

## Activity Device Guide | Garmin

### How to link a Garmin device to the Healthy Choice app

Link your Garmin account directly to your Healthy Choice portal.

1. First download and login or create a Garmin account. Sync your phone to the Garmin app and ensure steps or activity are tracking.
2. Download the Healthy Choice app, by scanning the QR code or navigate to the Google Play Store, search and download the app titled “EHP Healthy Choice.”

APPLE



ANDROID



3. Log in to or create a Healthy Choice account.
4. Tap the menu (3 dots) and select the “Link Device” tab, then tap on “Link to Garmin”.
5. Enter your Garmin account credentials and click “login.”
6. Once logged in, the privacy statement will populate, click “Save.”
7. Click “authorize” to approve access to your activity data.
8. Navigate to the Healthy Choice portal and tap the running man icon to view your dashboard and confirm your data is syncing to the portal.

NOTE: It is the members responsibility to ensure steps or activity minutes are uploading to the Healthy Choice portal. In order for steps or activity data to show in your Healthy Choice portal you must open the Healthy Choice app to allow the data to sync. We recommend opening the Healthy Choice app on a weekly basis.

#### **Need help with your device?**

Contact Garmin: 800.800.1020

[Garmin Customer Service Website](#)