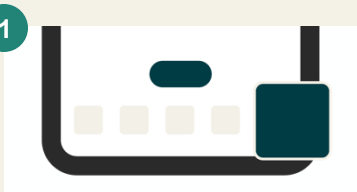
Connect a device or app

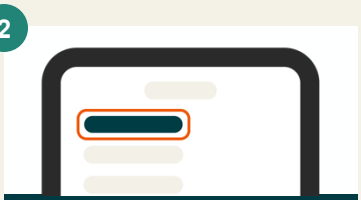
Download the Personify Health app, and then follow these easy steps:

1



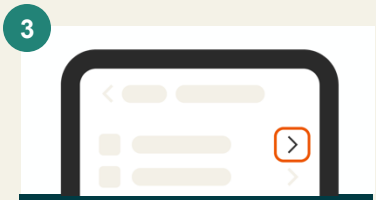
Click **More** in the bottom menu.

2



Click **Devices & Apps**.

3



Choose a device or app and click **Connect**.

Compatible devices and apps

Personify Health supports a variety of tracking devices and apps that will help you get credit for validated steps, active minutes, sleep, meditation sessions and more. So, pick your favorites, connect them to your account and start tracking your activity. Sign in to your account to see all of the options available to you. Here are just a few:

Syncing is the simple process of uploading information from an activity tracker to the mobile app, so it's all in one place. **Be sure to sign in to your app at least once every 14 days so your data syncs and counts toward your activity goals.**

myfitnesspal

Apple Health

STRAVA

WITHINGS

MAX GO

Google Fit

GARMIN

iHealth

SAMSUNG Health

fitbit

POLAR

ŌURA

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