

BENEVITA

Device and tracking overview



	iOS (iPhone)	Android
Without tracker	– Apple Health	– Google Fit
With tracker	– Apple Health + Garmin – Apple Health + Polar – Apple Health + Apple Watch	
Tracker with additional app	– Apple Health + Power Sync for Fitbit app + Fitbit (free) – Apple Health + Samsung Galaxy app + Samsung Watch (free)	– Google Fit + Health Sync* app + Garmin – Google Fit + FitToFit app + Fitbit (free) – Google Fit + Health Sync* app + Polar – Google Fit + Health Sync* app + Samsung Watch

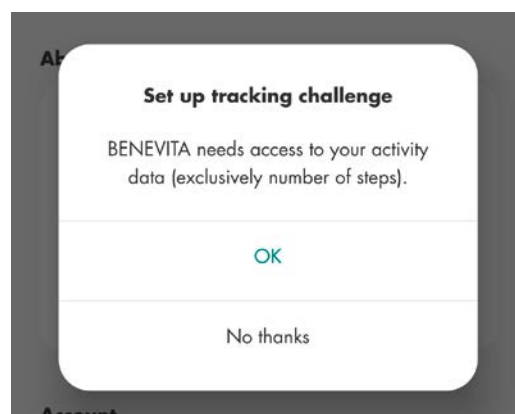
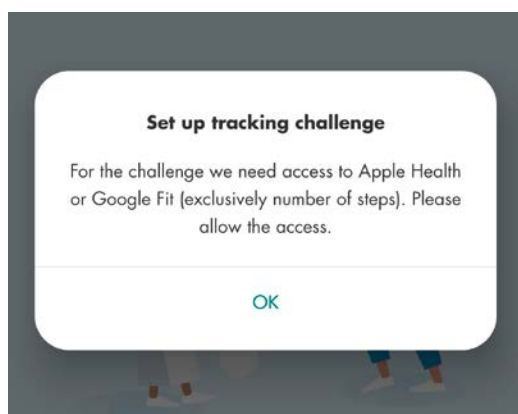
*Health Sync – the app is free for one week (test version), and is subject to a fee thereafter. One-off purchase CHF 2.80.

What is Apple Health?

Apple Health is an app from the Apple technology corporation that is already installed on smartphones. The app counts your steps so you can take part in tracking challenges.

What is Google Fit?

Google Fit is a health platform that Google has developed for Android smartphones. The app counts your steps so you can take part in tracking challenges. Check whether the Google Fit app has already been installed on your smartphone. If not, download the Google Fit app from the Play Store.



How do I activate my Apple Health with BENEVITA?

1. Click on "Settings" on your smartphone
2. Scroll down to the Apple Health app
3. Select "data access & devices"
4. Click on the BENEVITA app
5. Enable the "steps" button
6. Start the BENEVITA tracking challenge

How do I activate my Google Fit with BENEVITA?

1. Click on "OK" to allow access to your steps
2. You will be asked whether SWICA BENEVITA may access your steps
3. Scroll down and click on "Allow"
4. Start the BENEVITA tracking challenge

Instructions – iOS (iPhone) tracker connection

Garmin

1. Download the Garmin Connect app
2. Connect your Garmin Watch with the Garmin Connect app
3. Click on "Settings" on your smartphone
4. Scroll down to the Apple Health app
5. Select "data access & devices"
6. Click on the Garmin Connect app
7. Enable the "steps" button
8. Check if steps have also been enabled for the BENEVITA app in the Apple Health app
9. Then go back to the BENEVITA app and start the challenge

Polar

1. Open the Polar Flow app
2. Tap "More" in the bottom right and go to "General settings"
3. Enable the Apple Health button (green)
4. Enable the "Steps" category so this can be synchronised with the Apple Health app
5. Then click "Allow" in the top right
6. Your steps in the Polar Flow app will then be synchronised with Apple Health
7. Go back to the BENEVITA app and start a tracking challenge

Apple Watch

1. Open the Apple Health app
2. Tap your profile in the top right
3. Select "Devices"
4. Tap your Apple Watch
5. Then tap "Privacy settings" and make sure that the "Fitness log" is enabled
6. Go back to the BENEVITA app and start a tracking challenge

Fitbit

1. Download the free "Power Sync for Fitbit" app
2. Open the Power Sync app and tap "Sync now"
3. Log into your Fitbit account
4. Tap "Allow all" (to use the free version, you must allow all data)
5. Select "Allow all"
6. Sync has been successful
7. In order for the free version to synchronise your data, you must click "Sync now" manually
8. Go back to the BENEVITA app and start a tracking challenge

Samsung Watch

1. Download the Samsung Galaxy Watch app from the App Store
2. Start the selection
3. Select Samsung Watch and connect to the Samsung Watch app
4. Accept the General Terms and Conditions
5. Skip Samsung account
6. Click on "Open Samsung Health"
7. Download the Samsung Health app to synchronise your steps with the Health app
8. Go back to the BENEVITA app and start a tracking challenge

Instructions – Android tracker connection

Garmin

1. Download the Health Sync app from the Play Store
2. Then open the Health Sync app
3. Select Garmin Connect as the source app in the Health Sync app
4. Then select Google Fit as the target app so you can synchronise the data from Garmin to Google Fit
5. Select Garmin and initialise connection
6. Select "OK" to authorise Garmin
7. Log into your Garmin account
8. Accept the connection to Health Sync
9. Go to the Google Fit app and check the synchronisation
10. Go back to the BENEVITA app and start a tracking challenge

Fitbit

1. Download the FitToFit app from the Play Store
2. Launch FitToFit
3. Log into the FitToFit app with your Fitbit login
4. Synchronise the data
5. Go back to the BENEVITA app and start the tracking challenge

Polar

1. Download the Health Sync app from the Play Store
2. Then open the Health Sync app
3. Select Polar Flow as the source app in the Health Sync app
4. Log into your Polar account
5. Then select Google Fit as the target app so you can synchronise the data from Polar to Google Fit
6. Accept the General Terms and Conditions
7. Accept the connection to Health Sync
8. Go to the Google Fit app and check the synchronisation
9. Go back to the BENEVITA app and start a tracking challenge

Samsung Watch

1. Download the Health Sync app from the Play Store
2. Then open the Health Sync app
3. Select Samsung Watch as the source app in the Health Sync app
4. Then select Google Fit as the target app so you can synchronise the data from your Smart Watch to Google Fit
5. Click "Allow" to give the Health Sync app access to your Google Fit profile
6. Enable your steps in the Samsung Health app
7. Synchronisation is complete
8. Go back to the BENEVITA app and start a tracking challenge