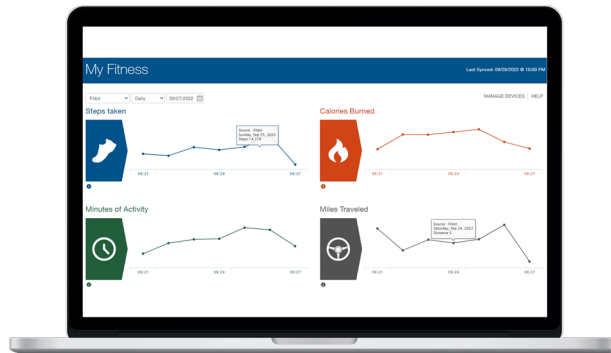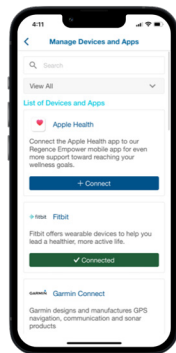# Regence

## OREGON

## Regence Empower™

# Stay motivated by syncing your fitness devices

You love tracking your activities because it helps you stay motivated to be healthy. By syncing your health and fitness apps with **Regence Empower**™, you can see all your data—including steps, calories, activity time and distance—in one convenient place. This information will help motivate you to stay engaged throughout your well-being journey.



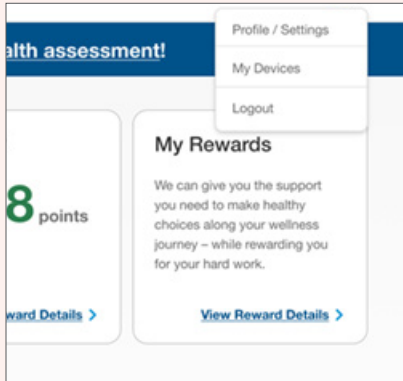**Mobile apps**

**Wearable devices**

**Smart scales**

# How to get synced

1. Follow manufacturer instructions to complete the setup of your device and account.

2. After setting up your device, sign in to **regence.com** and click on **Regence Empower**.

3. From the avatar drop-down, click **My Devices**.



4. Select your device or app from the list of available devices, then click **Connect**. (**Note:** For app-only connections, such as Apple Health, you'll need to follow the "How to get synced - mobile" instructions.)
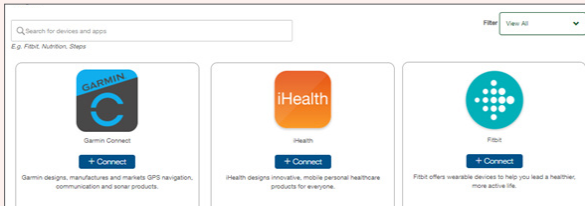


5. Enter your username and password into your chosen device's log-in page.

6. Allow Regence Empower access to **all data** from your device. Allowing only some data to come over may impact your ability to have any data come over. The example below is for Fitbit. Select **Allow All** for all device types.
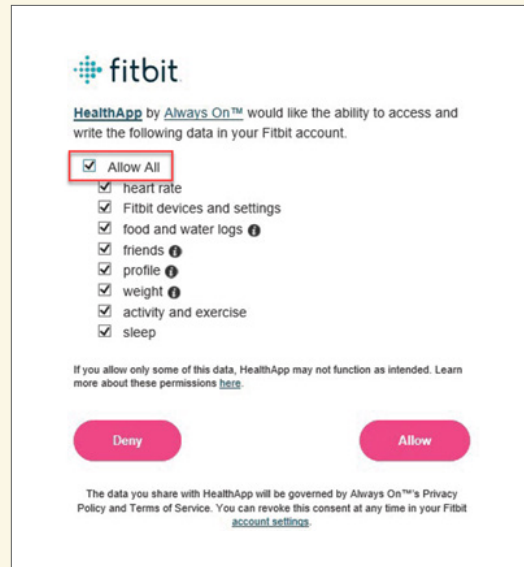


**Note:** If you use Apple Health or Google Fit, you must open the Regence Empower app and click on the menu bars, then **Device Management**. Follow the on-screen instructions to set up the connection between your phone's health app and Regence Empower.