



TRACK YOUR PROGRESS. CONNECT YOUR DEVICE. GET REWARDED.

With Personify Health, you can sync your favorite fitness device – and automatically carry over your steps, sleep, and activity minutes into your wellness program.



Personify Health makes it easy to sync your devices, giving you a complete view of your wellness, while recognizing that each device offers unique tracking features—such as steps, workouts, sleep, or heart rate—based on its capabilities.

Fitbit Devices

Steps, Active Minutes, Distance, Calories Burned, Sleep. All Fitbit devices supported; sync via account

Garmin Devices

Steps, Calories, Workout Minutes, Distance. Good for workout tracking (converted to steps).

Withings Devices

Steps, Sleep, Weight, Blood Pressure. Includes biometric devices (scales, BP monitors) too.

Polar Devices

Workout sessions, Distance.

Note: these devices may not measure steps in all cases.

Apple Health App

Steps (and other activity data)

Data pulled from iOS devices; connect via Personify Health app.

Google Fit App

Steps (and other activity data)

On Android; connects via Personify Health.

Strava App

Workout sessions (cycling/running)

Tracks GPS-based activity; counts toward rewards

Oura Ring

Steps, Sleep, Workout stats (depending on plan)

Max GO (Personify Health's own tracker)

Steps, Active Minutes, Calories Burned, Distance, Sleep + Deep Sleep / Quality. Modern tracker integrated with Personify Health's platform.

Samsung Health App

Steps (at minimum). Android-based Samsung platform; connect via Personify Health app

Note: 140 Points is the maximum daily reward for step/workout session activity. However, you will not be rewarded for steps and workout sessions on the same day but you will rather be rewarded for the activity with the higher reward amount. If you upload your activity more than once per day, your points will adjust per the step/workout session count. **It is recommended you sync devices once per week to allow all data to process!**