

# Regence Empower

## Stay motivated by syncing your fitness devices

You love tracking your activities because it helps you stay motivated to be healthy. By syncing your health and fitness apps with Regence Empower, you can see all your data—including steps, calories, activity time and distance—in one convenient place. This information will help inspire you to stay engaged throughout your well-being journey.

## Sync multiple devices and apps with Regence Empower

Syncing is easy. Just follow the simple steps on the back of this flyer.



Mobile apps



Wearable devices



Smart scales

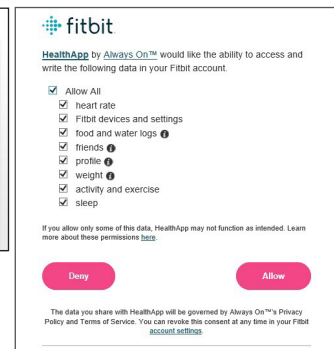
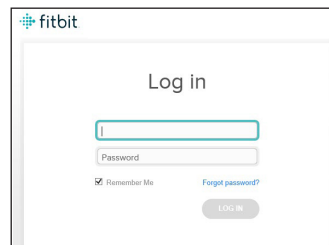
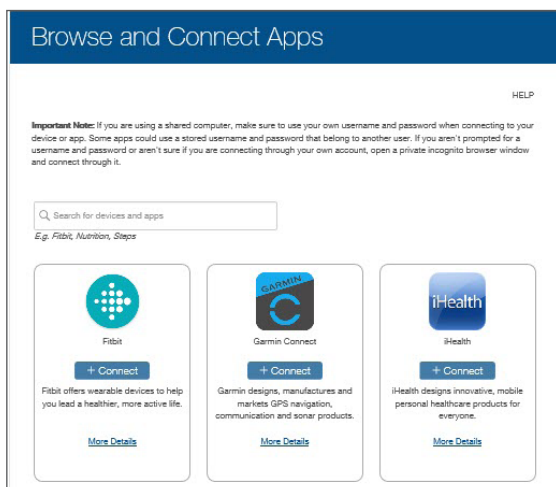


## How to get synced

1. If you haven't already done so, follow manufacturer instructions to complete the initial setup of your device.
2. After setting up your device, sign in to [regence.com](https://regence.com) and click on Regence Empower from your Member Dashboard. Then from the Fitness/Nutrition Devices section in the grey utility bar, click *Add/Remove*.
3. Select your device or app from the list of available devices. Read the overview for that device or app and click *Connect*.
4. Enter your username and password into your chosen device's log-in page. The example shown is for Fitbit, a commonly used fitness device.
5. You will then be asked to allow Regence Empower to access the following data in your device account. It's recommended to leave all boxes checked regardless of your device or app's capabilities.



3. Select your device or app from the list of available devices. Read the overview for that device or app and click *Connect*.



**There's more good news!** You can sync multiple devices. Regence Empower is compatible with over 100 devices and apps. So if you use MyFitnessPal for nutrition tracking and Fitbit for exercise tracking, you can sync them both and see your stats in one convenient place.

Repeat the steps above to add other devices as desired.