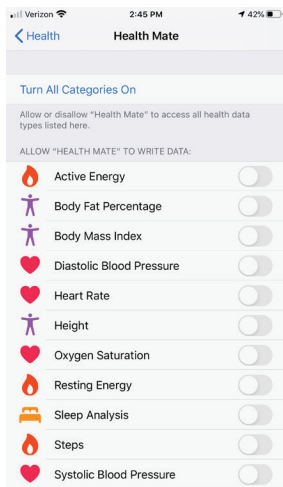


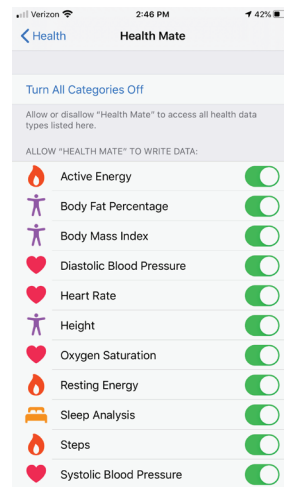
HOW TO SYNC APPLE WATCH TO THE WELLNESS WORKSHOP PLATFORM

Download the Withings app to your Apple Watch. Follow the instructions below to sync the Withings app to your Apple Watch.

1. Download the Withings Health Mate app on your phone or device and then create an account.
2. Click on the "Settings" icon on your iPhone.
3. Scroll down and click "Privacy" and find the "Health" app.
4. Click the "Health" app and then find and click the "Health Mate" app.
5. On the following screen, click to "Turn All Categories On". If you do not complete this step, you will not be able to sync your device to the Wellness Workshop challenge. An example of what this screen looks like is presented below.



**Prior to
Allowing
Access**



**After
Allowing
Access**

6. Once you have performed this step, log onto the DESKTOP SITE of the challenge AND, in a new tab, your Withings Health Mate account.
7. On the Wellness Workshop site, click the icon at the top of the homepage labeled "Sync a Tracker (STEPS ONLY)".
8. Click the "Connect" button and follow the instructions on this page to complete the sync to the Health Mate app.

PLEASE NOTE: The first sync can take as long as 48 hours to appear in your account. We recommend you open Health Mate DAILY to refresh it. This often triggers the app to send steps to the challenge.