

Syncing your healthy habits through Track

Have you been spending more time gardening or going for walks? Have you incorporated more fruits and veggies into your diet? Are making time to video chat with family and friends? If you answered yes to any of those questions, you should make sure to use Track!

Track (5 points per day) is the [requirement option](#) in RedBrick that allows you to get credit for the [healthy habits](#) that you already practice (steps, physical activity, sleep, time outside, drinking water, etc.). Remember, Track backtracks 30 days for points. Visit our [FAQs page](#) to learn more about Track.

To simplify your progression towards the 1,000 points required for the 2021 [wellness incentive](#), you are highly encouraged to sync a device or app with RedBrick. Doing so allows your activities (steps and exercise) to automatically upload into the system without you having to physically enter any information. Here are some friendly reminders:

- 1. The devices and apps that sync with RedBrick are listed on the right.** Syncing is simple. Just go to <https://tew.redbrickhealth.com> and select 'Track it'. Then click on 'connect device'. The list of available devices and apps will populate and you'll want to select 'connect' for the device or app of your choice. You'll be asked to enter your login information for that device or app and then the sync will be complete.
- 2. Apple Health can sync with the RedBrick Health app.** Here are the [instructions](#) to help you successfully do so. Please note that you will need to sign in to the RedBrick health app in order for the two applications to sync and share information. If you don't, your steps and activities will not upload into RedBrick.
- 3. Make sure to keep the app synced with RedBrick refreshed.** For example, if you have a Fitbit synced with RedBrick, you'll need to make sure that the app on your phone for Fitbit updates regularly. Otherwise, that information will not be transferred over to RedBrick. It is recommended that you refresh the app (for syncing purposes) once a week.

