



Tracker Connection for Apple iPhones

Step 1: Download or log into the Alaveda app.

- Open the App Store on your iPhone.
- Search “Alaveda.”
- Select “Get.”
- Once the download is complete, click “Open.”
- Type in your username and password.
 - If the app prompts you to enter a registration code, select “Already have a Login.” Do not enter a registration code.



Step 2: Connect your Tracker.

- Select the “Tracker” tile.
- Select “Update Tracker.”
- Select “Connect/Manage Devices.”
- Select “Apple Health.” You will be taken to the Apple Health authorization page.
- Select “Sync Health Data.” You will be taken to the Apple Health Access page.
- Select the Apple Health data that you would like to share with the Tracker, or select “Turn On All.”
- Select “Allow” at the top right corner of the screen. You will be taken back to the Tracker tile.
- Select the “Synchronize” button.

The Tracker will begin syncing data from the past 90 days. This may take several hours. Once initial sync has been completed, your Apple Health data will automatically sync each time you log into your portal.

Tips: Enable Background App Refresh.

To ensure that data from Apple Health is continuously flowing into your wellness app, even when not open, you must enable Background App Refresh.

- Open your phone’s settings.
- Open “Background App Refresh.”
- Ensure Alaveda is turned on.

Prioritize Data Sources.

In Apple Health, if you have multiple devices contributing the same data type, you can prioritize them so that Apple Health knows which sources to use first.

- Open the Health app.
- Select the “Browse” tab at the bottom of the screen.
- Select the “Activity” category.
- Select “Steps.”
- Scroll down and select “Data Sources & Access.”
- Select “Edit.”
- Touch and hold the horizontal lines next to a data source, then drag it up or down in the list.
- To turn off a data source so that it doesn't contribute any more data for that category, tap the checkmark next to the source.
- Select “Done.”

Tracker Connection for Non-Apple Smartphones

Step 1: Download or log into the Alaveda app.

- Open the app store or Google Play Store on your smartphone.
- Search “Alaveda” and download.
- Once the download is complete, open the Alaveda app.
- Type in your username and password.
 - If the app prompts you to enter a registration code, select “Already have a Login.” Do not enter a registration code.



Step 2: Connect your Tracker.

- Select the “Tracker” tile.
- Select “Update Tracker.”
- Select “Connect/Manage Devices.”
- Select the wearable device or app that you would like to connect.
 - You will be prompted to enter the login credentials for the device or app you selected. You can connect multiple devices if desired. Each device connected will have a green icon in the upper right corner.
- Enter the login credentials used for that account.
- Return back to the “Connect/Manage Devices” screen.
- Select the “Synchronize” button.
 - The tracker will begin syncing data from the past 90 days, and your device will automatically sync to the tracker.

Tips and Troubleshooting

Notifications:

- Open your phone’s notification settings.
- Select “Allow Notifications” for the Alaveda app.
- Optional:
 - Check the boxes under lock screen, notification center, and banner.
 - Set the “Banner Style” to “Persistent.”
 - Turn on “Sounds” and “Badges.”

Troubleshooting:

- Close all other applications, windows, and tabs.
- Clear your device’s cache and cookies.
- Update your device’s software.
- Update the Alaveda app.
- Restart your device.



Manual Data Entry

Step 1: Log into your account.

- Go to cecm.medikeeper.com or the Alveda mobile app.
- Enter your username and password.

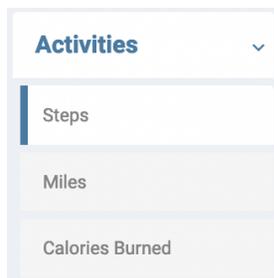
Step 2: Open the Tracker.

- Select the "Tracker" tile.
- Select "Update My Tracker."
- Select the measurement you would like to update.

Step 3:

Steps:

- Under "Activities," select "Steps."

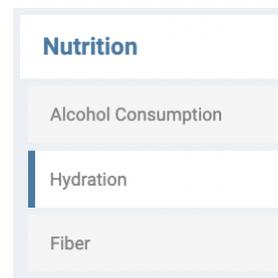


- Select "Add New Measurement."
- Adjust the date, activity type, and the number of steps.
- Select the save button.



Hydration:

- Under "Nutrition," select "Hydration."



- Select "Add New Measurement."
- Adjust the date and ounces consumed.
- Select the save button.

