



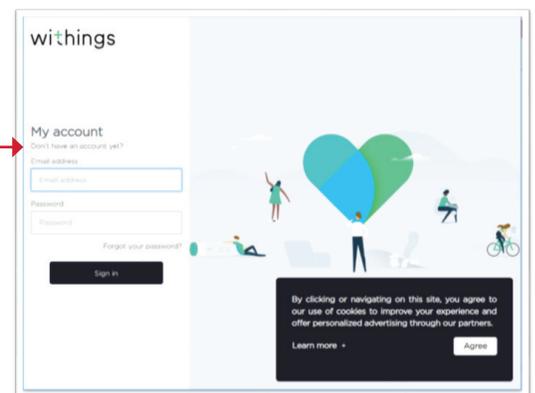
HOW TO SYNC YOUR APPLE WATCH

CONNECT TO WITHINGS HEALTH MATE

1. Access your Quartz Well Account
 - ▶ Login at **QuartzMyChart.com**
 - ▶ Click **Quartz Well** portal
 - ▶ Click **ACCESS QUARTZ WELL**
2. Click on the **Connect Your Applications & Devices** button.

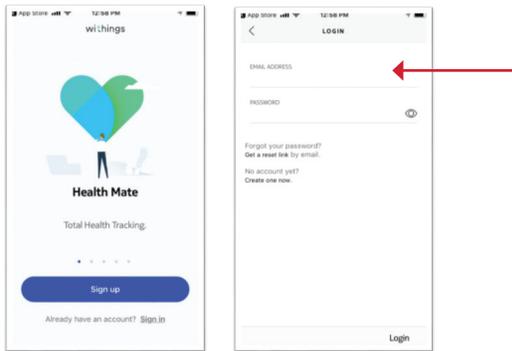


3. Click **Withings Health Mate** and **Connect**.
4. Click **Don't have an account yet?** and fill in the required fields to create a Withings account.
5. Click **Agree** and **Allow** when you get to those steps.
6. Once you see the message **Access granted**, you'll be redirected back to the Quartz Well portal.

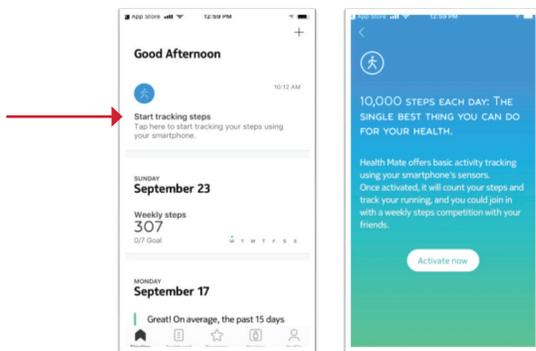


ADD THE APP TO YOUR PHONE

1. Download the **Withings Health Mate app** from Apple's App Store or from Google Play.
2. Log in to **Health Mate** using your email address and the password you just created.



3. Click **Start tracking steps** and then the **Activate now** button.



4. Click the **Steps slider** to allow Health Mate to read data. You can also go to the Apple Health app on your phone and select **Sources - Health Mate**. Scroll to the bottom and allow Health Mate to **Read Data**. Then select **Steps**.

Steps may start appearing in Quartz Well in as little as 15 minutes, but it may take a few days. If steps are missing or not syncing properly, open the Withings application to be sure your steps are showing correctly.

Contact Customer Service at (800) 362-3310 with questions or for assistance.

Healthy Starts Now.