

# Download the mobile app

Access your account to track your health and wellness activities anywhere, anytime.

## STEP 1:

Search and download **Personify Health** on your device wherever you get your apps. Once installation is complete, **open the Personify Health app**.



## Follow login instructions based on your organization:

### Stanford Medicine Children's Health and PCHA:

## STEP 2:

Enter your **work email** and **password** you created via registration and select **"Sign In"**.

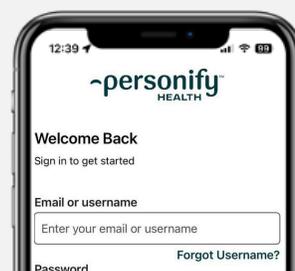


### Stanford Health Care, Tri-Valley, or Stanford Medicine Partners:

## STEP 2:

Enter your **work email address only**.

**STEP 3:** You will be redirected to Single Sign-On (SSO) page, where you will be prompted to enter your Stanford credentials (**SID & password**) and complete the **DUO authentication process to verify your identity**.



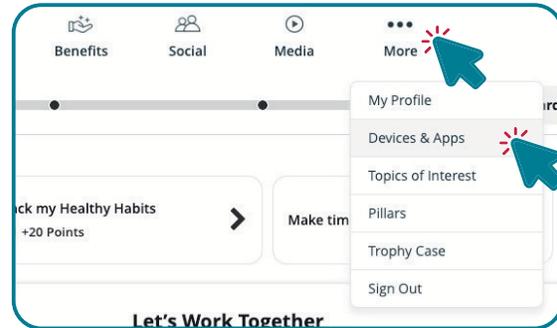
**Troubleshooting Tip:** If your app is not responding, close and reopen the app.

# Connect your favorite devices & apps

*Keep track of your activity by using a fitness tracker or your mobile phone and seamlessly earn points!*

## STEP 1:

Go to **More** in the menu and choose **Devices & Apps**.

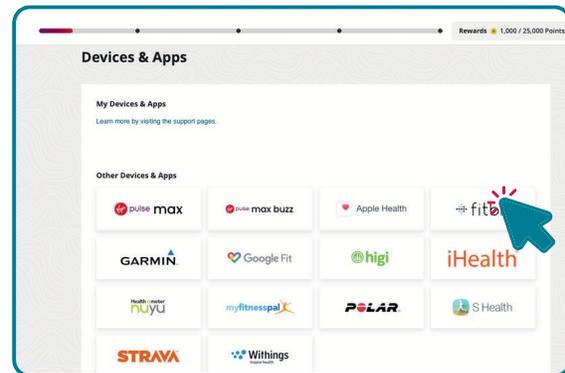


## STEP 2:

Choose the device or app you'd like to connect and click **Connect**.

## STEP 3:

Follow a few simple steps. You'll see instructions right on your screen to sign in or get connected automatically (depending on the app).



## Don't have an activity tracking device?

No problem! You can also track your activity manually in the **Stats** section or connect to one of the free, compatible apps to track daily steps.

