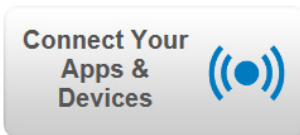




Healthy
Starts Now

APPLICATION & DEVICE CONNECTIVITY

1. Access Quartz Well through your MyChart account at QuartzMyChart.com.
2. Click the **Connect Your Apps & Devices** button.



3. Choose a device under **Add** and click **Connect**.
4. Allow Quartz Well to access your profile and data from your device.
5. Your connected devices and apps will now display on the right side of the Applications & Devices page in Quartz Well.

AVAILABLE APPS/DEVICES

- ▶ Fitbit*
- ▶ Garmin
- ▶ iHealth
- ▶ Lumo
- ▶ Movable
- ▶ PEAR Sports
- ▶ RunKeeper
- ▶ Strava
- ▶ Striiv
- ▶ TomTom My Sports
- ▶ YOO
- ▶ Withings*

*No fitness tracker needed. Simply download the app for iOS or Android and use your smartphone as a pedometer.