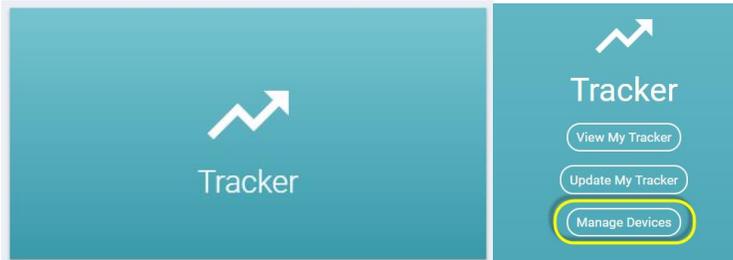


Device Syncing and Manual Tracking Instructions

Device syncing

You can connect your mobile device on uic.medkeeper.com or ([iOS](#) or [Android](#)) using these directions.

- From the Home Screen, click on the 'Tracker' tile, then 'Manage Devices.'



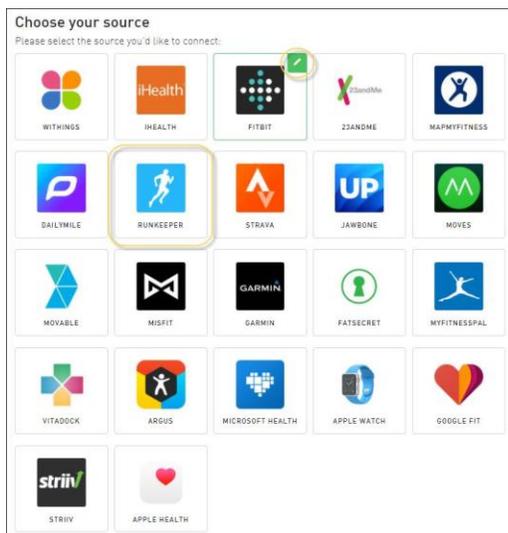
- You will be redirected to HumanAPI > Click the blue 'Choose Source' button.

Human API is the quickest, most secure way to import health data from anywhere:



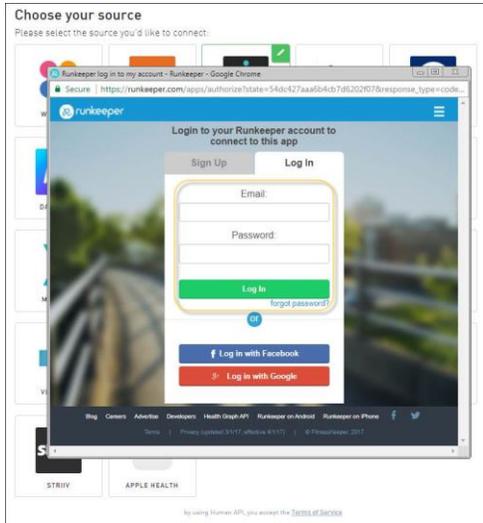
- Click on the device or app you would like to connect and enter your credentials. You can connect multiple devices.

Note: Be sure that you already have an account set up on your device or app and that it is set up to allow syncing. You will be walked through the syncing process.

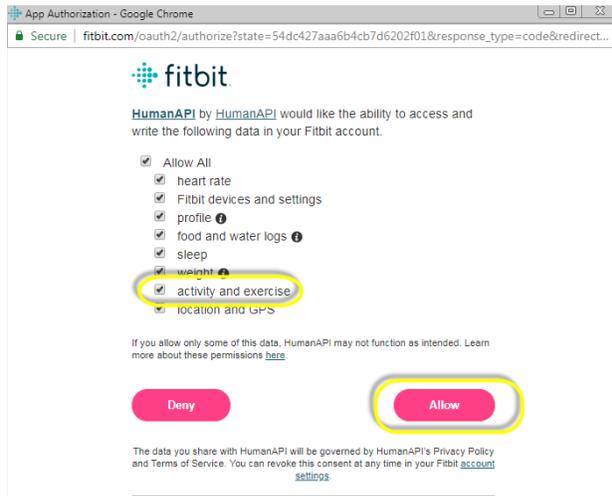


(Note: connected devices will have a green icon in the upper right hand corner).

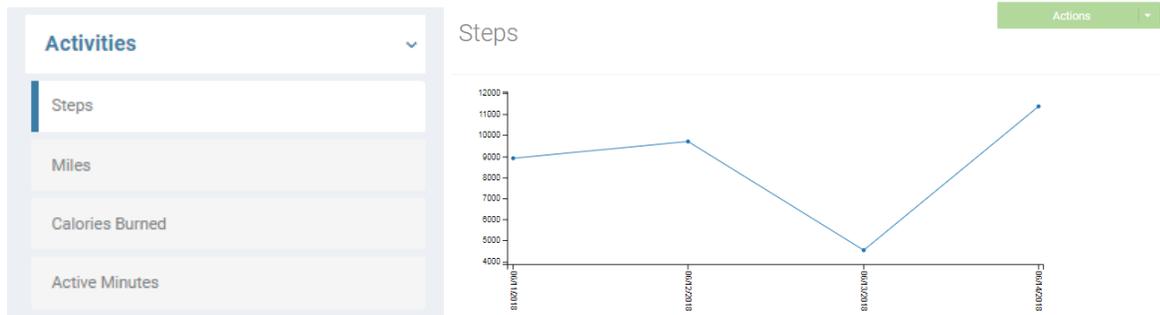
- Sign in using the appropriate login information for the source you have selected.



- Allow Human API to access your data by checking the box or boxes of the metrics you'd like to track below (be sure to choose 'activity and exercise' so your steps will count towards challenges).



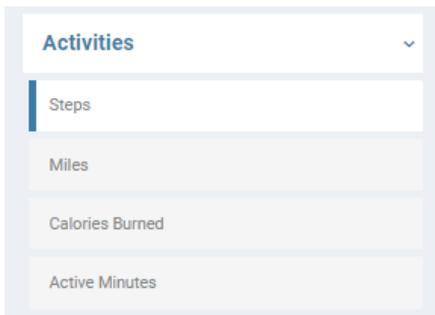
- Moving forward, the system will automatically pull in your data and display it on the appropriate charts.
- Then back on the wellness portal, choose from the 'Activities' menu on the left to follow your progress. The system will then retrieve data for the previous 30 days. Please note this step could take up to 24 hours.



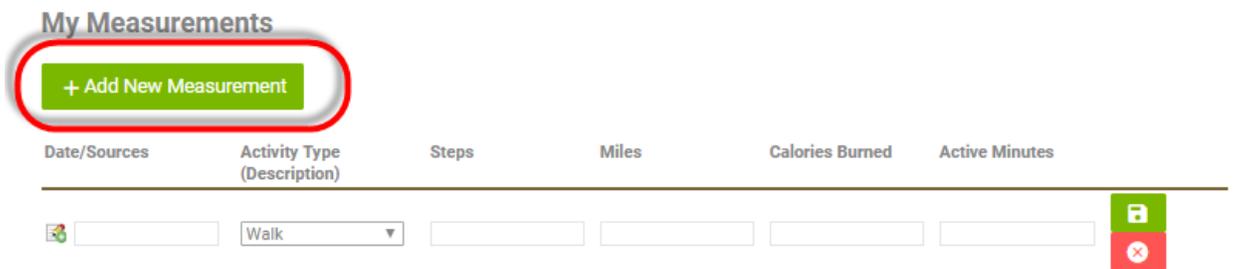
Manual Tracking

If you would prefer to manually track your activity rather than use a device or an app, follow these instructions:

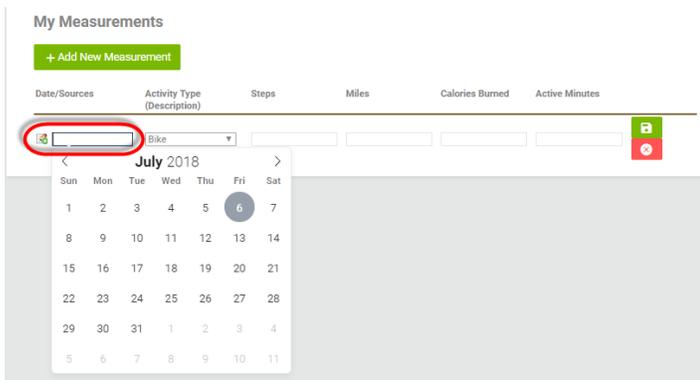
1. Choose the appropriate 'Activity' from the side menu, ex. 'Steps.'



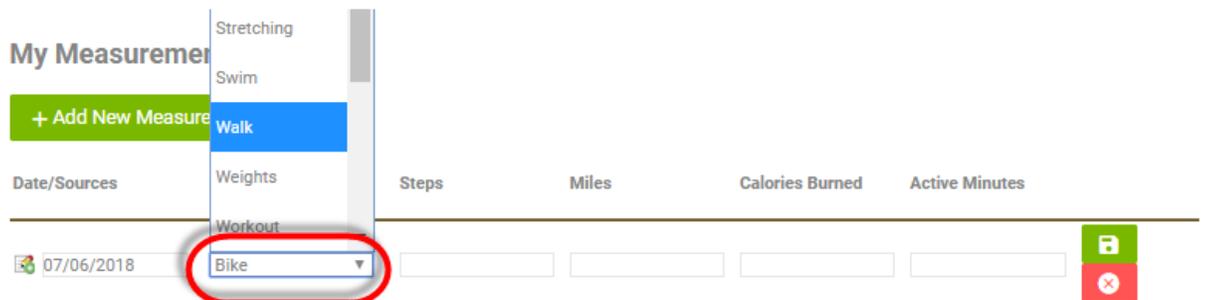
2. Click the '+ New Measurement' button.



Click into the date box and enter the date of the activity you'd like to record.



3. Choose your 'Activity Type' from the drop down box.



4. Enter the metric you would like to record, i.e. steps, into the appropriate box.

My Measurements

[+ Add New Measurement](#)

Date/Sources	Activity Type (Description)	Steps	Miles	Calories Burned	Active Minutes
<input type="text" value="07/06/2018"/>	<input type="text" value="Walk"/>	<input type="text" value="10000"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

5. Click the save icon.

My Measurements

[+ Add New Measurement](#)

Date/Sources	Activity Type (Description)	Steps	Miles	Calories Burned	Active Minutes
<input type="text" value="07/06/2018"/>	<input type="text" value="Walk"/>	<input type="text" value="10000"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>