Tracking Wellness Activity on Best Health with Compatible Apps and Devices

Tracking wellness activity is available on the Best Health® desktop or mobile app. You may also connect compatible 3rd party wellness apps, devices, Apple Health and Samsung Health.

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The path to wellness is at your fingertips. Download the Best Health app from the App Store or Google Play Store and search for **Best Health.**

Follow the prompts below to get started:

- In the organization search screen*, type s-h-a. Select Sharp Health Plan Members.

- Click Login (or click Sign Up if you have not previously created a Best Health profile on a computer).

- Enter your email address and password. Touch **Sign in**.

- **Agree** to the terms of use if prompted.

*If your organization has a custom Best Health website, please enter the first three letters of your organization's name.

Download the Best Health app and get started today!

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Recording your activity is a great way to track your progress as you achieve your health and wellness goals! Follow the steps below to get started:

1. Select **Health Trackers** from the column on the right of the screen.
2. Select one of the trackers below:
    - **Steps**
    - **Weight**
    - **Water**
    - **Physical Activity**
    - **Blood Pressure**
    - **Blood Glucose**
3. Select **Add Entry** or **Connect an App**.

- **Add Entry** – This is self-entered data and can by done by, selecting **Add Entry**, fill out the form, and click **Save.**
- **Connect an App** – Select Connect an App, select any available app, follow your device's instructions to connect, select Connect.
    - *To connect an Apple device or Apple's Health app or Samsung Health to your account, the connection must be completed through the Best Health app on your mobile device. More instructions are to follow.*
    - *We highly recommend that you connect **only one device**, to avoid duplicate data coming into your Best Health account. The chart on the next page will show you that some devices can bring in multiple types of data, please be mindful in how you are connecting your activity.*

You can also set a goal under the Tracker Summary at the top of the page by selecting **Add Target**.

Currently the Best Health site is compatible with the following apps and devices. Each device can send supported data based on the permissions you allow during the connection process.

Data Source	Steps	Physical Activity Minutes	Water	Weight	Blood Glucose	Blood Pressure
Apple Health*	X	X	X	X	X	X
Fitbit	X	X	X	X	X	
Garmin	X	X	X	X		
iHealth	X	X	X	X	X	X
Lose It!				X		
Misfit	X	X				
Omron	X			X		X
Polar Flow	X	X				
Samsung Health*	X	X	X	X	X	X
Strava		X				
Under Armour		X				
Withings Health Mate	X	X		X		X

*Apple Health and Samsung Health must be connected using your phone, via the downloaded Best Health app.

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Fitbit Device Connectivity

1. Login to your **Best Health** account or open your Best Health app.
2. Select Steps or Physical Activity Trackers under the health Tracker section
3. Select **Manage Apps and Devices**
4. Select **Fitbit** from the pop up
5. Follow the prompts that pop up. These prompts help you to acknowledge that you are only connecting one device.
6. You will be directed to log into your Fitbit account
7. Once logged in set your permission preferences and click **Allow**, at the bottom of the screen
   - We highly recommend that you **Allow All** permissions, but for data to come over to your **Best Health** account, please be sure to at least select the following three:
     1. Profile
     2. Fitbit devices and settings
     3. Activity and exercise
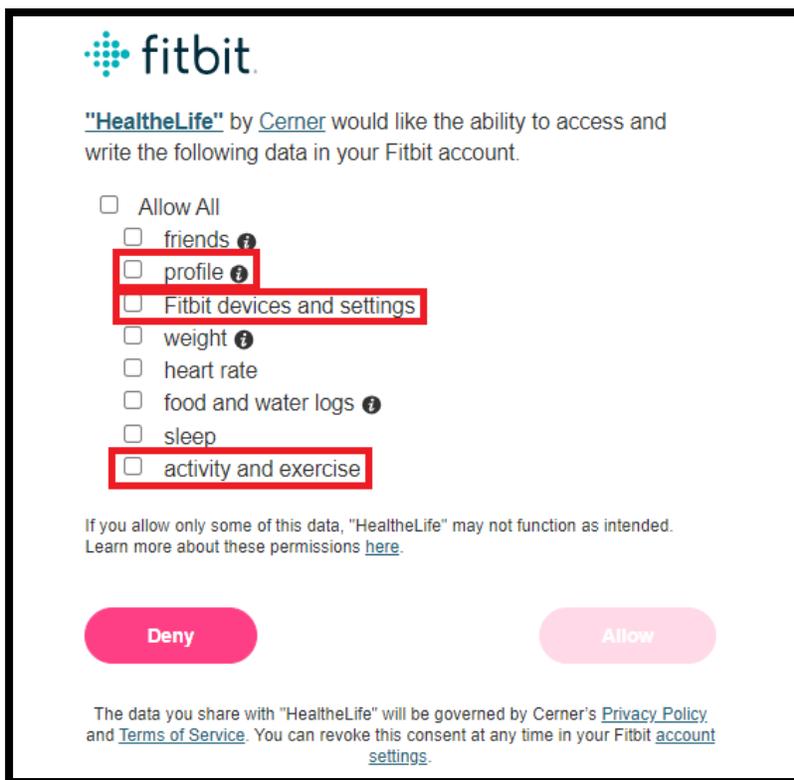
Your Fitbit Device/app is now connected! **Please allow up to 24 hours for device app data to being to appear in Best Health.**

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Have an iPhone or Apple Watch utilizing Apple Health? Connect your selected Apple Health wellness data (steps, exercise minutes, weight and more) to your **Best Health** portal profile with the **Best Health app**.

Upon your first time signing into the Best Health app, a Permissions screen will display. Follow these steps:

1. In the Apple Health section, touch "**Allow**."
2. Touch "**Turn All Categories On**."
3. Touch "**Allow**."
4. Touch the "**Let's Go!**" button.
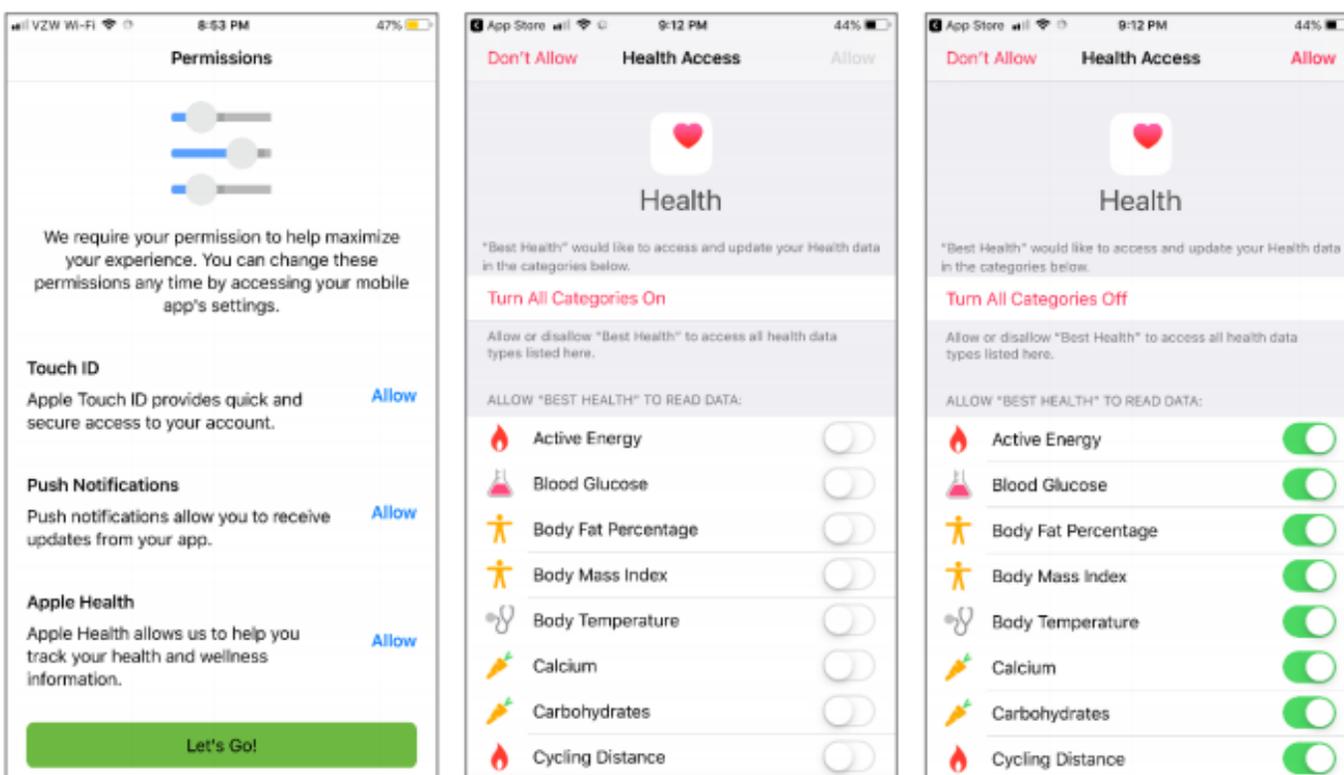
If you want to connect Apple Health to your already installed Best Health app at a later time, follow these steps:

1. Open your Apple Health app.
2. Touch the **"Profile"** icon.
3. Select "Apps" under Privacy.
4. Select the Healthy Path app icon.
5. Touch **"Turn All Categories On**."

Please ensure your iPhone's Fitness Tracking setting is turned on in the Motion & Fitness category in your Privacy settings. **Please allow up to 24 hours for Apple Health data to appear.**

Have a Samsung phone and using Samsung Health? Connect your selected Samsung Health wellness data (steps, exercise minutes, weight and more) to your **Best Health** site profile with the **Best Health app**.

Upon your first time signing into the **Best Health app**, a Permissions screen will display. Follow these steps:

1. Select the button **"Connect to Samsung Health."**
   • If you DO NOT want to connect check the box "Don't display this reminder again" to hide this prompt for future logins.
2. Leave the flag for "**All permissions**" on to ensure data will flow in.
3. Select **"Done"** when finished.
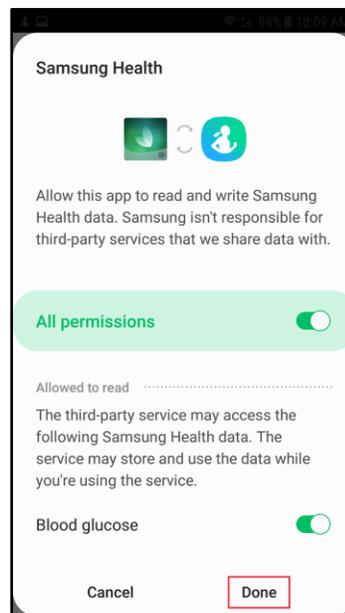
• If you want to connect Samsung Health to your already installed Best Health app at a later time, follow these steps:

1. Open your Best Health app.
2. Click on the three buttons at the top.
3. Select "Connect to Samsung Health" from the drop down.
4. Follow prompts and steps 1-3 above.

• **Please allow up to 24-48 hours for Samsung Health data to appear.**

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