activity data. All trackers can be manually updated through your Sharecare app.

- **Customized:** Certain tracker categories don't usually change on a daily basis and don't require daily tracking (e.g. cholesterol). These types of trackers are updated based on your personal health status.
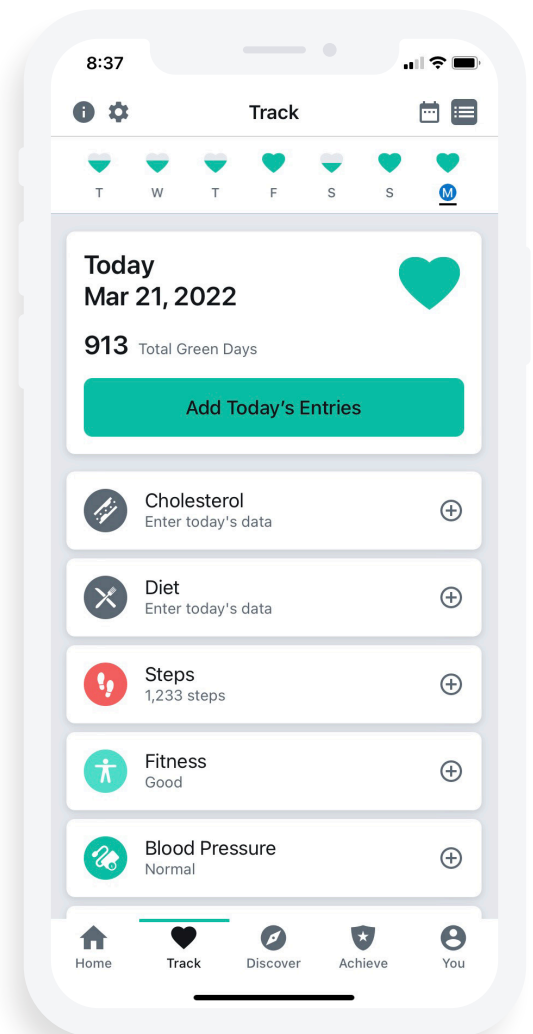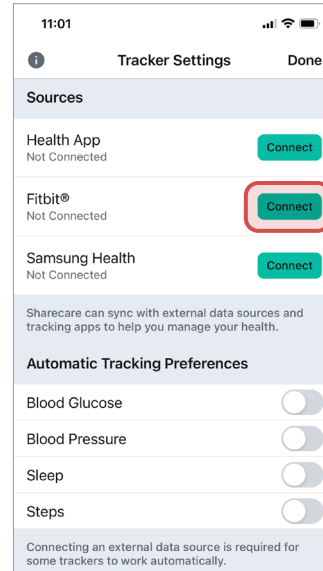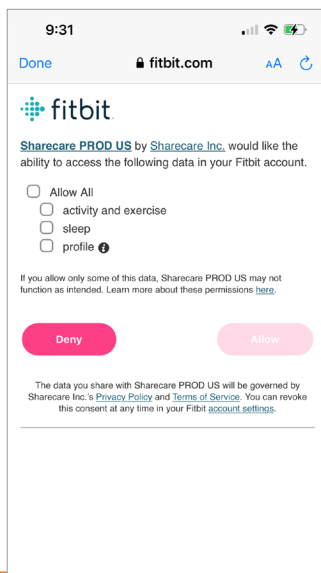
Link trackers with Fitbit:

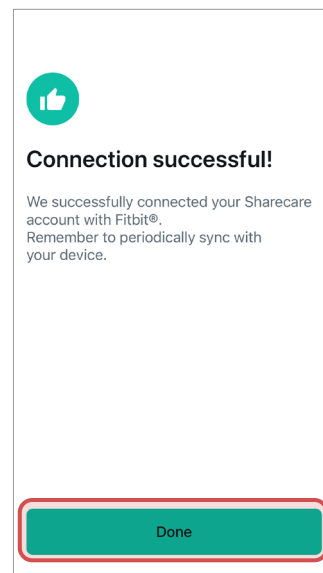**1** Sign in to the Sharecare app. Select **Track**. Then, select the gear icon.
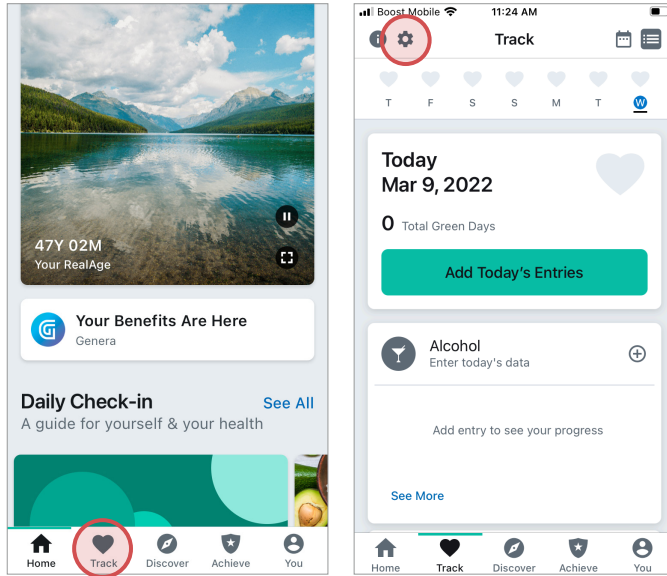
2 Select the **Connect** button next to Fitbit.

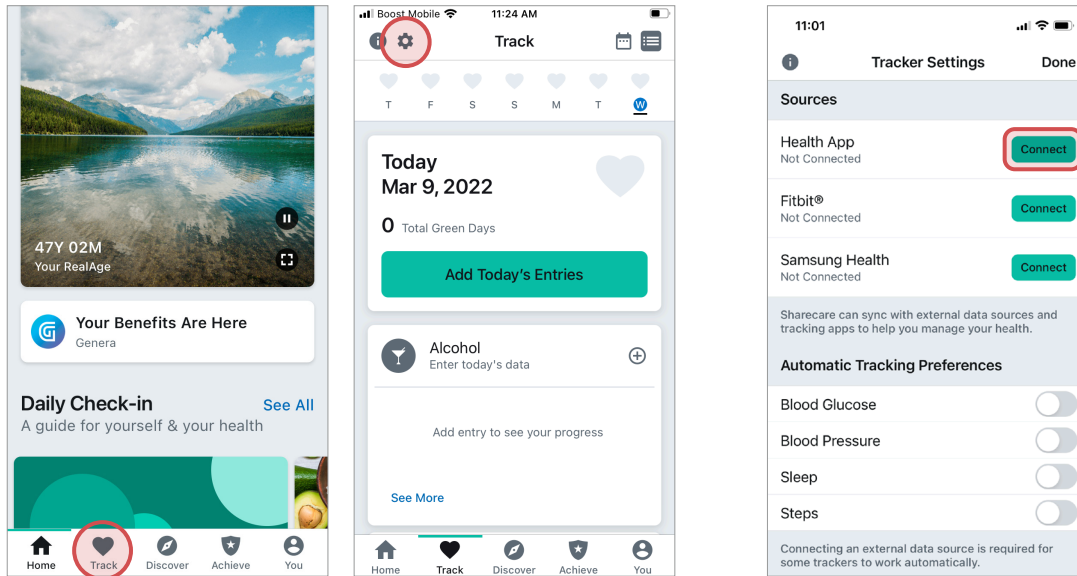**3** Select the data points you automatically want to share with Sharecare.

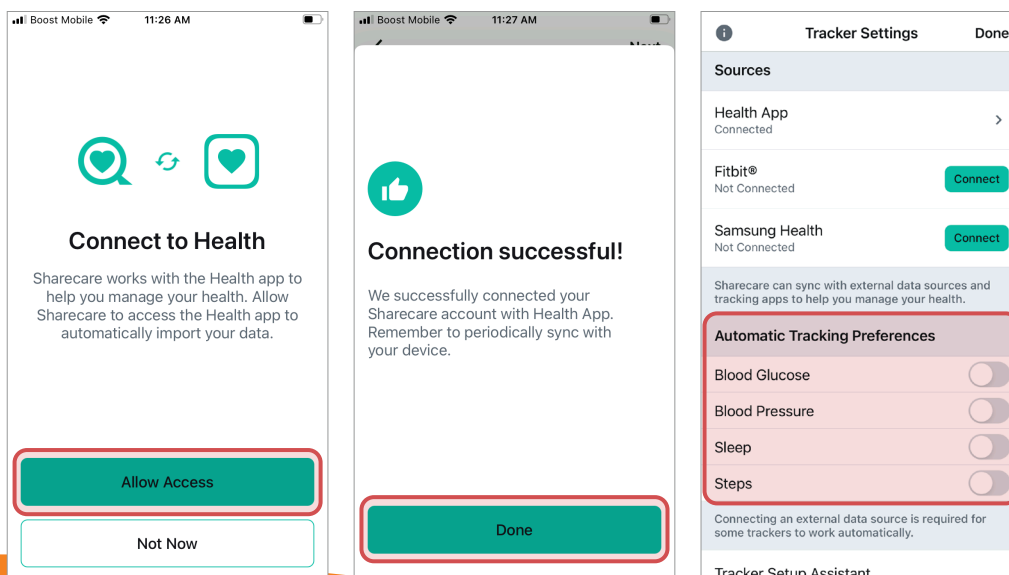**4** You are now connected. Select **Done**.

Link trackers with Apple Health:

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

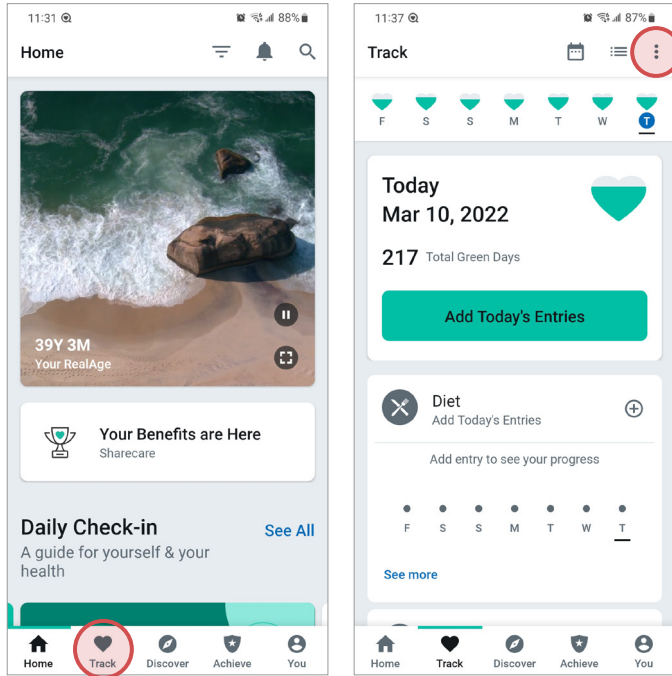**2**   Select the **Connect** button next to Health App.

3   Select **Allow Access**. You are now connected. Select **Done**. Next, select the data points
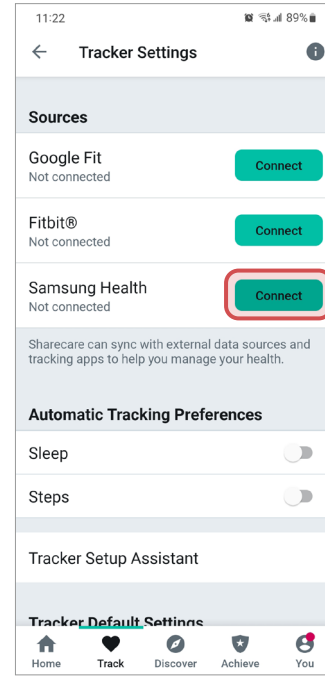you automatically want to share with Sharecare.
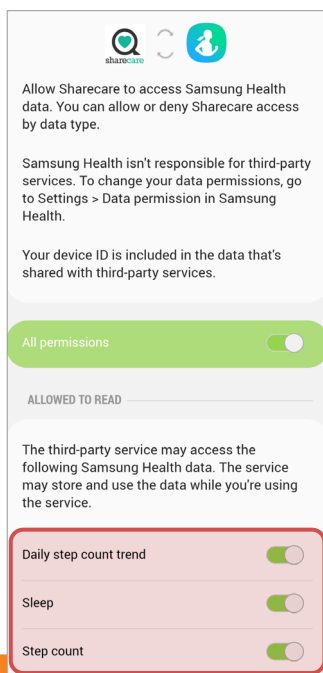
Link trackers with Samsung Health:

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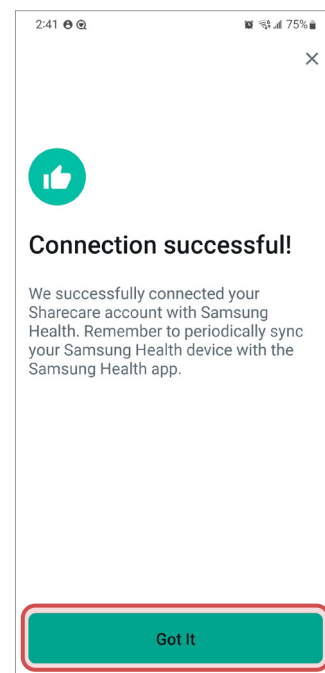Select the 3 vertical dots then select **Settings**.

2 Select **Connect** next to Samsung Health.

3 Select the data points you automatically want to share with Sharecare. Then, select **Done**.
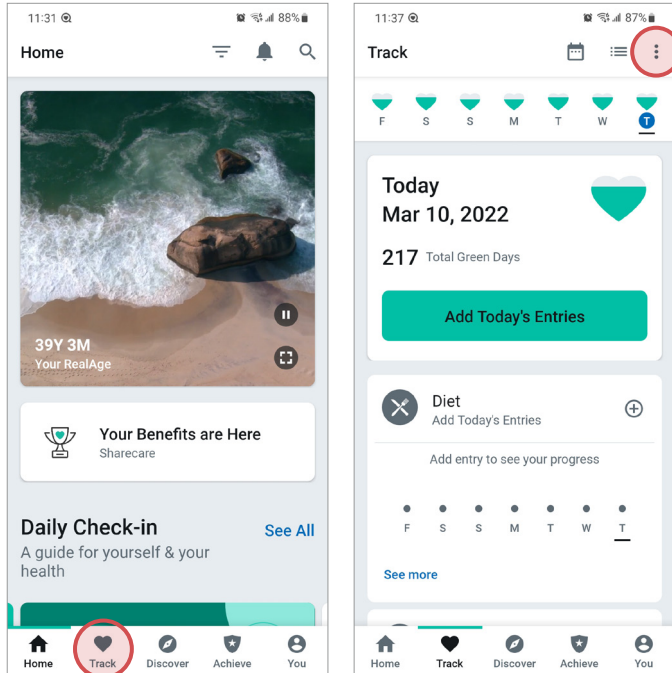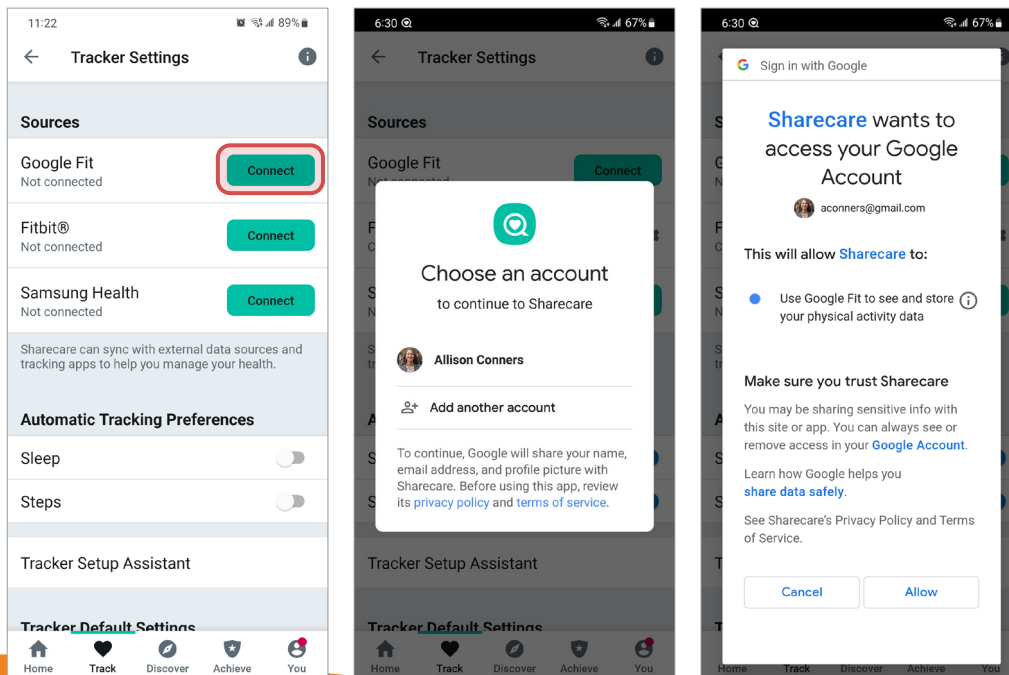

4 You are now connected. Select **Got It**.

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.