Mobile Application Guide

Mobile Application Overview

The WalkingWorks mobile application serves as another platform for members to access the WalkingWorks program, allowing them to quickly and easily record their activity through their device and/or take advantage of built-in features (device pedometer).

- Available for both iOS (Apple Phones) and Android (Samsung, etc.)

- Application is free of charge

- Members who already have accounts on WalkingWorks can log-in with the same credentials they use to access the desktop version

Mobile Application Wearable Integration

Once you connect the mobile application to Apple Health or Google Fit, it can track steps by using your phone's pedometer, an Apple Watch, or a number of devices that sync to Apple Health or Google Fit from brands including:

iOS
- Garmin
- Jawbone
- Polar
- Withings
- Huawei
- Misfit
- Xiaomi

Android
- LG
- Polar
- ASUS
- Casio
- Motorola
- Fossil

After setup, your steps will upload from those devices anytime you log into the WalkingWorks app.

Note: Apple periodically updates its Health Kit software to integrate with additional devices or may discontinue support for existing devices, so please check your device manufacturer's site for the latest Apple Health integration information. Google Fit will only directly sync with Android Wear devices.

Mobile Application Features

- Track steps through synchronization with Apple Health or Google Fit

- Enter activities manually

- Track your progress

- Track your team's progress

- Set goals and track against those goals

To download the mobile application, use the QR code above or go to the iTunes store (Apple) or the Google Play store (Android) and search for "WalkingWorks"

Apple Health Integration

The following document outlines how to integrate your Apple Health account with the WalkingWorks program. By integrating Apple Health with the WalkingWorks program, your steps from your device will automatically transfer over to the WalkingWorks program every time you open the mobile application.

Here are a few tips before you begin the integration:

- If you own a Fitbit, turn off the integration with Apple Health. If not, it will result in dual step entry. We have a separate, direct integration for WalkingWorks specifically for Fitbit devices.
- If you already registered for the WalkingWorks program, use the same credentials (email and password) that you use to log-in to the website.

Step 1

Search for "walkingworks" the App store and click the download button.

Step 2

Open the app and login using your WalkingWorks username and password. If you haven't registered for the program, visit www.walkingworks.com to setup your account.

Remember, your access information is the same as your web account.

Step 3

You will be prompted to connect with the Apple Health app the first time you login. Make sure to select "steps" only when this screen appears, and click "Allow" in the top right corner.

After allowing access, you will see this screen on the right that will upload your recent steps and lead you to tutorials on using the app.
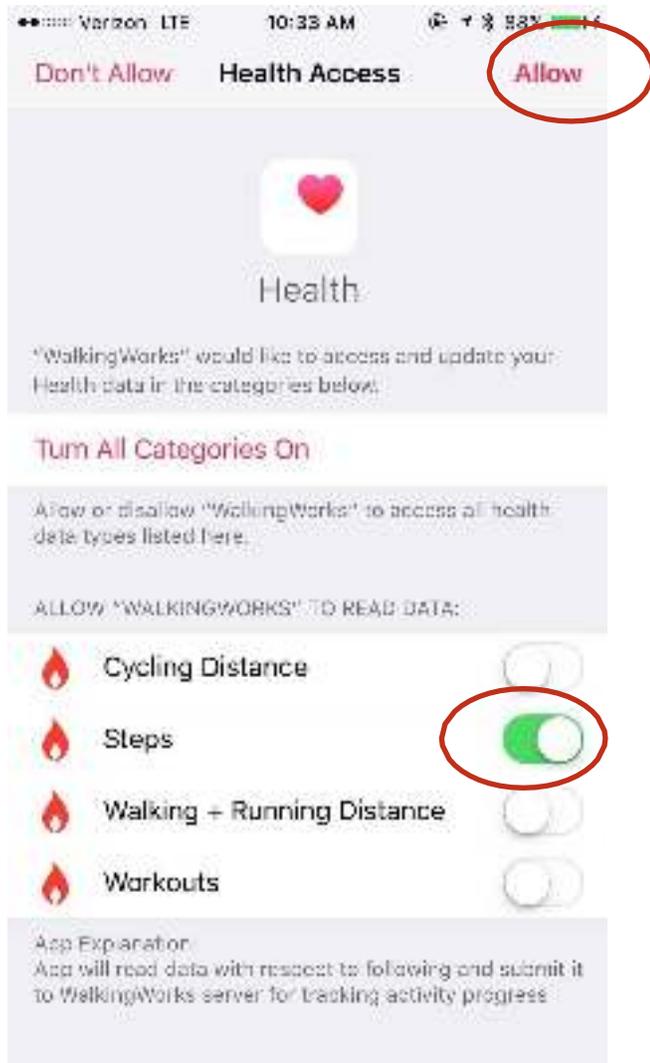
Once connected, Apple Health can track your steps into WalkingWorks by using your phone's pedometer, an Apple Watch, or a number of devices that sync to Apple Health from brands including: Garmin, Polar, Withings, Huawei, Misfit, Jawbone, and Xiaomi. Your steps will upload anytime you log into the WalkingWorks app.

Note: Apple periodically updates its Health Kit software to integrate with additional devices or may discontinue support for existing devices, so please check your device manufacturer's site for the latest Apple Health integration information.

For more information on the Apple Health app, please visit: https://support.apple.com/en-us/HT203037

If you do not allow Apple Health access when you first download the WalkingWorks app as described above, please follow these steps to connect Apple Health with WalkingWorks app at a later time:
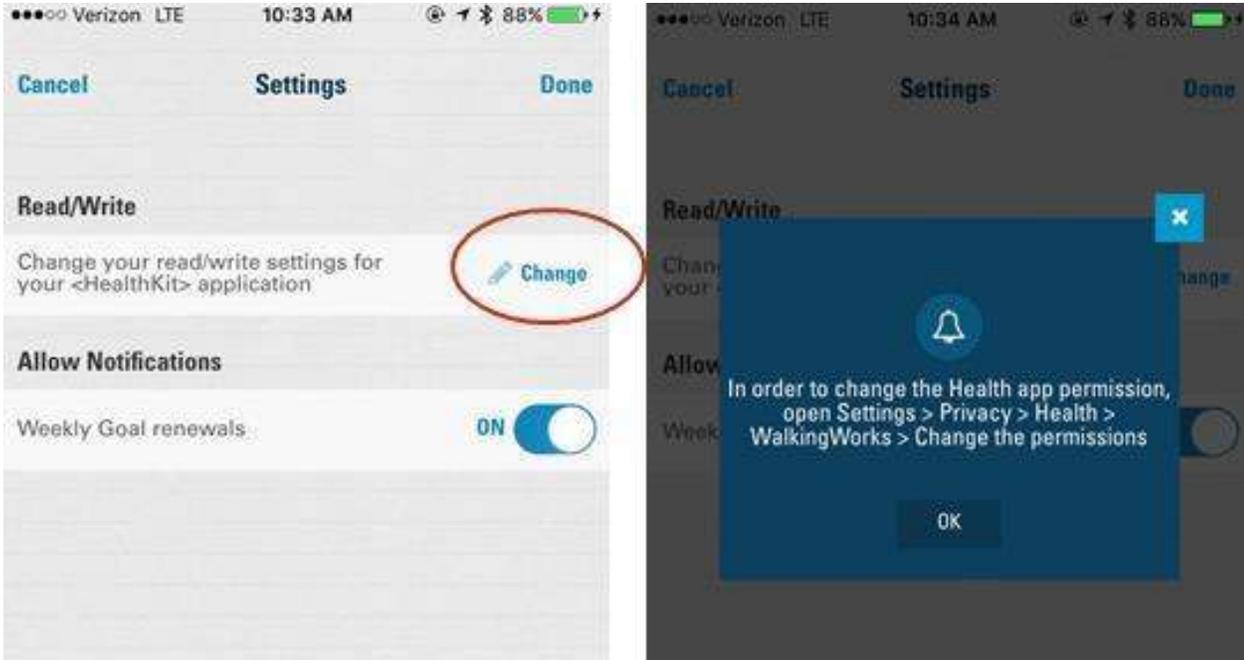
Step 1

Log-in to the WalkingWorks app, and tap on the three dots to open the settings screen. Tap on the settings button to change the integration status between Apple Health and WalkingWorks.
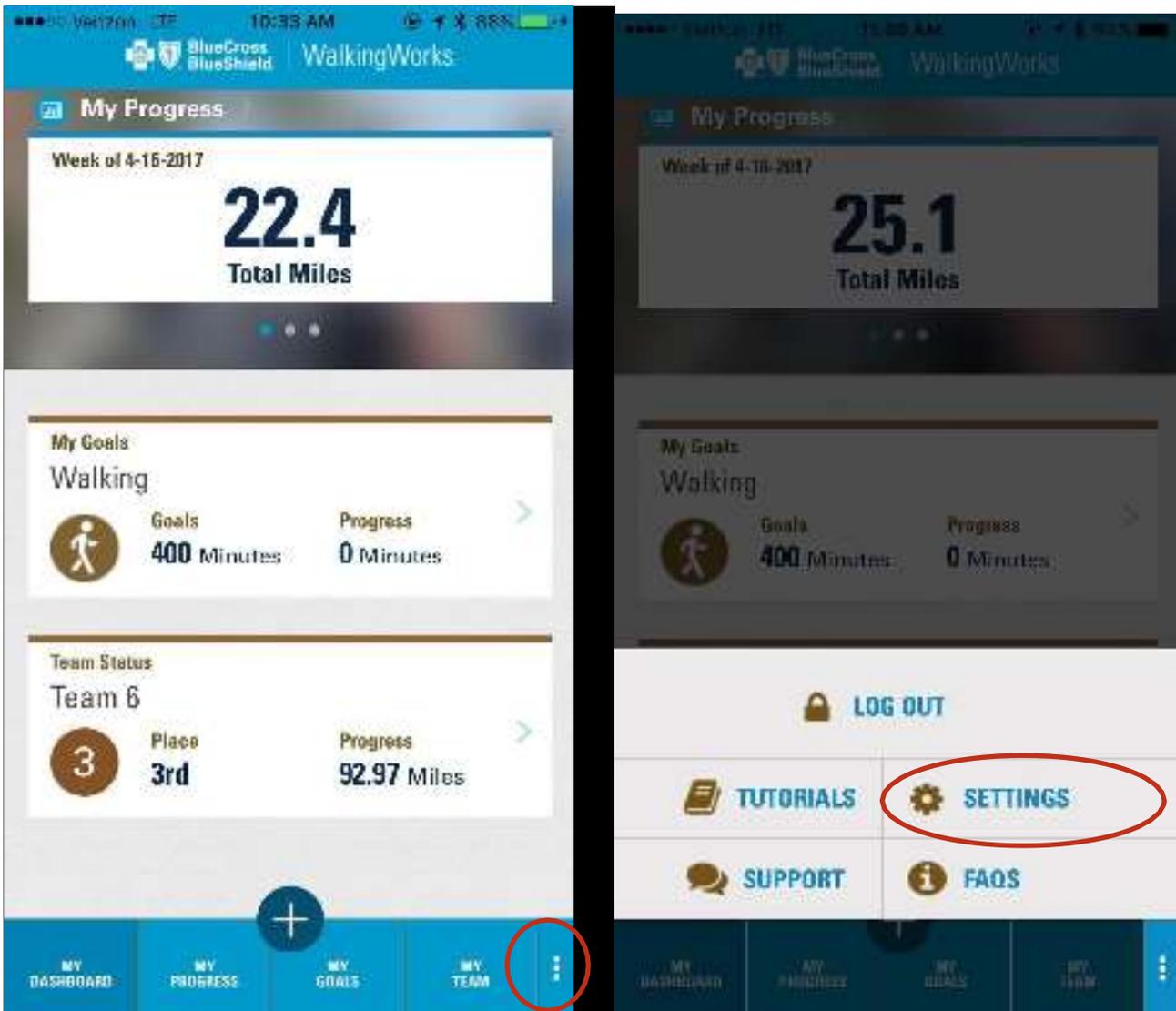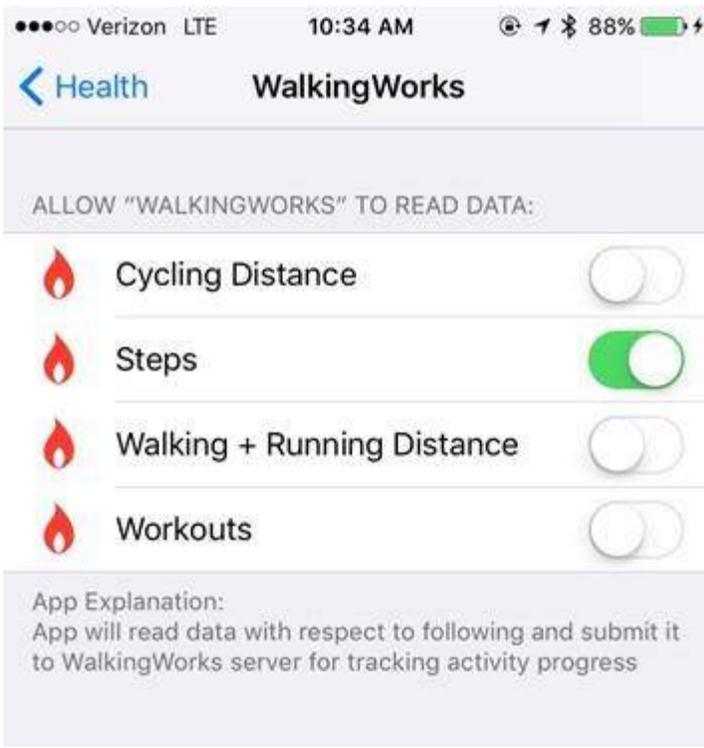
Step 2

Tap on the change button to turn on or off the integration with Apple Health. This will direct you to open Settings > Privacy > Health > WalkingWorks > Change the permissions.

Step 3

Once you navigate to Settings > Privacy > Health > WalkingWorks > Change the permissions, you should select WalkingWorks and allow "steps" only.

Google Fit Integration

The following document outlines how to integrate your Google Fit account with the WalkingWorks program. By integrating Google Fit with the WalkingWorks program, your steps from your device will automatically transfer over to the WalkingWorks program every time you open the mobile application.

Here are a few tips before you begin the integration:
- If you own a Fitbit, turn off the integration with Google Fit. If not, it will result in dual step entry. We have a separate, direct integration for WalkingWorks specifically for Fitbit devices.
- If you already registered for the WalkingWorks program, use the same credentials (email and password) that you use to log-in to the website.

Step 1

First, you need to install Google Fit. Search for "Google Fit" in the Google Play store and click the download button. Once downloaded, upon Google Fit and agree to terms and link with your Android/Google Account. Make sure to "keep on" tracking in order to use your phone as a pedometer.
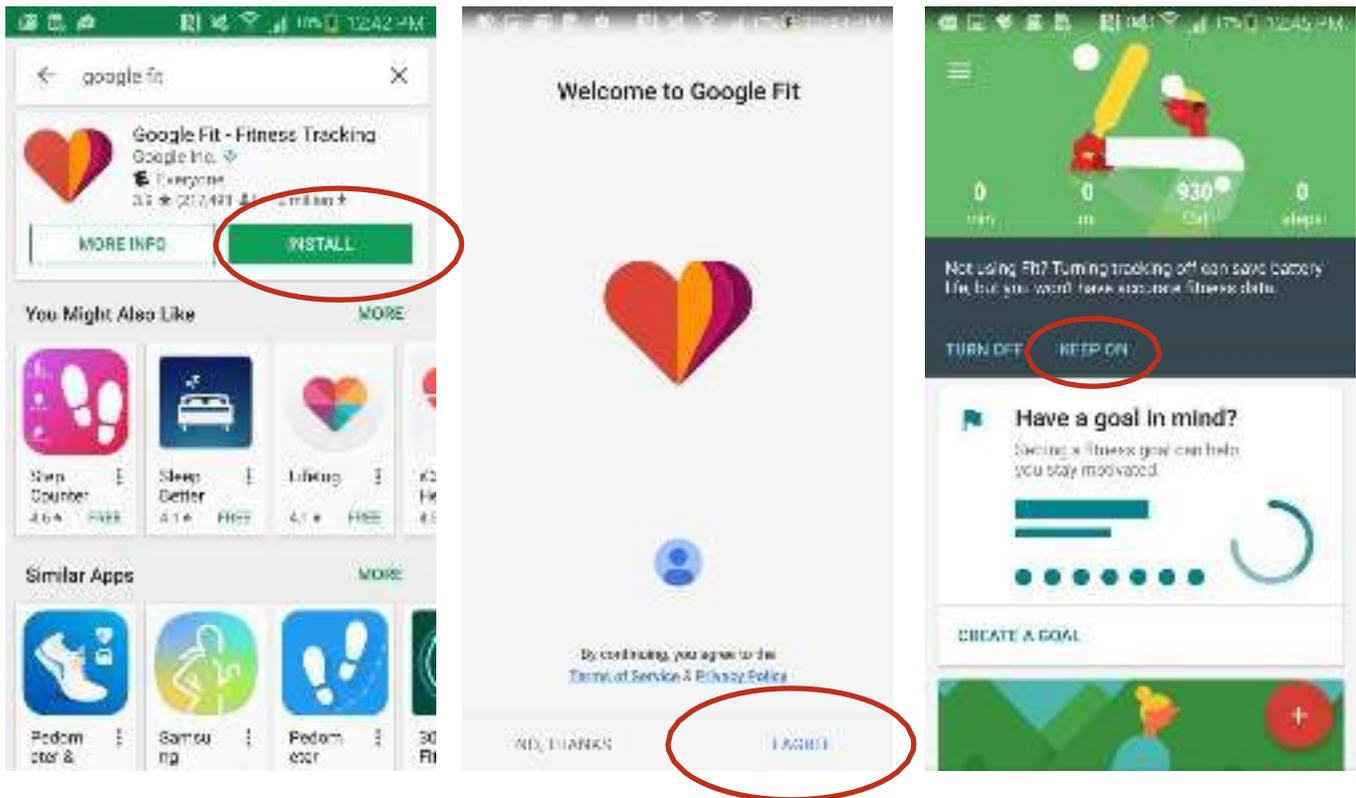
Step 2

Search for "walkingworks" in the Google Play store and install. Make sure to accept location and media access when installing the WalkingWorks app.
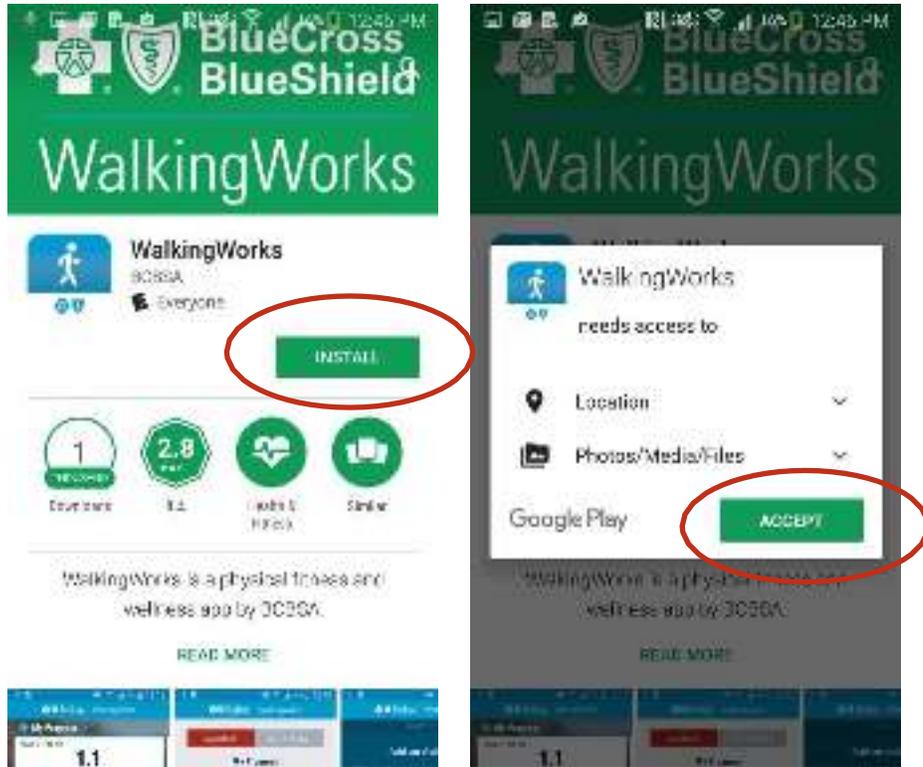

Step 3

Open the app and login using your WalkingWorks username and password. If you haven't registered for the program, visit www.walkingworks.com to setup your account. Remember, your access information is the same as your web account.

Step 4

You will be prompted to connect to your Google Fit account when you sign-in to the WalkingWorks app for the first time. Choose your account that is associated with the Google Fit app. Confirm setup is complete by opening Google Fit and see "WalkingWorks" as a connected app.
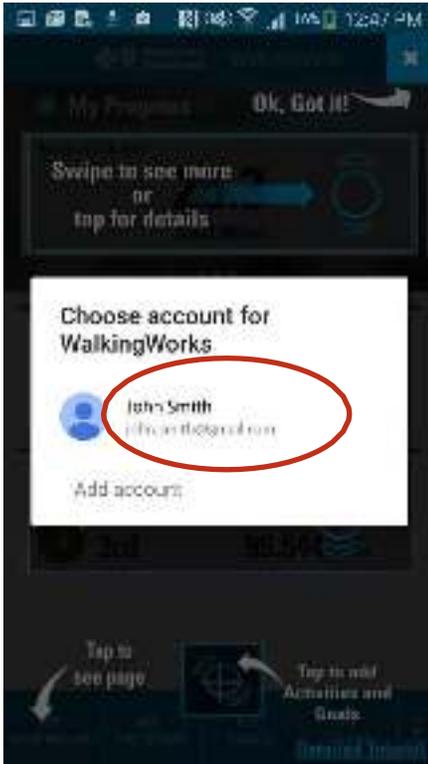
Once connected, Google Fit can track your steps into WalkingWorks by using your phone's pedometer, or any Android Wear device from brands including: LG, Polar, ASUS, Casio, Motorola, and Fossil. Your steps will upload anytime you log into the WalkingWorks app.

Note: Google Fit does not automatically sync data from non-Android Wear devices. For the latest list of Android Wear devices, please visit https://www.android.com/wear/

For more information on the Google Fit app, please visit: https://support.google.com/fit/?hl=en