

Sync Apple Health with Metabolic Code

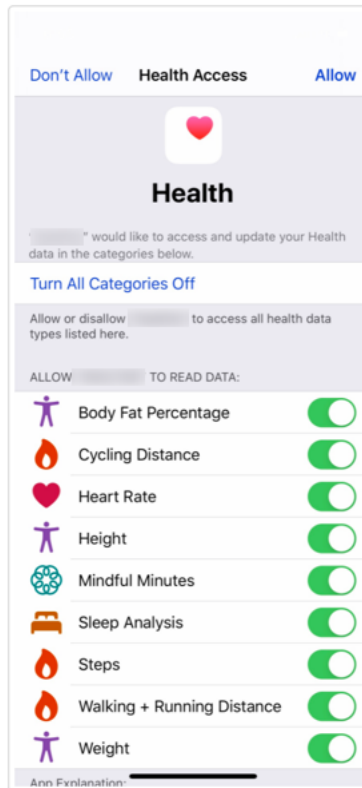
You can sync your Apple Health with your Metabolic Code's point-of-care account, which will allow your provider to view key metrics related to your health and wellbeing.

Sync Apple Health with your Metabolic Code account

From your mobile device:

- iOS App > Navigation Menu > Settings > Integrations > Apple Health
- You'll see a list of categories that you can sync to your POC account. Toggle the categories you'd like to sync by tapping the button. Green = they will sync. You can also tap "Turn All Categories ON"
- Be sure to tap the **"ALLOW"** option on the top right to enable to connection.

If you navigate back to Integrations, you will see the status "Connected" if your Apple Health has been connected to Metabolic Code POC.



How to enable access if you have previously denied permissions

- If you previously pressed "Don't Allow" in giving Apple Health permission to push information to Metabolic Code, you will not see data sync from Apple Health to Metabolic Code, even though you see a "Connected" status within the Metabolic Code Mobile app.
- You need to enable "Metabolic Code" to Read Data within your iOS app settings
- Navigate to iOS Settings > Health > Data Access & Devices > Metabolic Code > Select Fields you'd like Metabolic Code to Read Data From

Additional Details

- Information is shared only with your provider - no one else will have access to information to your health data transferred between Apple Health and Metabolic Code
- It may take 24 hours for the sync to activate; please give the connection 24 hours to process before reaching out to your provider for further assistance
- If you have synced your Apple Health with Metabolic Code, and are not seeing entries appear, please confirm that when you view your synced integrations, you see "Synced" appear within your Metabolic Code app. If not, please go through the Sync process again.