

# How to Authorize Your APPLE FITNESS DEVICE

Tracking your steps is easy! This guide will take you through the authorization and syncing process step-by-step for your Apple device.

By authorizing your Apple device with the **Grande Health & Wellness** portal, your steps will automatically be recorded. Once your device is authorized, your data will automatically transfer on a nightly basis. Any data manually entered will not be overwritten by the nightly data pull from your device.



## Get Started

You may only authorize one device. To authorize your Apple device, first download the Asset Health Mobile app and follow the steps outlined below:

1. On your mobile device, open the Asset Health Mobile app.
  - a. If this is your first time using the app, proceed to step two.
  - b. If you have previously set up your PIN for the app, please skip ahead to step six.

App Store Preview



**Asset Health Mobile** 17+  
Asset Health  
★★★★☆ 4.2 • 20 Ratings  
Free

iPhone Screenshots

Dynamic home screen displays program features in an easy-to-use format

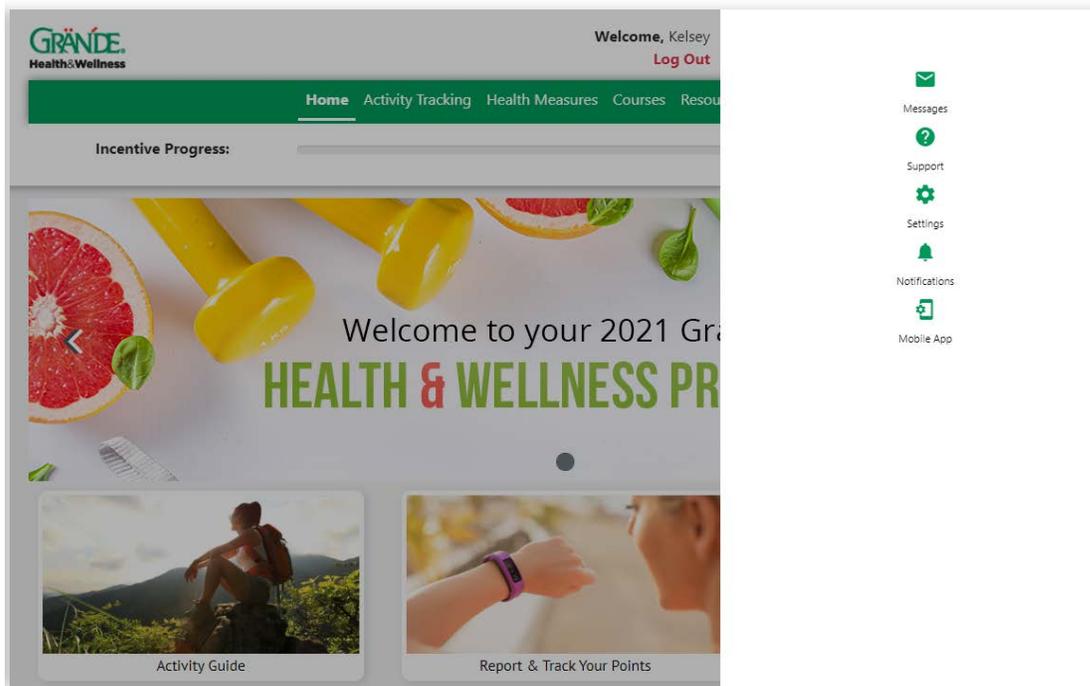
Take your Health Assessment from anywhere with an intuitive user experience

Track and report on a variety of wellness activities

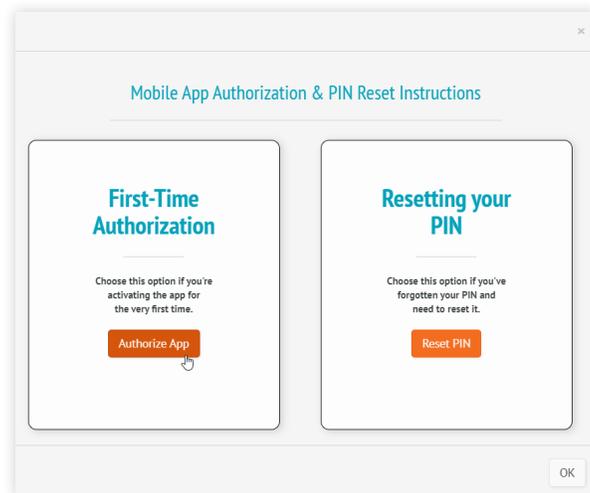
Enter your steps manually, or automatically sync using your Apple Watch

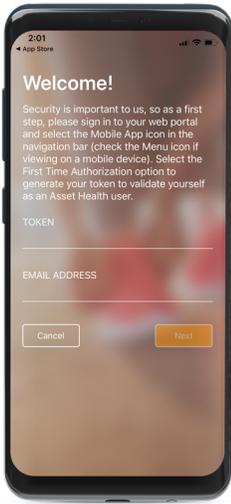
Four iPhone screenshots are displayed in a row. The first shows the app's home screen with 'Health Assessment' and 'Activity Tracking' cards. The second shows the 'Health Assessment' screen with a question about the last checkup. The third shows the 'Activity Tracking' screen with a list of activities like 'Barbell' and 'Bike'. The fourth shows the 'Activity Tracking - Replenish' screen with a 'TOTAL' section and a background image of a person walking a dog.

- While you have the app open on your mobile device, please also log in to your Grande Health & Wellness portal on your desktop or mobile web browser. Once logged in on your desktop or mobile web browser, locate the menu in the upper righthand corner, click **View All** and select **Mobile App**.

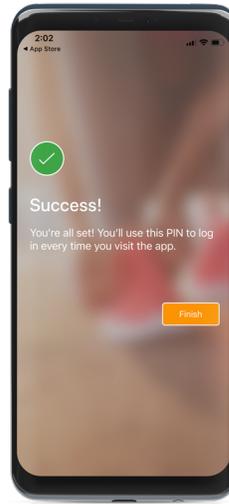


- Select **First-time authorization** to generate a unique token code.

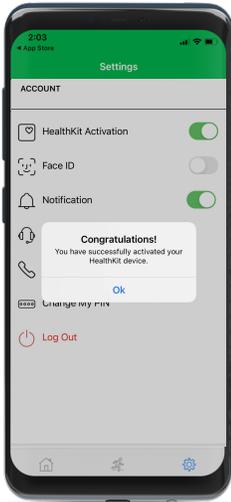




4. On your mobile device, enter the unique token code generated in the previous step and the email associated with your account.



5. Set a PIN code you will remember. This PIN will be how you access your information with the Asset Health Mobile app moving forward.



6. Ensure your HealthKit activation is enabled within the Asset Health Mobile app. This will allow your health data to be shared by Apple with the Grande Health & Wellness portal. To ensure that this is enabled, click the gear icon at the bottom of the screen to open your Settings page. The HealthKit toggle should be turned on.

## Logging in to Your Grande Health & Wellness Portal

Log in to [assethealth.com/grandehealth](https://assethealth.com/grandehealth) on your desktop or mobile device. If you're logging in for the first time, your credentials are as follows:

**Username:** First Initial + Last Name + Last 4 of SSN

**Password:** DOB (mmddyyyy)

**Questions?** Contact us at [support@assethealth.com](mailto:support@assethealth.com).