

Sync ClearStep with Metabolic Code

This feature is available to clients whose providers have enabled the ClearStep sync. If you do not see the ClearStep integration when following the instructions below, it means that your provider has not set this up. Please message your provider via chat if you'd like to recommend that they set up this integration.

Metabolic Code syncs with your ClearStep to automatically pull your Health metrics into your Metabolic Code account, to be shared directly with your provider. Your provider will have access to your metrics, however you may not be able to view the metrics in your account. You and your provider will work together and determine what Health metrics you can view in your account as part of your recovery.

Sync device with Metabolic Code

1. Sync from your computer

- Sign into your Metabolic Code from a computer (metaboliccodepro.com)
- Click Settings (gear icon) on the top-right of your account
- Select "Integrations" from the menu
- Locate "Clearstep" device from the integrations list > Click "Connect"
- You will be prompted to sign into your Clearstep account, so please make sure you have your username/password available
- Follow the on-screen prompts to verify the integration sync

Connected With: Live Better
Melanie Klesse (Switch)

🔔 ⓘ Mary

⚠️ You have invoices due from Live Better. Please pay them at your earliest convenience.

[Dashboard](#)
[Food Journal](#)
[Activities](#)
[Selfies](#)
[Notes](#)
[Metrics](#)
[Metrics \(Graphs\)](#)
[Goals](#)

Post an Entry

Food
Metric
Activity
Note
Selfie

Next Appointment

JAN 21 Initial Consultation - Insurance with
Melanie Klesse
January 21st, 2021 at 9:00 AM EST
In Person
[View all Appointments →](#)

Current Tasks

[Review Documents](#)
Read or download documents that your provider has shared with you.

[Fill Out Forms](#)
Complete forms that your provider has added in your account.

[Complete Programs](#)
Participate in programs that you're enrolled in.

Current Goals [View all Goals →](#)

Eat breakfast every morning DAILY ✓

Meditate for 10 minutes today DAILY ✓

Go for a 15-minute walk today DAILY ✓

Go grocery shopping once per week WEEKLY ✓

🔍 Help

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Integrations

When you connect one of your accounts with Healthie, any activity logs or metrics that are tracked in the connected account are automatically added to your Healthie account as journal entries that are available for your provider to review.

📍 Apple Health CONNECTED ⋮

📊 FitBit Connect

📈 Google Fit Connect

Integrating MyFitnessPal

Once Fitbit is connected with Healthie, if you also connect Fitbit with MyFitnessPal, then any meal data from MyFitnessPal will automatically be added to Healthie.

🔍 Help

2. Sync from your phone

- Sign into your Metabolic Code account from the mobile app for Android and iOS devices
- Tap the Navigation bar (three lines on the top left of the app)
- Select "Settings" from the menu
- Tap "Integrations"
- Locate the "ClearStep" button > Tap "Connect"
- You will be prompted to sign into your ClearStep account, so please make sure you have your username/password available
- Follow the on-screen prompts to verify the integration sync

