How to Sync Your Samsung Galaxy Watch

Samsung Watch users can connect their device to the wellness portal by syncing data from Samsung Health to Google Fit!

Syncing Data to Google Fit

1. Make sure that both Samsung Health and Google Fit are installed on your Android phone.
2. Install the app "Health Sync" on your Android phone. Open Health Sync, and hit "OK" twice to proceed.
3. Select "Samsung Health" as the base sync source. Tap "Google Fit" as the sync destination, and tap "OK."
4. On the "Initialization Actions" screen, tap "Check Google Fit Connection." Select the account you use with Google Fit.
5. Tap "Activity Information Permission" to give Health Sync access to your activity.
6. Tap "Allow" on the permission pop-up then hit "Check Activity Tracking in Google Fit."
7. Tap "Ok" on the pop-up to open your Google Fit app. Go to your profile and hit "Settings."
8. Scroll down and make sure "Track Your Activities" is disabled. This will ensure Google Fit won't interfere with Samsung Health's tracking.
9. Leave the Google Fit app and open the Health Sync app again. Tap "OK" in the "Initialization Finished" popup.
10. On Health Sync, select the fitness data you want to sync between the services.

Syncing to the Portal

1. Log in to your wellness portal.
2. Go to the "Tracking" tab.
3. Select "Click to allow access to your Google Fit activity information."
4. Simply log in to your Google Fit account and continue your physical activity as usual!

Click to allow access to your Google Fit activity information

Scan for photo instructions on syncing data to Google Fit!

Questions? Contact:
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How to Sync Your Apple Watch

Apple Watch owners can now sync their device to the CoreHealth "MyWellApp" for hands-free health tracking!

First Time Downloads

1. Go to the App Store and search "MyWellApp by Corehealth" to download the app.
2. On your computer, log in to your wellness portal and hover your mouse over your profile picture to reveal the drop down menu.
3. Click "Mobile Access" and then click "New."
4. Enter the code into your MyWellApp, then wait 2-5 minutes before logging in.
5. Go to your phone settings app and scroll to locate your Apple Health app. Click on this, and then select "Data & Devices."
6. Share your Apple Health data trackers with CoreHealth. Make sure all categories are turned on, or just the ones you want to share (e.g.: step tracking).

Existing MyWellApp Users

1. Make sure you have the most up to date version of the app (Version 2.0.10).
2. If you're unsure if you have the most recent app, visit the App Store and search "MyWellApp by Corehealth."
3. You will see a blue "Update" button if your app is outdated. Click to update.
4. Go to your phone settings app and scroll to locate your Apple Health app. Click on this, and then select "Data & Devices."
5. Share your Apple Health data trackers with CoreHealth. Make sure all categories are turned on, or just the ones you want to share (e.g.: step tracking).