

# Be well on the go with the wellness mobile app!



Our wellness partner, StayWell®, has a mobile app that makes it easier for you to be well... even when you're on the go.

- Complete wellness activities
- Track your wellness points
- Sync with compatible apps or wearable health trackers to automatically log your progress in the Million Steps and other challenges. See the instructions below for syncing with the Apple Health app on your iPhone or Apple Watch or with the Samsung Health app on your Samsung device or non-Samsung Android smartphone.



## How to set up the app after you download it

1. Open the app.
2. Enter the company code: **ACM1**
3. Press *Continue* and confirm that you are an AECOM employee or spouse/domestic partner.
4. Enter the username and password you set up for the wellness website.
  - If you don't have them, click *Create My Account Now*.
  - If you've forgotten your wellness website username or password, select *Forgot Username or Password?* (you may have to scroll down to see this) and enter your email address. The email address you provide must match the one on your account.
5. Select *Sign In* and start using the app.

You won't have to provide your login information again unless you time out or log out of the app.



**Need help setting up the app?** Call the StayWell HelpLine at **800.493.5980**.

## How to sync your iPhone or Apple Watch

To connect your iPhone (5s or newer) or Apple Watch with the StayWell app, the Apple Health app must be activated on your iPhone. In your Privacy Settings, go to Motion & Fitness and make sure Fitness Tracking and the Health app are turned on. [Learn more.](#)

## How to sync your Samsung device or non-Samsung Android smartphone

To connect your Samsung smartphone (Galaxy S3 or newer) or non-Samsung Android smartphone (Android OS 4.4 or above) with the StayWell app, the Samsung Health app must be activated on your device and you must update to Android 6.0 or newer. Once you update to Android 6.0 or newer, go to the Apps menu under Device Settings to reset your apps permissions. [Learn more.](#)

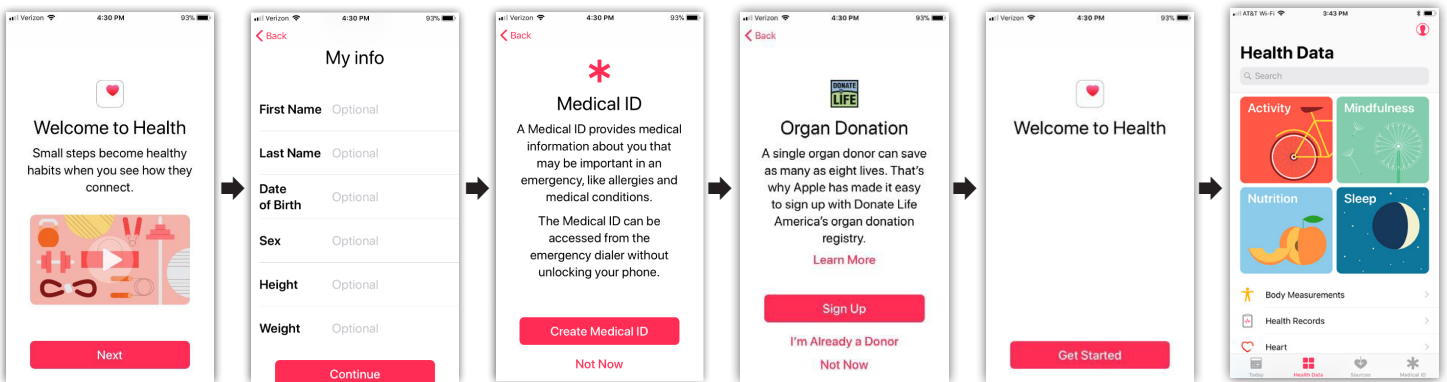
## Connecting the Apple Health app to the StayWell app

After you install the StayWell app, you can share your data from the Apple Health app (located on your iPhone) with the StayWell Activity Tracker.

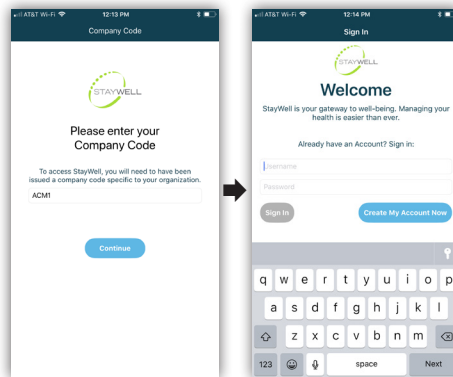
1. Launch the Apple Health app from your iPhone home screen. The app icon looks like this:



2. If this is your first time using the Apple Health app, follow the prompts to enter your information in a series of screens.



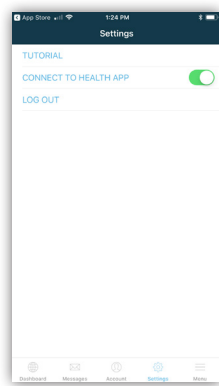
3. Go to the StayWell app, enter the Company Code **ACM1** and log in with the same username and password you use for the [Wellness at AECOM website](#).



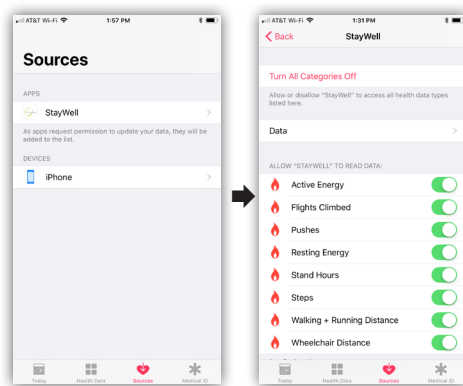
### Need help with your username or password?

If you have forgotten your username or password, click the 'Forgot Username' or 'Forgot Password' links at the bottom of the login screen. You will be asked to supply your email address and will be sent an email with steps to restore your information. Please note, the email address field is case sensitive and must match the email address on your account. (You may need to manually change the first character to lower case if your device autocorrects it to upper case.) If you can't remember what email address is on your account, or if you enter an email address that doesn't match your account, you will be prompted to provide your legal first name, date of birth and the last 4 digits of your Social Security number to proceed.

- Once you've logged into the StayWell app, go to 'Settings' from the bottom navigation bar, and then slide the toggle to green to connect to the Apple Health app.



- To ensure you have enabled permissions for your iPhone/Apple Watch data, return to the Apple Health app and go to 'Sources' from the bottom navigation bar to confirm that StayWell is listed. Then, click on 'StayWell' to review data being shared with the StayWell app.



Now, you're all set. You can change your permissions for sharing at any time. **Allow 48 hours for step data to sync into the Million Step Challenge.**

If you close your StayWell app, the app times out or you shut down or restart your mobile device, the Apple Watch and Health app will remain connected to the StayWell app. However, if you use the Log Out feature of the StayWell app, it will disconnect from Apple Watch and Health app.



**Need help syncing your iPhone or Apple Watch? Call the StayWell HelpLine at 800.493.5980.**

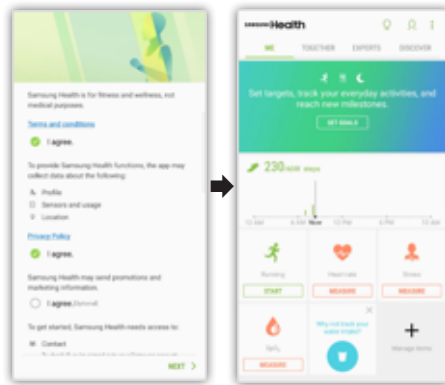
## Connecting the Samsung Health app to the StayWell app

1. Activate the Samsung Health app.
  - To connect your Samsung device, the Samsung Health app must first be activated. Navigate to Samsung Health in the App menu to verify it is active and tracking steps.
  - If you are using a non-Samsung Android smartphone, [download the app here](#).

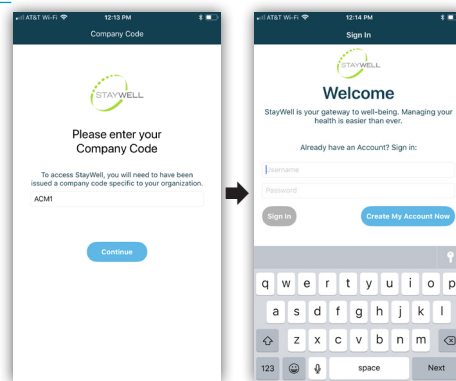
The app icon looks like this:



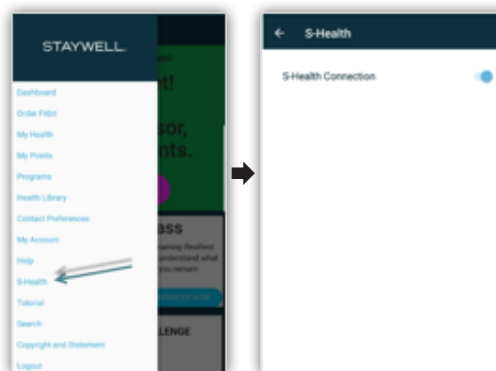
2. If this is your first time using the Samsung Health app, follow the prompts to accept the Terms and Conditions and Privacy Policy.



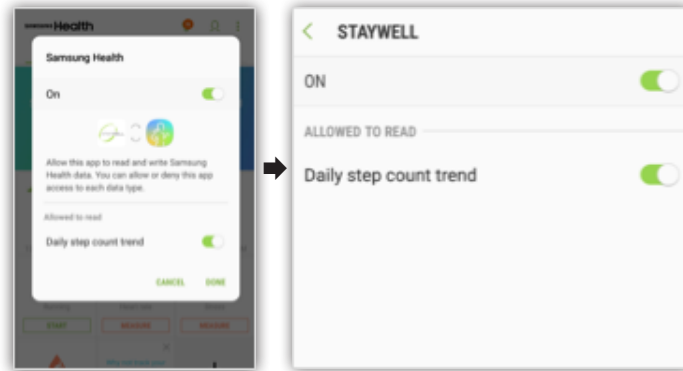
3. Go to the StayWell app, enter the Company Code **ACM1** and log in with the same username and password you use for the [Wellness at AECOM website](#).



4. Once you've logged into the StayWell app, select S-Health from the menu in the upper-left corner, and then toggle to the right to connect to the Samsung Health app.



5. To ensure you have enabled permissions for your Samsung or non-Samsung Android data, return to the Samsung Health app and click on Settings > Data Permissions to confirm that the StayWell connection is on and *Daily step count trend* is enabled.



Now, you're all set. You can change your permissions for sharing at any time. **Allow 48 hours for step data to sync into the Million Step Challenge.**



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