

## THE HEALTHSPECTIVE APP

Our new and improved HealthSpective App is available for free download in the Apple App Store and Google Play Store. The HealthSpective app is compatible with and allows you to sync with the following:



Movband 4  
Movband 3  
Apple Health + Apple Watch  
Google Fit + Android Wear

Movband 2\*  
Third Party Devices\*

\*Movband 2 and Third Party Devices cannot sync with the app, but you can still view your activity.

## GETTING STARTED

### Movband 4

The Movband 4 works exclusively with the HealthSpective app. Register and sync directly in the HealthSpective app. We recommend syncing your Movband 4 a few times a week to track your activity and goals.

### Movband 3

The Movband 3 cannot be registered using the HealthSpective app, but after creating your HealthSpective Engage account, registering your device and syncing for the first time on a computer, you can sync with the app as often as you'd like.

### Apple Health + Apple Watch

Connect your Apple Health account to your HealthSpective Engage account using the app. Be sure to allow HealthSpective to access all Health data types, including steps and distance. Once access has been allowed, be sure to sync in the app every couple of days to track your activity and goals.

### Google Fit + Android Wear

Connect your Google Fit account to your HealthSpective Engage account using the app. Be sure to connect your Google account and allow HealthSpective to view your activity information in Google Fit. Once access has been allowed, be sure to sync in the app every couple of days to track your activity and goals.

### Movband 2 & Other Third Party Devices

Be sure to visit [www.dhsgroup.com/hello](http://www.dhsgroup.com/hello) to create your HealthSpective Engage account and register your Movband 2 or Third Party Device. Registration cannot be done on the HealthSpective app. Once your account has been created, use the app to view your activity and challenges.



Thanks for moving with us! If you have any questions, email [info@dhsgroup.com](mailto:info@dhsgroup.com) or visit [help.healthspective.com](http://help.healthspective.com)