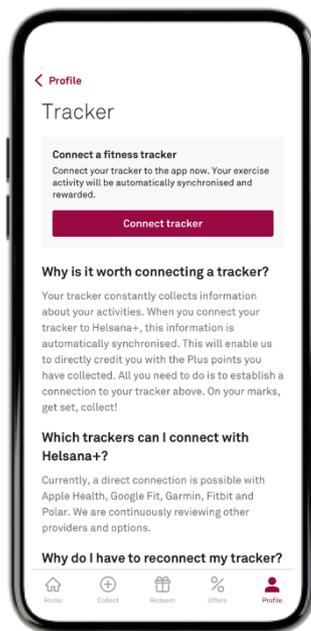
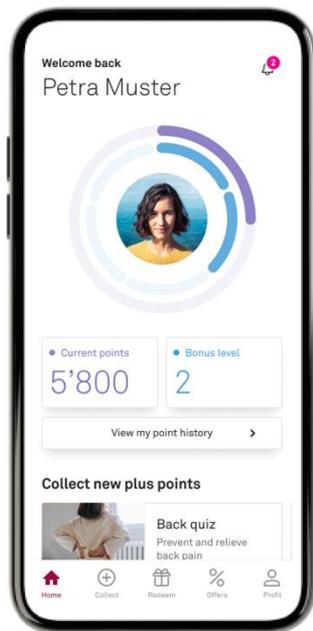


**Link your tracker now**  
and automatically collect Plus points

Instructions  
Connect Helsana+ with **Apple Health**

**Helsana**  
Engagiert für das Leben.

# Connect Helsana+ with AppleHealth



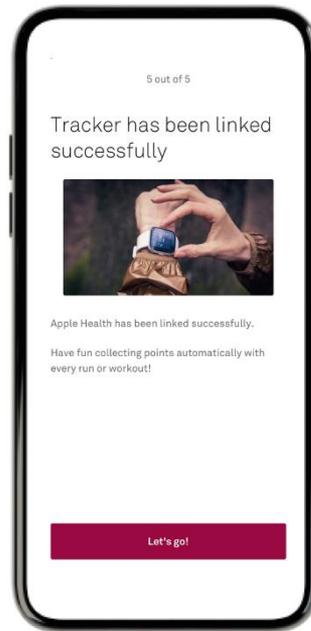
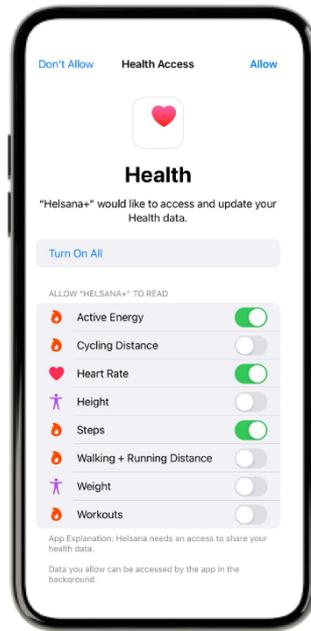
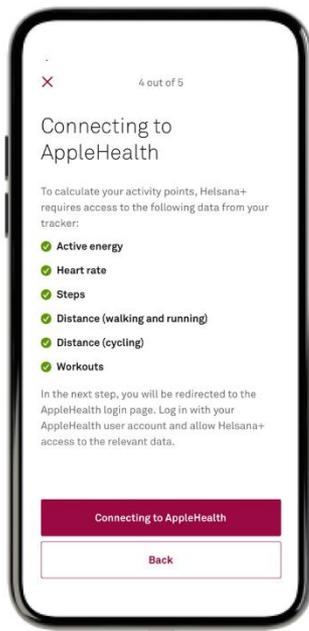
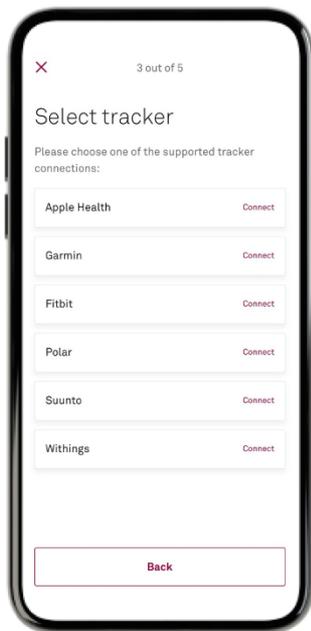
Open the Helsana+ app

Go to your profile and click on Tracker and afterwards on "Connect tracker"

Click "Continue"

Fill in your details and click "Continue"

# Connect Helsana+ with AppleHealth



Select "Apple Health"

Click on "Connecting to Apple Health". You will be taken to Apple Health.

Activate the access to the required data and then click on "Allow"\*.

Your tracker is now connected to Helsana+.

\*Confirmation will be requested during the initial registration. The setting can be changed in the Apple Health settings later.

Helsana

**Do you have questions?**

We are here to help.

[plus@helsana.ch](mailto:plus@helsana.ch)