How to Sync Your Apple Watch to Your Well-being Portal

1. To get started, generate the mobile access code by clicking on your avatar in the top right corner of your homepage. Click on Mobile Access and then New at the top left of the box.

2. Download the MyWellApp in your Apple app store. Enter the code you just generated into your app, then log in.

3. Once you have logged in with the access code, a screen will pop up asking you to allow access to different health data. Click the Turn All Categories On button and then click Allow in the top right corner.

If you do not turn all categories on, you can go to the Health App on your phone and find the MyWellApp in your apps list and turn all of the categories on from there as well.

To verify steps are syncing from your Apple Watch, you can (insert where to go for UC here). Click the History icon (clock image in the bottom right corner of the box) to view your step history. You will know that your steps are syncing from the app if you see steps listed. However, please note that under “activity,” it will be blank. This will let you know that your app/Apple Watch are connected properly and are syncing your steps to your account.

Your data will sync daily from the MyWellApp to the portal.

If you would like to reach a member of the Be Well UC Team, please email wellness@uc.edu. If you need assistance or help with using the Alyfe Wellbeing portal, please contact Alyfe via email at bewelluc@alyfewellbeing.com or by phone (844) 384-0500.

Revised: 11/25/2019