

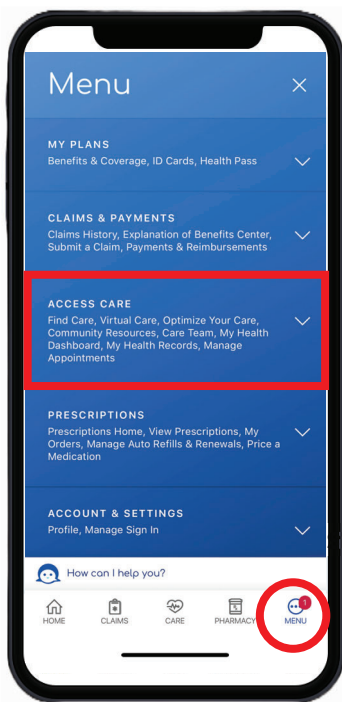
# ERChealth™



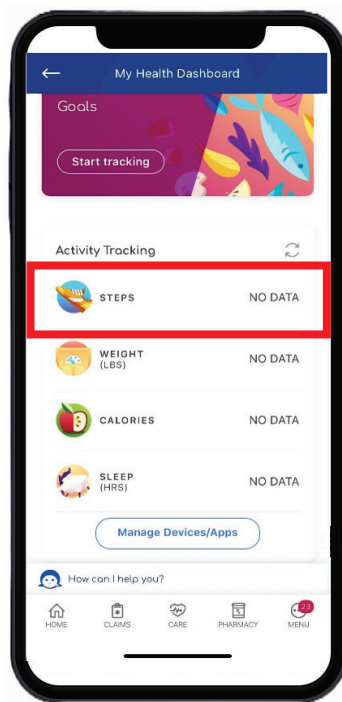
## Steps Tracking Quick Guide



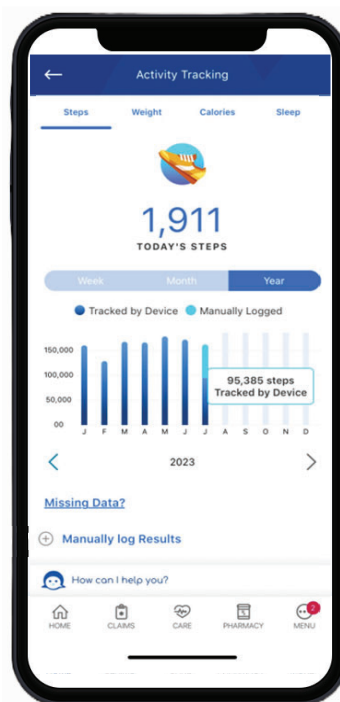
Earn \$25 each month that you reach 240,000 steps



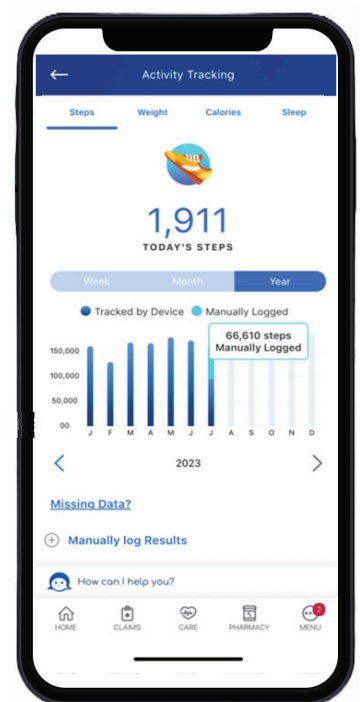
On the home screen, click on Menu (bottom right corner of the navigation pane). Click on Access Care, then My Health Dashboard.



Click on Steps to access the Activity Tracking home screen.

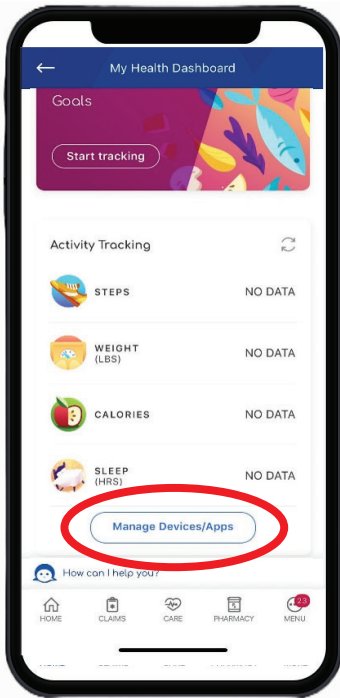


On the Activity Tracking home screen, you can see your steps for the month by choosing Year and then clicking on the current month. If you have a device linked and manually log activity, then click on each color and add the numbers together to check on your current steps for the month.

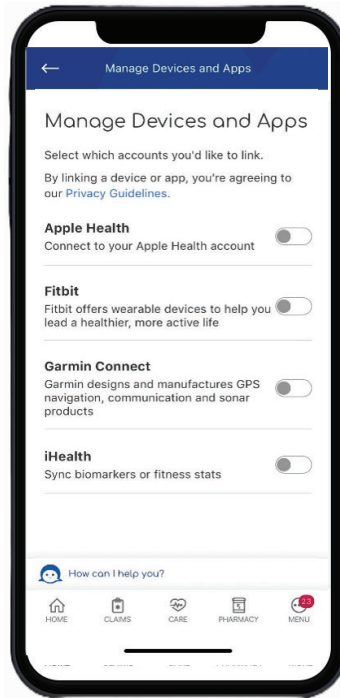


Check out the next page for steps on how to link a device or manually log activity!

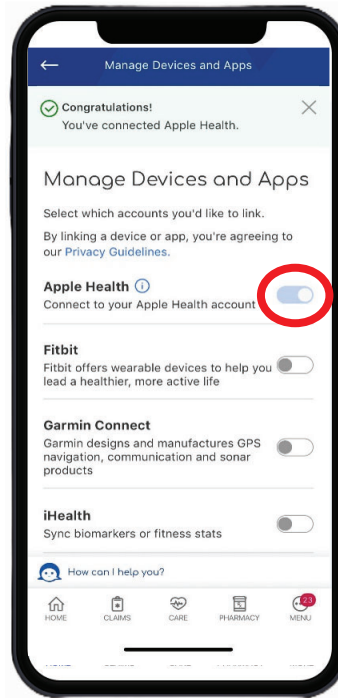
## Linking a Device or App



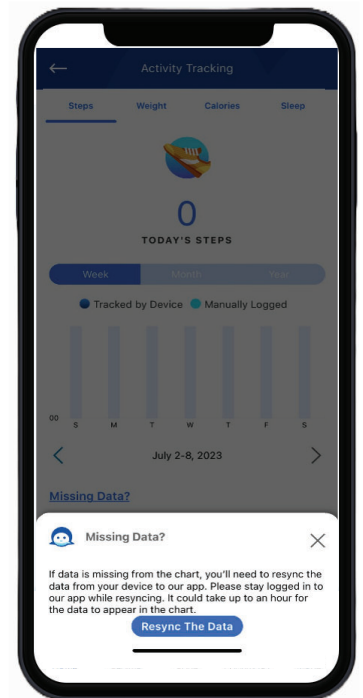
On My Health Dashboard, click on Manage Devices/Apps.



Choose the device or app that you would like to link. NOTE: Apple Health will only show up for iPhones and GoogleFit will only show up for Android devices.

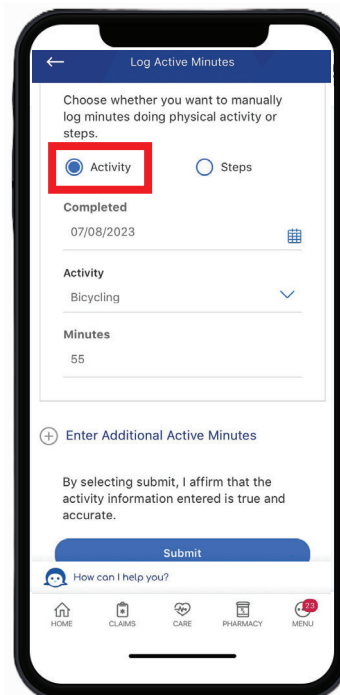
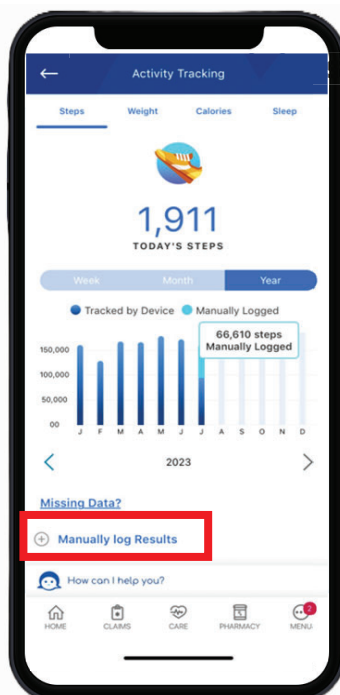


Follow the steps to allow access. Turn on "Steps" or "Walking + Running Distance". Once linked, you should see, the chosen app or device toggled on.

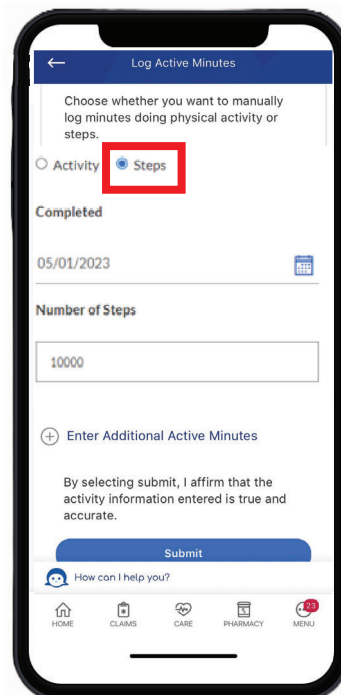


For iPhone users, if your steps aren't showing in the Activity Tracking home screen, click on "Missing Data?" to resync.

## Manually Logging Activity or Steps



OR



Manually log minutes doing a specific physical activity (choose from a dropdown menu) or actual steps for a particular day.