Syncing Apple Health data to your LiveWell account

To connect your Apple Health information to LiveWell:

1. Open the ❤️ Apple Health app on your mobile device.

2. Connect your health records to LiveWell:

👤 Profile > select Health Records > click Get Started > Search for Aurora Health Care > Click Connect > sign in to LiveWell > select Continue to agree to terms > Choose what types* of information you'd like to share and for how long > select Allow Access

3. You will receive an email from LiveWell confirming Apple Health data is now connected.

*To sync heart rhythm data:

- You'll need an Apple Watch and the Apple Health app downloaded onto both your watch and mobile device. Your Apple Watch captures data like blood pressure and heart rate.

- When choosing the types of information to share, select Vital Signs to sync data like blood pressure and heart rate.

Questions on LiveWell? [Visit the Help Center at aah.org/help](https://aah.org/help)