

How to link Apple Health to your Healthy Choice portal

The MC Link App allows you to link your iPhone or Apple Watch to the portal.

NOTE: Remember, you are responsible for confirming that your steps or activity minutes are uploading to your Healthy Choice portal account. After you complete the steps to link Apple Health to your portal, login at least once per week to identify technical issues which may affect your participation.

Follow these steps to link Apple Health to your Healthy Choice Portal:

1. Download the “MC Link” health and fitness app onto your iPhone.
2. If you use an Apple Watch, ensure it is synced with your iPhone.
3. Login to the MC Link app on your iPhone with the same username and password as your Healthy Choice Portal account.
4. Login to your Healthy Choice Portal account or app and click on “Link Device.”
 - a. If you have an existing device linked, select “Remove Link/Remove Connection” for that device.
 - b. The link for MC Link will then appear as an option.
 - c. Click on MC Link.

You have now connected Apple Health to the Healthy Choice Portal for tracking steps and active minutes.

Activity Data Transmission Tips:

NOTE: You must open the MC Link app at least once per week to sync your Apple Health data with your portal. The “Automatic Upload” feature transmits all new or updated activity results from the last 30 days whenever you open the MC Link app on your iPhone. Automatic Upload does not mean that data automatically transmits to the Healthy Choice portal.

- The MC Link app has three views: Login, Activity and Settings.
- To automatically refresh and transmit your activity data, tap “Settings” and toggle “Automatic Upload” to the “On” position. This enables the app to automatically refresh with the latest activity data available.
- To manually transmit data to the Healthy Choice Portal, press the crimson table cell corresponding to that day. The “Sending” message will disappear once the transmission is complete.
- NOTE: Confirm that steps or activity minutes show on your Healthy Choice Portal account.

Minimum requirements to use an Apple Watch as an activity device for Healthy Choice:

- An iPhone 5 or later that is synced to your Apple Watch
- iOS version 10 or later
- The free “MC Link” health and fitness app on your iPhone