

Quick Steps to:

Connect to a data provider account

The Medibio Inform App currently syncs with heart rate enabled **Garmins** and **Fitbits**.
AppleWatch will arrive *Mid July*.

Garmin

1. Select Garmin from the 'Devices' page of the Medibio Inform™ application.
2. A new view will load. Enter the email address and password for your **Garmin Connect** account and tap on the 'Sign In' button.
3. Accept the requested permissions. If permission is not granted for heart rate and sleep data, we will not be able to provide you with an assessment of your biometrics.
4. Return to the application upon success. Your **Garmin Connect** account will now send us heart rate and sleep data. It may take up to 36 hours for data to show up in Inform™.



Fitbit

1. Select Fitbit from the 'Devices' pages of the Medibio Inform™ application.
2. A new view will load. Enter the email address and password for your **Fitbit Tracker** account and tap on the 'Sign In' button.
3. Accept the requested permissions. If permission is not granted for heart rate and sleep data, we will not be able to provide you with an assessment of your biometrics.
4. Return to the application upon success. Your **Fitbit Tracker** account will now send us heart rate and sleep data. It may take up to 36 hours for data to show up in Inform™.



If you are continuing to have difficulty, we are here to help: email us on support@medibio.com.au - and let us know;

1. Which phone you are using? Apple / Android
2. Which Fitbit / Garmin / Apple Watch you have
3. What organization you are from
4. Where you are getting stuck

If you are seeking Apple Watch information - read on.

Apple Watch (launching - mid July)

Connect

1. Select Fitbit from the 'Devices' pages of the Medibio Inform™ application.
2. When the HealthKit permissions screen slides up, accept all permissions.

If permission is not granted for heart rate and sleep data, we will not be able to provide you with an assessment of your biometrics. Continue on to the next page to track your sleep.

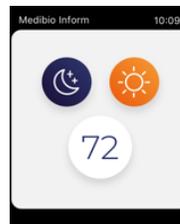


Track

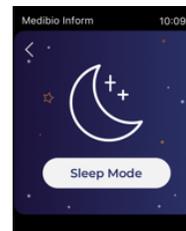
To accurately track your sleep you will use the Inform™ Apple Watch companion app. Perform the following steps for every sleep cycle.

1. When going to sleep, open the Inform™ app on your Apple Watch.

2. From the home screen, select the moon icon.



3. Tap on 'Sleep Mode' to begin tracking your sleep.



4. In the morning open the Inform™ Apple Watch companion app and select the sun icon from the home screen, then tap on 'Wake Mode'.

