

How to Link Apple Health to Your Healthy Choice App

NOTE: Remember, you are responsible for confirming that your steps or activity minutes are uploading to your Healthy Choice portal account. After you complete the steps to link Apple Health to your portal, log in at least once per week to identify technical issues which may affect your participation.

Follow these steps to link Apple Health to your Healthy Choice app:

1. Go to the App Store and search for “EHP Healthy Choice.” (Version 2)
2. Download the EHP Healthy Choice app onto your phone.
3. If you use an Apple Watch, ensure it is synced with your iPhone via the Health app.
4. Login to the Healthy Choice app with the same username and password as your Healthy Choice Portal account.
5. Tap the menu (3 dots) and select the Link Device tab and tap on “Use App”.
6. Tap the menu and select the Settings tab, turn on “Link Apple Health” (you must grant permission to share).
7. Tap the running man icon to view your dashboard and confirm your data is syncing to the portal.
 - Is your data not syncing? In the Settings tab, tap “Sync activity data” to initiate the process.

You have now connected Apple Health to the Healthy Choice Portal for tracking steps and active minutes.

Activity Data Transmission Tips:

NOTE: Open your EHP Healthy Choice app regularly to ensure your data is downloading to your portal account. We recommend doing this at least once per week. With the Apple Health connection enabled, your data will sync to your EHP account every time you open the EHP Healthy Choice app. If the app is running in the background, data will update every hour. Data will not sync if the app is closed completely.