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well



## HOW TO SYNC YOUR APPLE WATCH

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**TURN OFF PEDOMETER:** If you have an iPhone, you must turn off the pedometer in your phone. Follow these steps:

1. Click on the Settings icon from your phone
  2. Click Privacy
  3. Click Motion & Fitness
  4. Turn Fitness Tracking off
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### ADD THE APP TO YOUR PHONE

1. Download the Nokia Health Mate fitness app to your phone. If you don't already have an account on the fitness app, you'll need to create one. Note: you cannot directly connect the Apple Watch to Fitbit and Garmin Connect as they do not offer an Apple Watch app.
2. Open the Nokia Health Mate app on your iPhone and tap on the Profile icon. It can be found in the navigation bar at the bottom of the screen.
3. Click on the Health app in the list on the Profile page (white background with red heart).
4. Use the slider to allow Steps Data.
5. Go to the Apple Health app on your phone and select Sources - Health Mate. Scroll to the bottom and allow Health Mate to "Read Data." Then select "Steps."

## CONNECT YOUR APP TO YOUR QUARTZ WELL ACCOUNT

1. Log into your Quartz Well account through MyChart:

[QuartzMyChart.com](https://QuartzMyChart.com)

2. Click on the Connect to Applications and Devices button.



3. Select Nokia and click "Connect."
4. On the Nokia Health Mate site, click "Allow" after logging in.

Note: It may take a couple days before the devices start syncing.