

SYNC YOUR STEPS OR CARDIO

for Ascend to Wholeness Activities Points

AscendToWholeness.org

See which of these apps may help you sync your devices for the activities you prefer to do.

Check the devices list below and pick the one which can best help you.

		CARDIO	STEPS	WEIGHT
	Fitbit	-	X	X
	Garmin Connect	X	X	-
	Jawbone UP	X	X	X
	Runkeeper	X	-	X
	Strava	X	-	-
	Under Armour Record	X	-	-
	Nokia	-	X	-
	Misfit Wearables	X	X	-
	iHealth	-	X	-

Syncing makes it easy to automatically upload your steps and/or workouts into the portal and ensure your activity counts towards upcoming challenges and Ascend to Wholeness activities points.

HOW TO SYNC YOUR DEVICES TO THE WELLNESS PORTAL:

STEP ONE	Log into your account on ascendtowholeness.org and then click on the member box Wellness portal .
STEP TWO	In the right-hand column of the dashboard, click on the " Connect Your Apps & Devices " button.
STEP THREE	Under the " Add " column, select your device or application from the approved list and select " Connect ."
STEP FOUR	Enter the account information for your device or application. Data from your newly synced device or application should display within 24 hours.



HealthyNow

You can also connect your smartphone, tablet or smartwatch to the Wellness portal via the HealthyNow application. HealthyNow is an app that allows you to see what points you have earned, to manually enter information, and it can sync with other health apps like Apple's Health app to automatically enter some data like steps if you have that app set up to record steps. HealthyNow can be downloaded from the Apple App Store for Apple products, or the Google Play store for Android operating systems.

FOLLOW THESE STEPS TO LINK THE HEALTHYNOW APPLICATION TO THE WELLNESS PORTAL:

STEP ONE	Log into your account on ascendtowholeness.org . – Member services – Wellness Portal
STEP TWO	Select the " HealthyNow App " tab at the top of your screen.
STEP THREE	Enter the " Login Information " on the HealthyNow app page on the Wellness portal

Login Information * Required

Portal Code

* Phone #

* Set PIN

* Confirm PIN

Reminders Yes No

The portal code is: **ASCEND**

Use your phone number and set up a PIN (four numbers is enough)
Confirm your PIN (write it down because you will need it when login in your phone)
Save it.

STEP FOUR

Download the app on your phone, enter the same portal Code: **ASCEND** when it asks you for a code, and then enter your phone # and the pin you have created on Wellness portal, click start.

Portal Code

Phone #

PIN ?

For technical questions about a device or app, please contact the manufacturer.

For questions about syncing for points, call 1.888.252.8150