

## Activity Device Guide | Google Fit

### How to link Google Fit to the Healthy Choice app

Link your Google Fit account to your Healthy Choice portal. Samsung activity devices require members to use Google Fit and a 3rd party app called Health Connect or Health Sync (Health Sync is free for the first 6 months, then there may be a cost associated, and the Employee Health Plan is not responsible).

1. First download and login or create a Google Fit account. Sync your phone to the Google Fit app and ensure steps or activity are tracking. If required, download “Health Sync” to ensure the data from your Samsung Health app is syncing to Google Fit.
2. Download the Healthy Choice app, by scanning the QR code or navigate to the Google Play Store, search and download the app titled “EHP Healthy Choice.”
3. Log in to or create a Healthy Choice account.
4. Tap the menu (3 dots) and select the “Link Device” tab, then tap on “Use App”.
5. Tap the menu (3 dots) and select the Settings tab, turn on “Link Google Fit” to allow the app to connect with Google Fit.
6. Tap the running man icon to view your dashboard and confirm your data is syncing to the portal.

#### ANDROID



**Trouble Connecting?** Try trouble shooting with the steps below.

In the Settings tab, tap “Sync activity data” to sync. You have now connected Google Fit to the Healthy Choice Portal for tracking steps and active minutes.

NOTE: It is the members responsibility to ensure steps or activity minutes are uploading to the Healthy Choice portal. In order for steps or activity data to show in your Healthy Choice portal you must open the Healthy Choice app to allow the data to sync. We recommend opening the Healthy Choice app on a weekly basis.