Link your tracker now
and automatically collect Plus points

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Engagiert für das Leben.

Connect Helsana+ with Polar
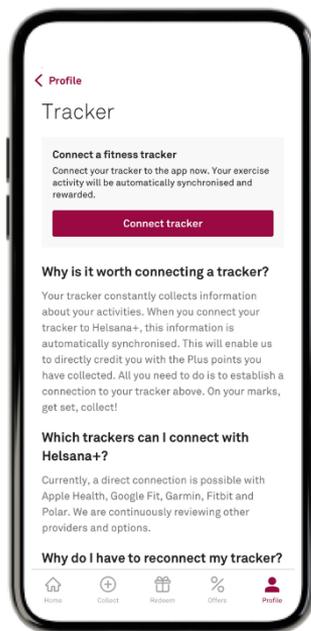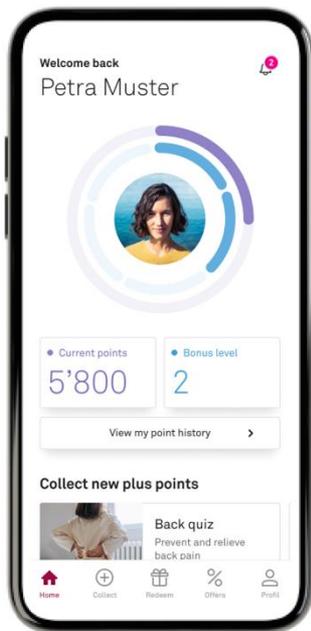
Open the Helsana+ app

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

Click "Continue"

Fill in your details and click "Continue"

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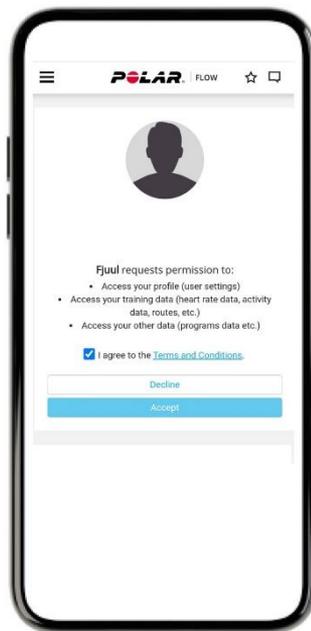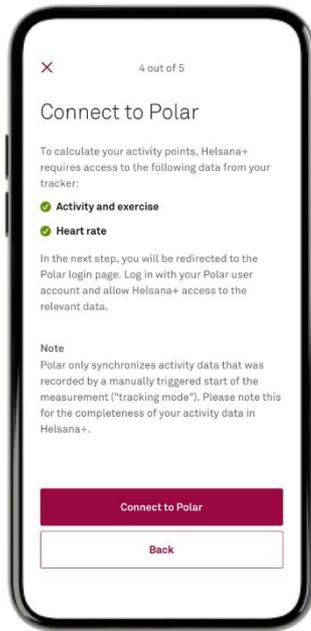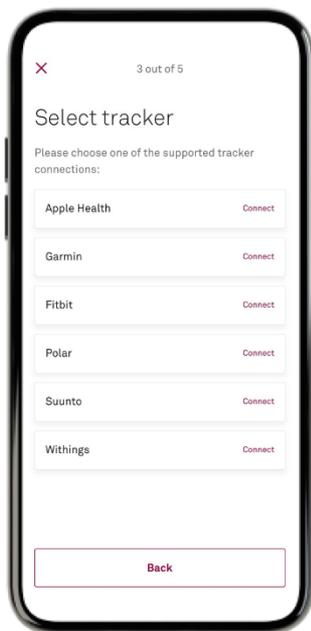
Select "Polar"

Click on "Connect to Polar". You will be taken to Polar.

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

Your tracker is now connected to Helsana+.

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

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Do you have questions?
We are here to help.
plus@helsana.ch

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