

Fitness Device Syncing Guide

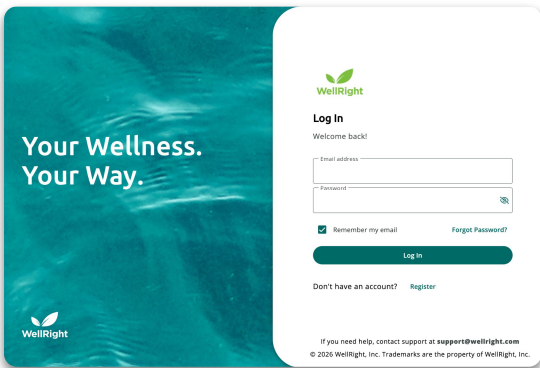


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Fitbit Web Set Up

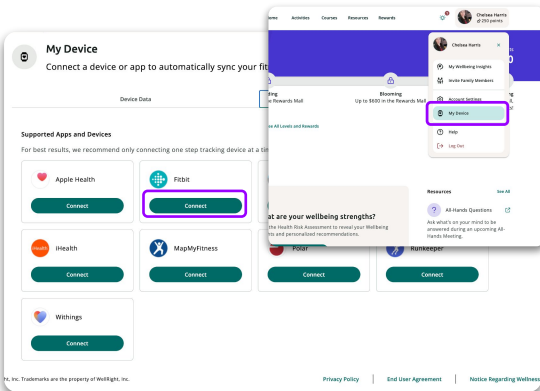
This integration allows you to sync your Fitbit device with WellRight's platform.



Step 1:

Log In via the Web

Log in to:
<https://www.liberty.edu/livewell> and click
WellRight Platform Login



Step 2:

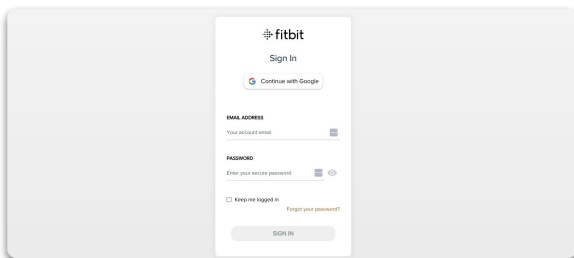
Add a Device

- Click on your profile.
- Click **My Device** and then click the **Devices and Apps** tab.
- Once your screen has switched over to the **Devices and Apps** tab, select **Fitbit**.

Step 3:

Grant Permission

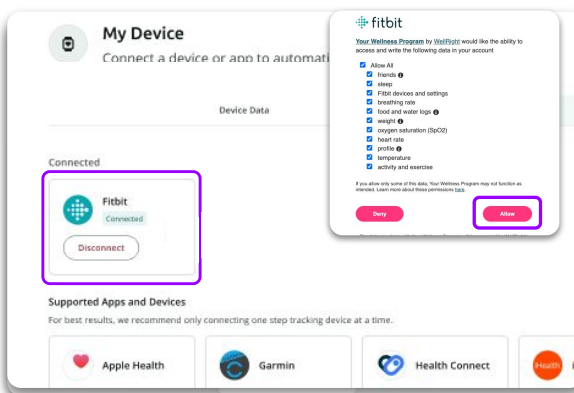
You will be directed to log in to your Fitbit account.



Step 4:

Activate

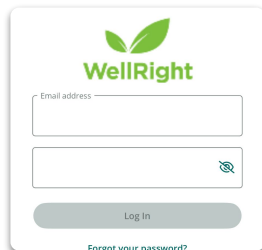
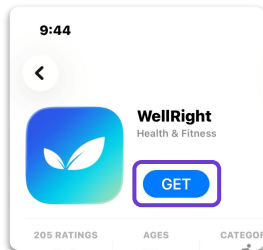
- Click **Allow All** or at minimum select **Activity and Exercise and Profile**.
- Select the **Allow** button.
- Your device is enabled!



Note: It may take a few minutes for your steps to sync/update in the app.

Fitbit Mobile Set Up

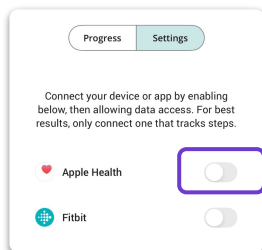
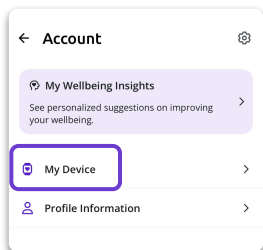
This integration allows you to sync your Fitbit device with WellRight's platform.



Step 1:

Log In via the Mobile Device

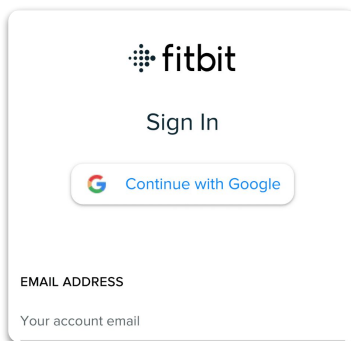
- The **WellRight App** can be downloaded from the App Store or from the **Google Play Store**.
- Once loaded, open your **WellRight app** and log in.



Step 2:

Add a Device

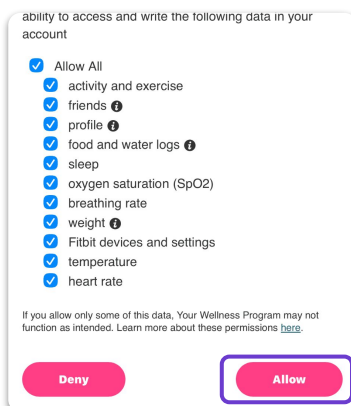
- Tap on your profile.
- Tap **My Device** and then tap the **Settings** tab.
- Once your screen has switched over to the **Settings** tab, tap on the slider next to **Fitbit**.



Step 3:

Grant Permission

You will be directed to log in to your **Fitbit account**.



Step 4:

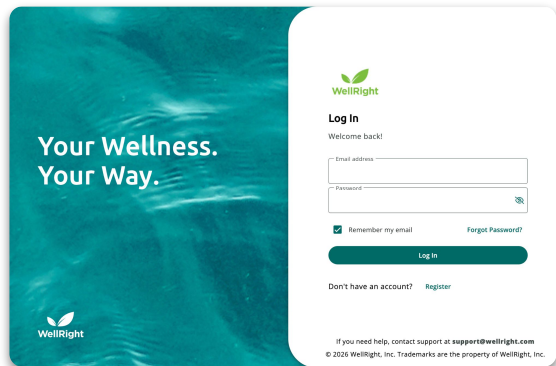
Activate

- Tap **Allow All**, or at minimum select **Activity and Exercise** and **Profile**.
- Tap the **Allow** button.
- Your device is enabled!

Note: It may take a few minutes for your steps to sync/update in the app.

Garmin Web Set Up

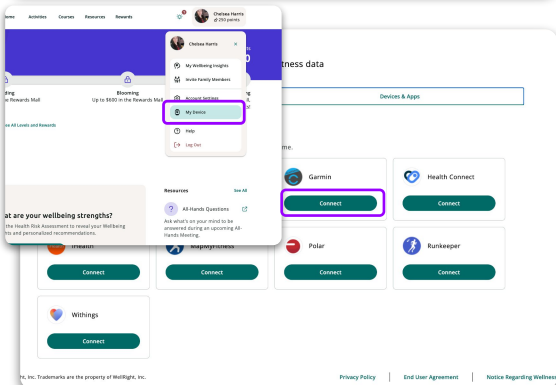
This integration allows you to sync your Garmin device with WellRight's platform.



Step 1:

Log In via the Web

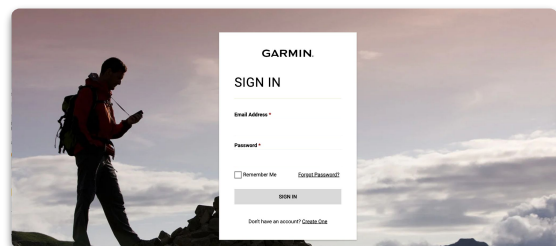
Log in to:
liberty.wellright.com



Step 2:

Add a Device

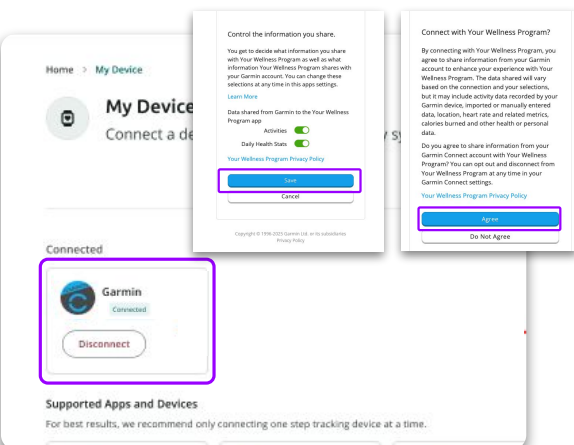
- Click on your profile.
- Click **My Device** and then click the **Devices and Apps** tab.
- Once your screen has switched over to the **Devices and Apps** tab, select **Garmin**.



Step 3:

Grant Permission

You will be directed to log in to your **Garmin account**.



Step 4:

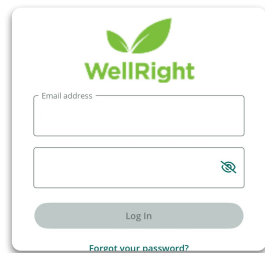
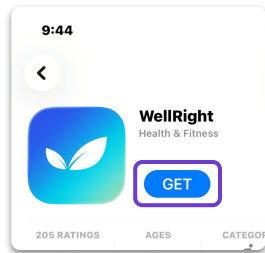
Activate

- Click on **Save** or at minimum select.
- **Activities and Daily Health Stats.**
- Click the **Agree** button.
- Your device is enabled!

Note: It may take a few minutes for your steps to sync/update in the app.

Garmin Mobile Set Up

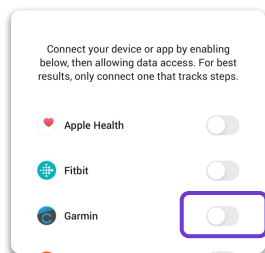
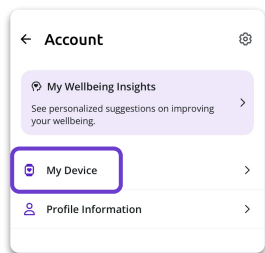
This integration allows you to sync your Garmin device with WellRight's platform.



Step 1:

Log In via the Mobile Device

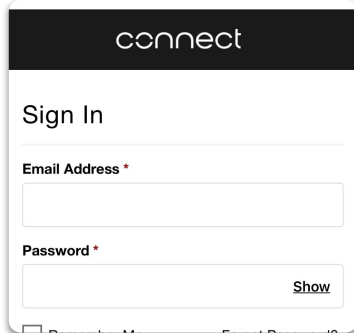
- The **WellRight App** can be downloaded from the App Store or from the **Google Play Store**.
- Once loaded, open your **WellRight app** and log in.



Step 2:

Add a Device

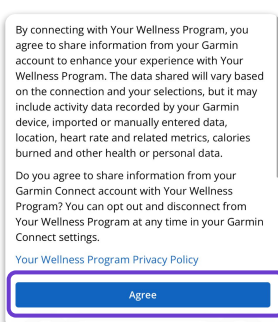
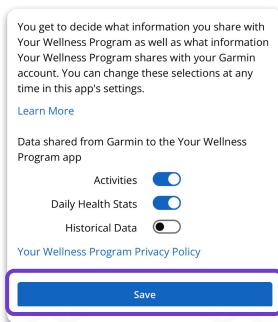
- Tap on your profile
- Tap **My Device** and then tap the **Settings** tab.
- Once your screen has switched over to the **Settings** tab, tap on the slider next to **Garmin**.



Step 3:

Grant Permission

You will be directed to log in to your **Garmin** account.



Step 4:

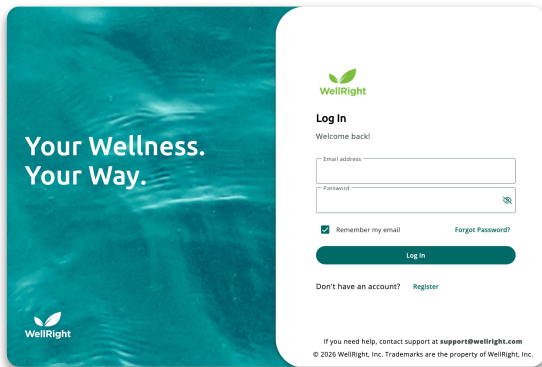
Activate

- Tap on the slider for **Activities** and **Daily Health Stats** then tap **Save**.
- Finish connecting by tapping the **Agree** button
- Your device is enabled!

Note: It may take a few minutes for your steps to sync/update in the app.

iHealth Web Set Up

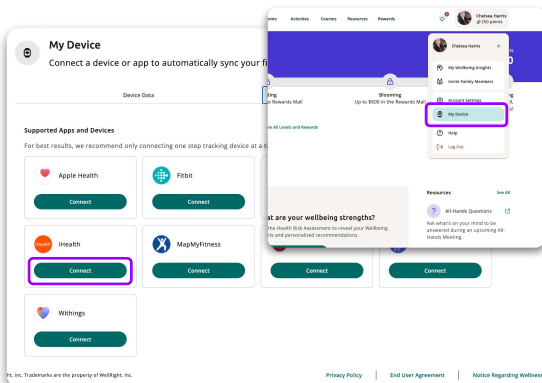
This integration allows you to sync your iHealth device with WellRight's platform.



Step 1:

Log In via the Web

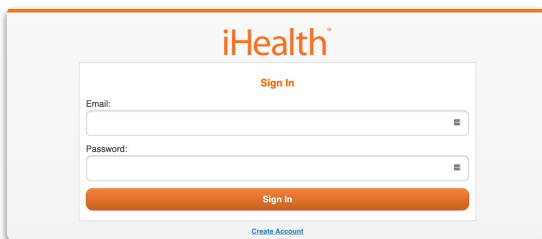
Log in to:
liberty.wellright.com



Step 2:

Add a Device

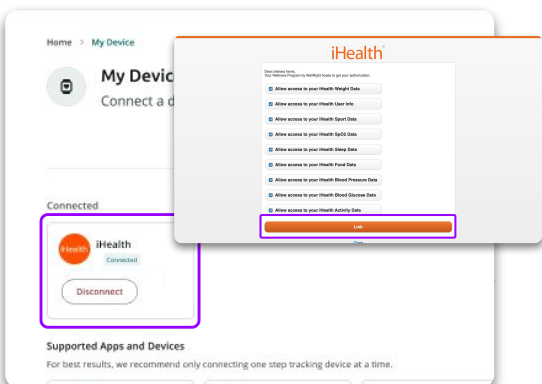
- Click on your profile.
- Click **My Device** and then click the **Devices and Apps** tab.
- Once your screen has switched over to the **Devices and Apps** tab, select **iHealth**.



Step 3:

Grant Permission

You will be directed to log in to your **iHealth account**.



Step 4:

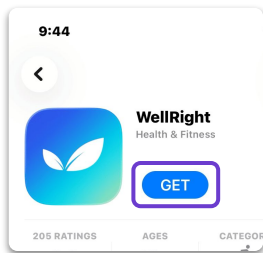
Activate

- Check all boxes and then click **Link**.
- Your device is enabled!

Note: It may take a few minutes for your steps to sync/update in the app.

iHealth Mobile Set Up

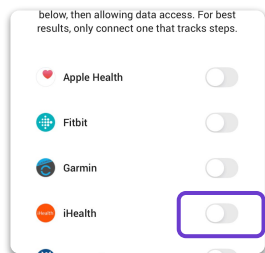
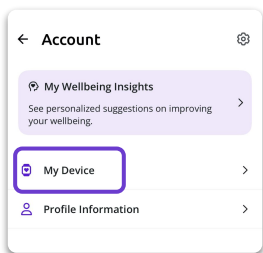
This integration allows you to sync your iHealth device with WellRight's platform.



Step 1:

Log In via the Mobile Device

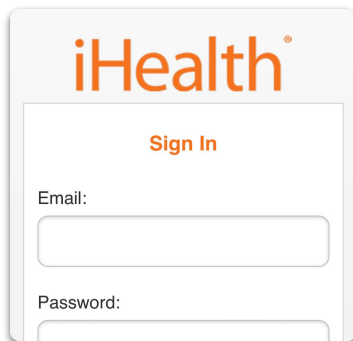
- The **WellRight App** can be downloaded from the App Store or from the **Google Play Store**.
- Once loaded, open your **WellRight app** and log in.



Step 2:

Add a Device

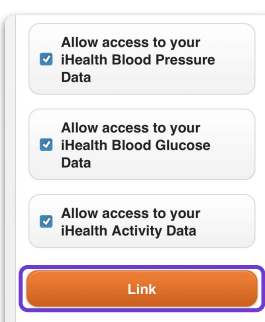
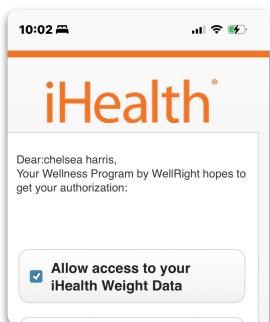
- Tap on your profile.
- Tap **My Device** and then tap the **Settings** tab.
- Once your screen has switched over to the **Settings** tab, tap on the slider next to **iHealth**.



Step 3:

Grant Permission

You will be directed to log in to your **iHealth** account.



Step 4:

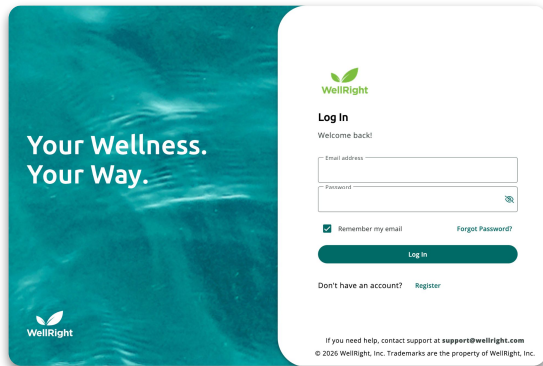
Activate

- Tap to check all boxes and then tap **Link**.
- Your device is enabled!

Note: It may take a few minutes for your steps to sync/update in the app.

Polar Web Set Up

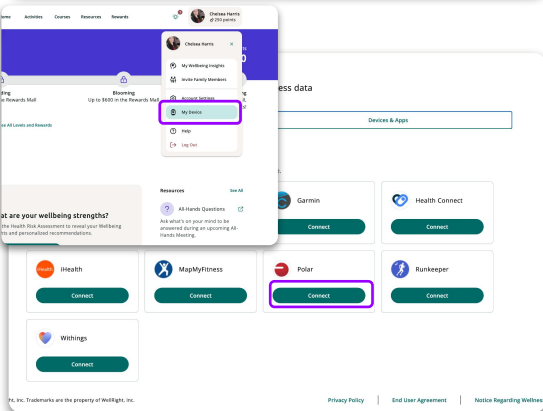
This integration allows you to sync your Polar device with WellRight's platform.



Step 1:

Log In via the Web

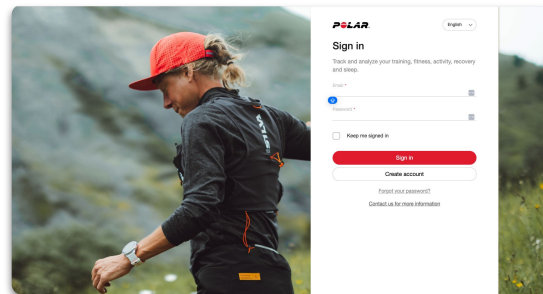
Log in to:
liberty.wellright.com



Step 2:

Add a Device

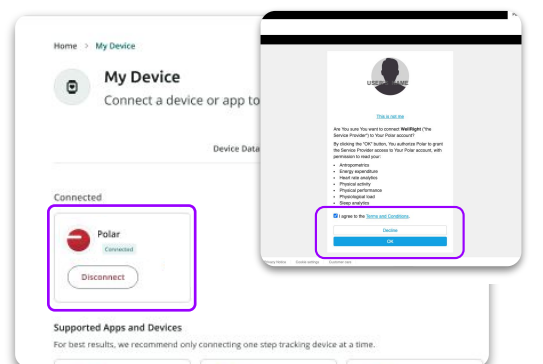
- Click on your profile.
- Click **My Device** and then click the **Devices and Apps** tab.
- Once your screen has switched over to the **Devices and Apps** tab, select **Polar**.



Step 3:

Grant Permission

You will be directed to log in to your **Polar** account.



Step 4:

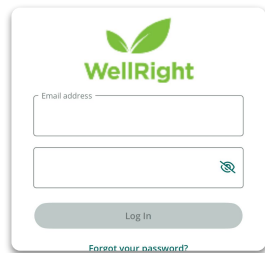
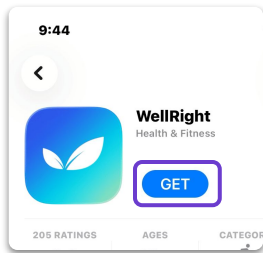
Activate

- Check **I agree to the Terms and Conditions** and then click **Accept**.
- Your device is connected!

Note: It may take a few minutes for your steps to sync/update in the app.

Polar Mobile Set Up

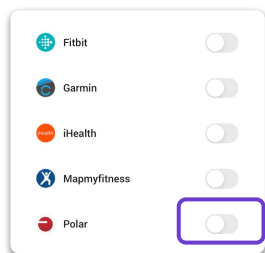
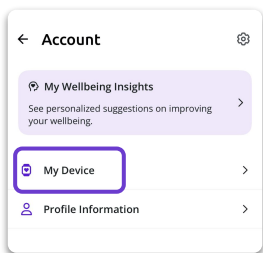
This integration allows you to sync your Polar device with WellRight's platform.



Step 1:

Log In via the Mobile Device

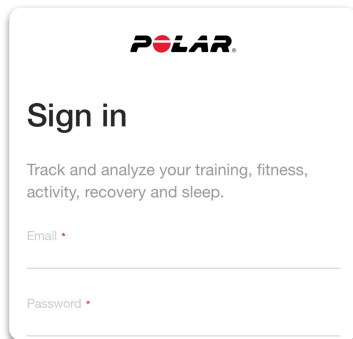
- The **WellRight App** can be downloaded from the App Store or from the **Google Play Store**.
- Once loaded, open your **WellRight app** and log in.



Step 2:

Add a Device

- Tap on your profile.
- Tap **My Device** and then tap the **Settings** tab.
- Once your screen has switched over to the **Settings** tab, tap on the slider next to **Polar**.

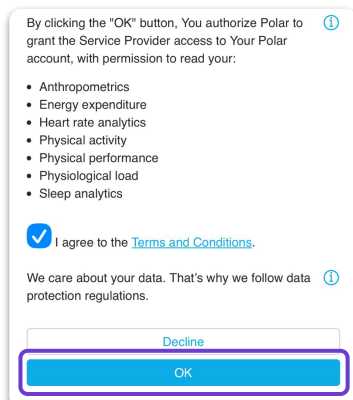


Step 3:

Grant Permission

You will be directed to log in to your **Polar account**.

Note: Make sure that the **Polar App** is downloaded to your device and you are signed in.



Step 4:

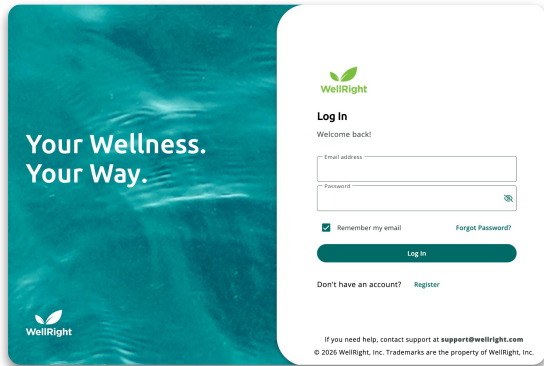
Activate

- Check **I agree to the Terms and Conditions** and then tap **Ok**.
- Your device is enabled!

Note: It may take a few minutes for your steps to sync/update in the app.

Withings Web Set Up

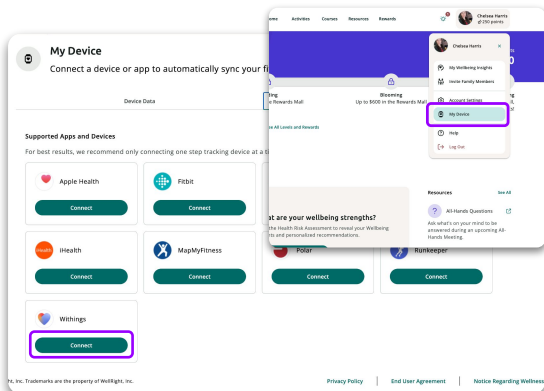
This integration allows you to sync your Withings device with WellRight's platform.



Step 1:

Log In via the Web

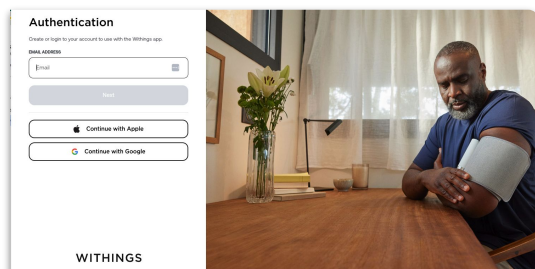
Log in to:
liberty.wellright.com



Step 2:

Add a Device

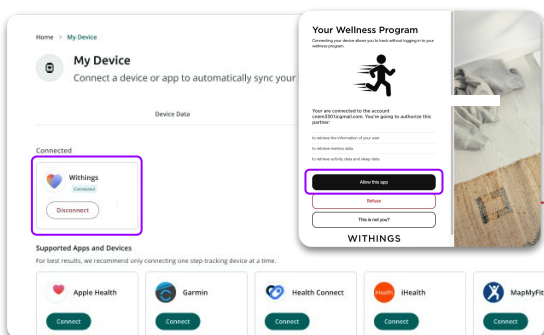
- Click on your profile.
- Click **My Device** and then click the **Devices and Apps Tab**.
- Once your screen has switched over to the **Devices and Apps tab**, select **Withings**.



Step 3:

Grant Permission

You will be directed to log in to your **Withings account**.



Step 4:

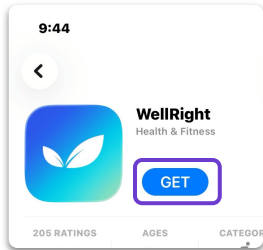
Activate

- Click **Allow this App**.
- Your device is connected!

Note: It may take a few minutes for your steps to sync/update in the app.

Withings Mobile Set Up

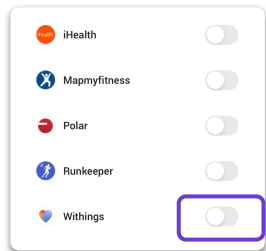
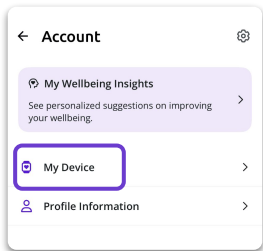
This integration allows you to sync your Withings device with WellRight's platform.



Step 1:

Log In via the Mobile Device

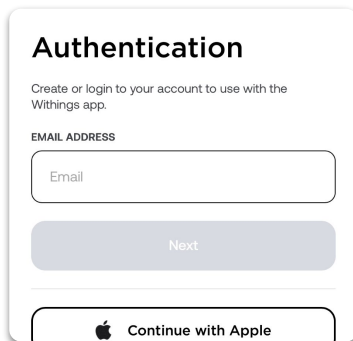
- The **WellRight App** can be downloaded from the App Store or from the **Google Play Store**.
- Once loaded, open your **WellRight app** and log in.



Step 2:

Add a Device

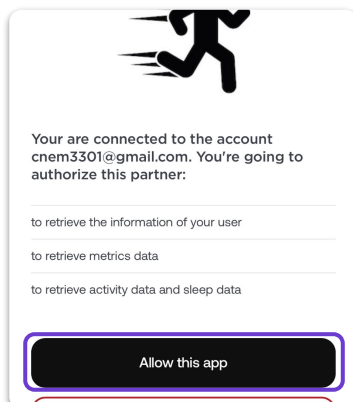
- Tap on your profile.
- Tap **My Device** and then tap the **Settings** tab.
- Once your screen has switched over to the **Settings** tab, tap on the slider next to **Withings**.



Step 3:

Grant Permission

You will be directed to log in to your **Withings account**.



Step 4:

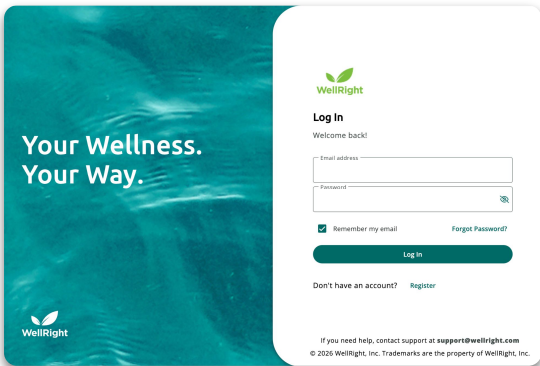
Activate

- Tap the **Allow this app button** to complete the connection.
- Your device is enabled!

Note: It may take a few minutes for your steps to sync/update in the app.

MapMyFitness Web Set Up

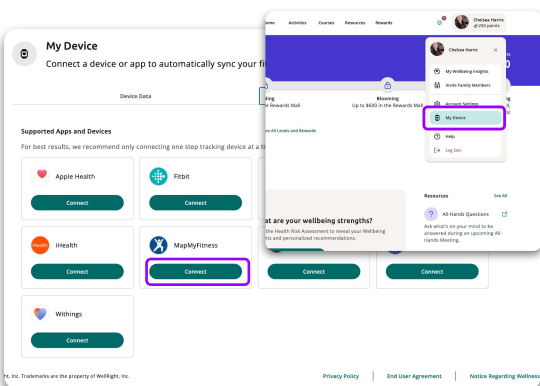
This integration allows you to sync your MapMyFitness device with WellRight's platform.



Step 1:

Log In via the Web

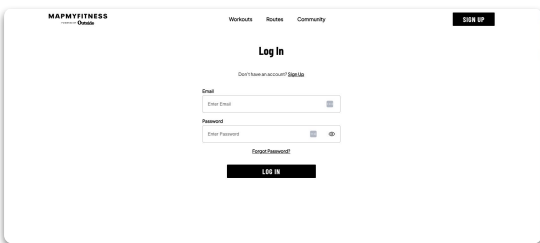
Log in to:
liberty.wellright.com



Step 2:

Add a Device

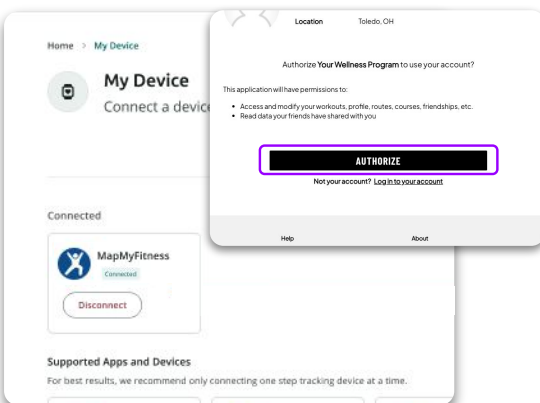
- Click on your profile.
- Click **My Device** and then click the **Devices and App** tab.
- Once your screen has switched over to the **Devices and Apps** tab, select **MapMyFitness**.



Step 3:

Grant Permission

You will be directed to log in to your **MapMyFitness** account.



Step 4:

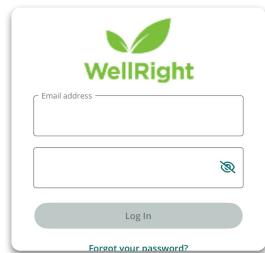
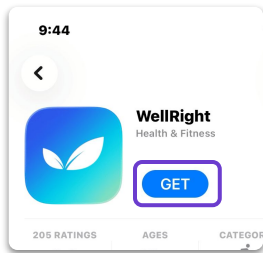
Activate

- Select **Authorize** to complete connection.
- Your device is connected!

Note: It may take a few minutes for your steps to sync/update in the app.

MapMyFitness Mobile Set Up

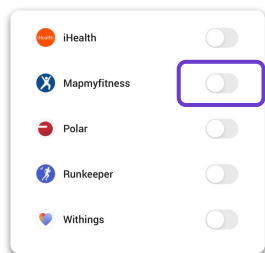
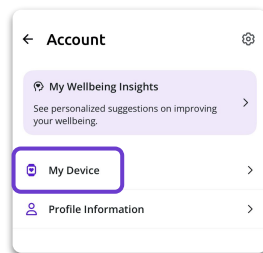
This integration allows you to sync your MapMyFitness device with WellRight's platform.



Step 1:

Log In via the Mobile Device

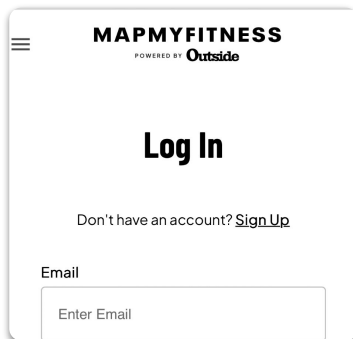
- The **WellRight App** can be downloaded from the App Store or from the **Google Play Store**.
- Once loaded, open your **WellRight app** and log in.



Step 2:

Add a Device

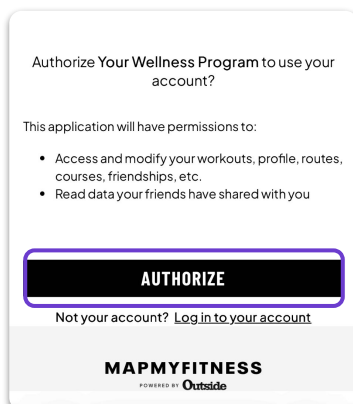
- Tap on your profile.
- Tap **My Device** and then tap the **Settings** tab.
- Once your screen has switched over to the **Settings** tab, tap on the slider next to **MapMyFitness**.



Step 3:

Grant Permission

You will be directed to log in to your **MapMyFitness**.



Step 4:

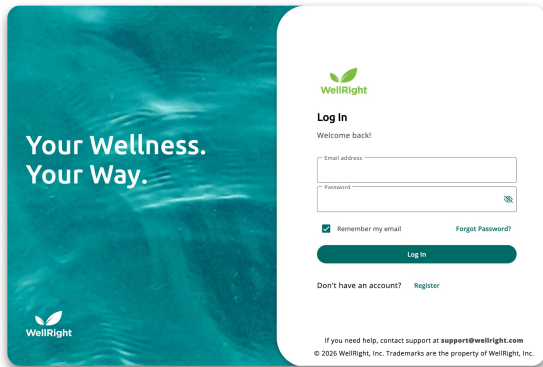
Activate

- Tap **Authorize** to complete the connection.
- Your device is enabled!

Note: It may take a few minutes for your steps to sync/update in the app.

Runkeeper Web Set Up

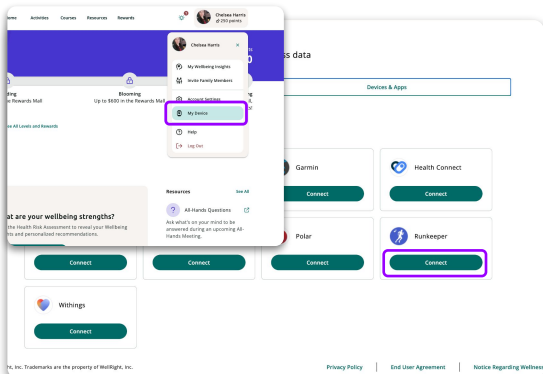
This integration allows you to sync your Runkeeper device with WellRight's platform.



Step 1:

Log In via the Web

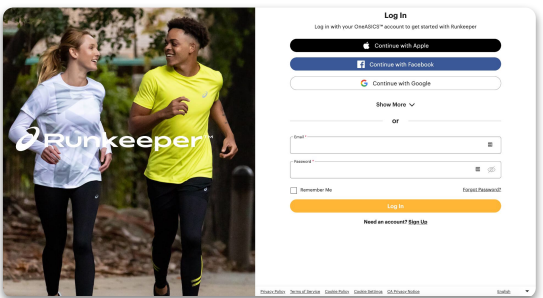
Log in to:
liberty.wellright.com



Step 2:

Add a Device

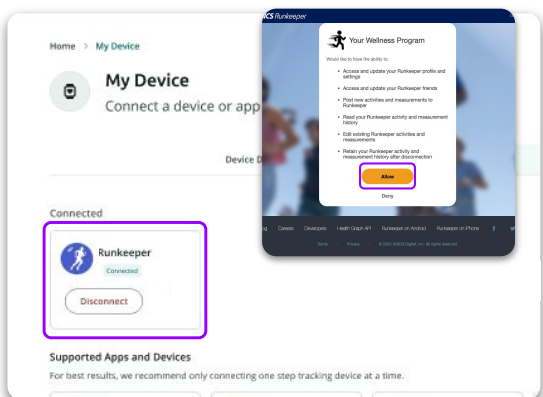
- Click on your profile.
- Click **My Device** and then click the **Devices and Apps** Tab.
- Once your screen has switched over to the **Devices and Apps** tab, select **RunKeeper**.



Step 3:

Grant Permission

You will be directed to log in to your **Runkeeper** account.



Step 4:

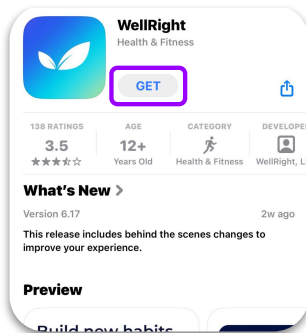
Activate

- Select **Allow** to complete connection.
- Your device is connected!

Note: It may take a few minutes for your steps to sync/update in the app.

Apple Health Mobile Set Up

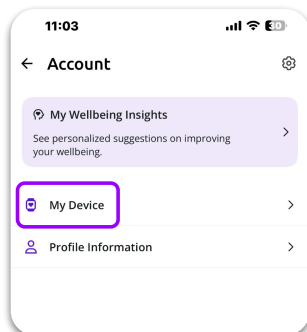
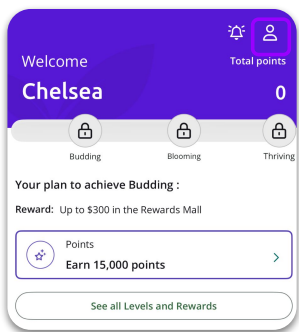
This integration allows you to sync your Apple device with WellRight's platform.



Step 1:

Get the WellRight App

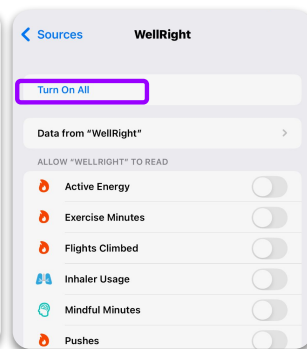
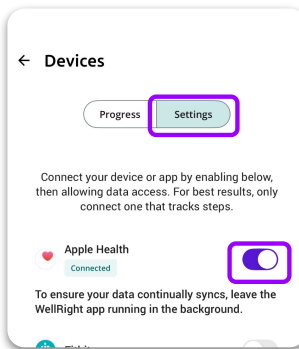
- The **WellRight App** can be downloaded from the **App Store**.
- Once loaded, open it and log in to your WellRight account.



Step 2:

Add a Device

- Tap on the **Profile icon** on the top left corner of your screen.
- Tap **My Device**.



Step 3:

Grant Permission

- Tap on the **Settings** tab and toggle the Apple Health slider on.
- Navigate to your phone's **Health** settings, tap **Data Access & Devices**, then locate the WellRight icon.
- Tap Turn On **All** or, at a minimum, **Walking and Running Distance**.

Success!

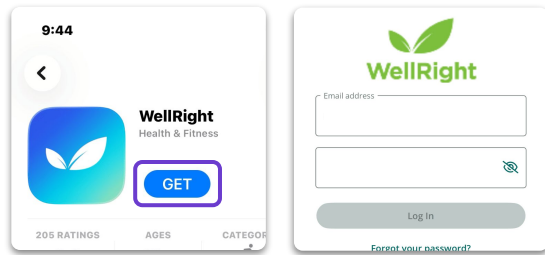
Your device is now connected and will automatically sync with WellRight.

Note: It may take a few minutes for your steps to sync/update in the app.

IMPORTANT: To ensure your data continually syncs, leave the WellRight app running in the background.

Runkeeper Mobile Set Up

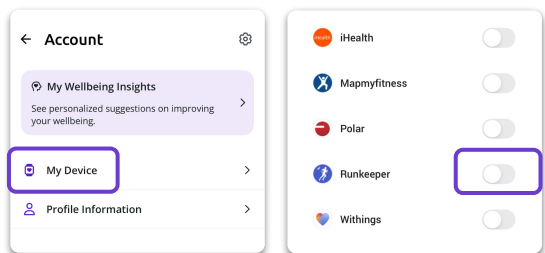
This integration allows you to sync your Runkeeper device with WellRight's platform.



Step 1:

Log In via the Mobile Device

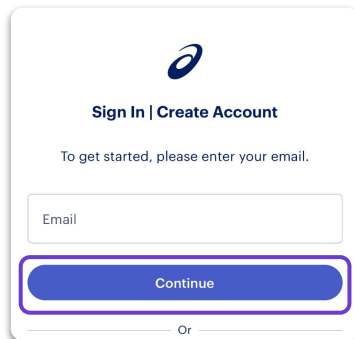
- The **WellRight App** can be downloaded from the App Store or from the **Google Play Store**.
- Once loaded, open your **WellRight app** and log in.



Step 2:

Add a Device

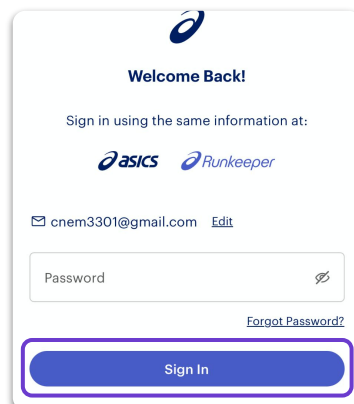
- Tap on your profile.
- Tap **My Device** and then tap the **Settings** tab.
- Once your screen has switched over to the **Settings** tab, tap on the slider next to **Runkeeper**.



Step 3:

Grant Permission

You will be directed to log in to your **Asics Runkeeper account**.



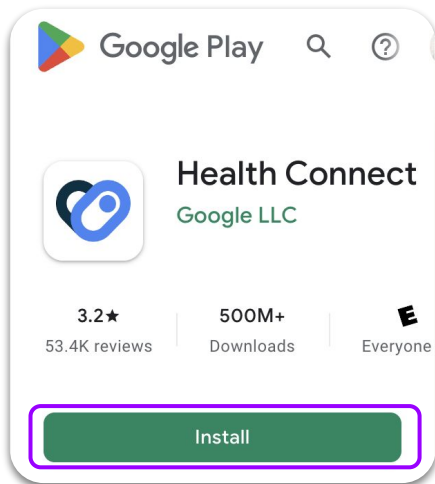
Step 4:

Activate

- Tap the **Login** Button.
- Your device is enabled!

Note: It may take a few minutes for your steps to sync/update in the app.

Health Connect Mobile Set Up



Step 1:

Install Health Connect

- **For Android 14 and up:**
Open Settings
Tap **Security** and **Privacy** > **Privacy Controls** > **Health Connect**
- **For Android 13 and lower:**
Download the **Health Connect** app from the **Play Store**
- Open **Settings**
- Tap **Apps** > **All apps** > **Health Connect**
- Tap **Open**

Step 2:

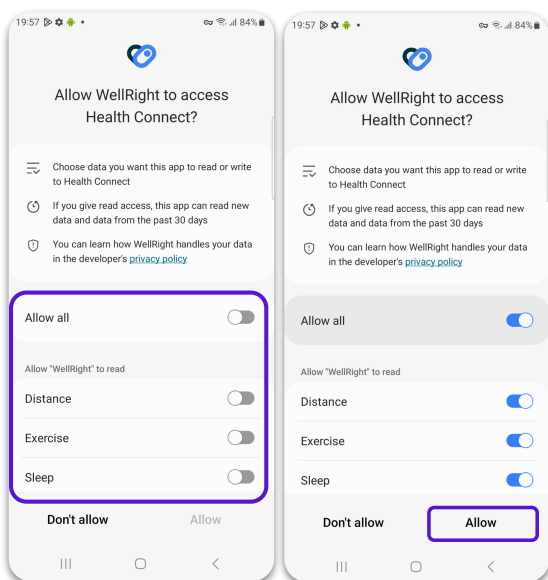
Connect to WellRight

- First connect your preferred app or fitness device to Health Connect.
- On your device, open **Health Connect**.
- Tap **Get Started**.

Step 3:

Grant Permission

- Under **Permissions** and data, tap **App Permissions** and turn on the relevant app.
- Select **Data Permissions** you want to share and tap **Allow**.
- Go to the **WellRight** app.
- Tap on the **Profile icon** on the top left corner of your screen tap **My Device**.
- Tap the **Settings** tab and toggle on **Health Connect**.*
- Allow WellRight to access Health Connect data by selecting **Allow All** or choosing which data types you want to share.



*Depending on your phone's settings, you may need to allow WellRight to access your physical activity and access data in the background.

Device Syncing Troubleshooting Guide



Use this reference guide to troubleshoot common device syncing issues.

“My calendar shows no date from my device.”

“My activity isn’t showing up in a challenge.”

“My steps aren’t tracking.”

General Fitness Device Troubleshooting

01

Check Device / App Permissions

Ensure permission settings are on in the wearable device. Make sure device is synced to the wearable account or app.

02

Device Menu Disconnect

Disconnect your fitness device on the WellRight App for five minutes.

03

Device Menu Reconnect

Reconnect device and allow 24 hours for the data to update.

Apple Watch Device Troubleshooting

01

Verify Connection

Make sure your Apple Watch is connected to Apple Health.

02

Apple Health Permissions

Ensure permission and security settings on Apple Health allow WellRight to access data.

03

Disconnect Apple Health

Disconnect Apple Health in the WellRight App. Logout and wait for five minutes.

04

Reconnect Apple Health

Login to the WellRight App and turn on Apple Health. Leave the app open for five minutes.