

How to Sync SmartWalking[™] with Health Apps

Welcome to SmartWalking[™], an ActiveFit+[™] offering which allows members to achieve their fitness goals in three different ways:

- Visit a participating fitness facility 12 or more days a month (same as the current process),
- Walk 10,000 steps a day for at least 12 days a month,
- Complete an ActiveFit@Home activity at least 12 days a month, or,
- Complete any combination of the activities for 12 days a month (for example, visit a participating facility six days and walk 10,000 steps for six days).

SmartWalking requires use of the ActiveFit+ app. Step counts from Apple Health, Google Fit & Fitbit sync directly with SmartWalking. Many leading wearables are compatible with these platforms.

Let's get started!

Administered by:



Tap on the Main Menu in ActiveFit









Enable SmartWalking & Choose Your Health App



Enable SmartWalking and tap on "Edit Now"



For Apple Health Users



Select Apple Health



Allow permissions from Apple Health



Click "OK"



For technical assistance, you may contact Advanta Member Services at MemberServices@advantahealth.com

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For Google Fit Users







5 For technical assistance, you may contact Advanta Member Services at MemberServices@advantahealth.com

For Fitbit Users



Select Fitbit





Select 1 Year and allow permissions

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Allow

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ActiveFit by Advanta Health Solutions would like

the ability to access and write the following data in

If you allow only some of this data, ActiveFit may not function as intended. Learn more about these permissions here.

The data you share with ActiveFit will be governed by Advanta

Health Solutions's <u>Privacy Policy</u> and <u>Terms of Service</u>. You can revoke this consent at any time in your Fibit <u>account settings</u>.

Signed in as peche.janet@gmail.com

https://www.fitbit.com/

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🖶 fitbit

Allow All

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Not you?

your Fitbit account. for 1 year

activity and exercise



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