

# GUIDE TO LINKING YOUR TRACKER.

By connecting your tracker with the BENEVITA app, you'll be able to collect points automatically. Track your activity using the Apple Health or Google Fit interfaces or by directly linking the tracker devices listed in the app. Make sure that you've activated the interface for BENEVITA beforehand.

## HOW TO ACTIVATE TRACKING IN THE BENEVITA APP

### STEP 1

Open the BENEVITA app, go to the "Account" section and scroll down to the very bottom. Tap on "Connect and benefit" to initiate the link with your tracker.

### STEP 2

Link your device by tapping "Connect tracker".

### STEP 3

Select the interface you'd like to use and then tap "Connect tracker" again. Once you tap "Now connect", you'll be able to track your active minutes, steps or both.

If you haven't yet provided BENEVITA with access, you'll need to change this in your settings:

#### How do I activate Apple Health with BENEVITA?

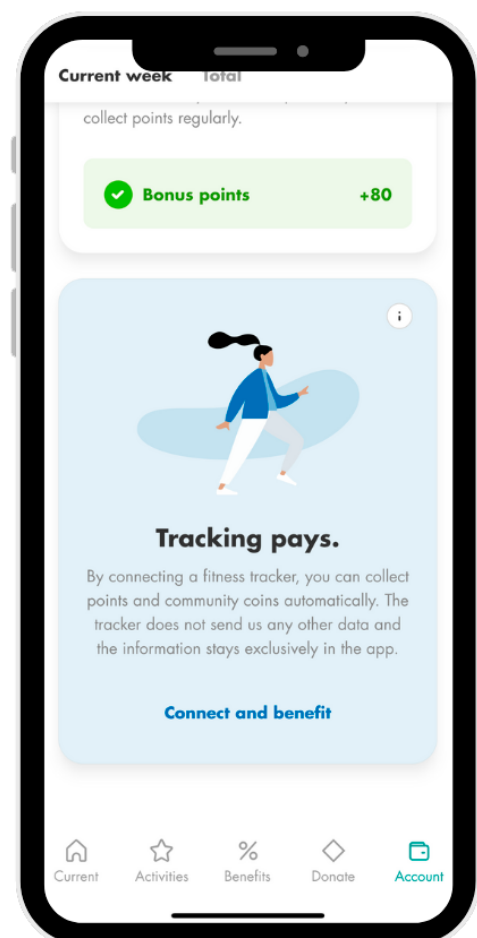
1. Select "Settings"
2. Scroll until you see the Apple Health app
3. Select "Data access & devices"
4. Select "BENEVITA app"
5. Activate the "Steps" button
6. Start the connection in the BENEVITA app

#### How do I activate Google Fit with BENEVITA?

1. Select "Ok" to allow access to your steps
2. You'll be asked if SWICA BENEVITA can access your steps
3. Scroll down to the bottom and select "Allow"
4. Start the connection in the BENEVITA app

### STEP 4

You're now connected and ready to go. You'll immediately begin collecting points by tracking your active minutes and/or steps.



## INSTRUCTIONS FOR CONNECTING A GARMIN DEVICE TO BENEVITA FOR IOS AND ANDROID

### STEP 1

Open the BENEVITA app and go to bottom of the "Account" section. Tap on "Connect and benefit" under "Tracking pays" to initiate the link with your tracker.

### STEP 2

The "Connect a tracker in three steps" page will open. Now tap the "Connect tracker" button to initiate the connection.

### STEP 3

Select the "Garmin Connect" interface and app by tapping on it.

### STEP 4

On the next page, select "Connect tracker". Tap the "Now connect" button.

### STEP 5

This opens the permissions screen in the Garmin app, where you can see which permissions the app needs to share information with the BENEVITA app. Tap the blue "Agree" field.

**On iOS devices, this opens the browser which you have to log into using your Garmin account. Log in and grant BENEVITA the necessary permissions.**

### STEP 6

You will now see the message "Successfully connected". Tap on "Obtain data from Garmin" to go to the Garmin screen, where your personal data is displayed.

### STEP 7

Tap the "Back" button on your smartphone to return to the settings page in the BENEVITA app.

## GUIDE TO LINKING A FITBIT DEVICE TO BENEVITA FOR IOS AND ANDROID

### STEP 1

Open the BENEVITA app and go to bottom of the "Account" section. Tap on "Connect and benefit" under "Tracking pays" to initiate the link with your tracker.

### STEP 2

The "Connect a tracker in three steps" page will open. Now tap the "Connect tracker" button to initiate the connection.

### STEP 3

Select the "Fitbit" app by clicking on it.

### STEP 4

On the next page, select "Connect tracker". Tap the "Now connect" button.

### STEP 5

This opens the browser which you have to log into using your Fitbit account. Log in and grant BENEVITA the necessary permissions.

### STEP 6

You will now see the message "Successfully connected". Tap on "Obtain data from Fitbit" to go to the Fitbit screen, where your personal data is displayed.

### STEP 7

Tap the "Back" button on your smartphone to return to the Settings page in the BENEVITA app.

## INSTRUCTIONS FOR CONNECTING A POLAR DEVICE TO BENEVITA FOR IOS AND ANDROID

### STEP 1

Open the BENEVITA app and go to bottom of the "Account" section. Tap on "Connect and benefit" under "Tracking pays" to initiate the link with your tracker.

### STEP 2

The "Connect a tracker in three steps" page will open. Now tap the "Connect tracker" button to initiate the connection.

### STEP 3

Select the Polar Flow app by tapping on it.

### STEP 4

Select "Connect tracker" and tap the "Now connect" button.

### STEP 5

**This opens the browser which you have to log into using your Polar Flow account. Log in and grant BENEVITA the necessary permissions.**

### STEP 6

You will now see the message "Successfully connected".

Note: Your steps will only be synchronised with the BENEVITA app once you have completed the activation process. Data is automatically synchronised with the BENEVITA app every two hours. If you don't want to wait, you can update the data manually. Go to the "Account" section in the BENEVITA app, tap "Tracker settings" and then tap "Update data".