

Wellness Mobile App and Syncing Instructions



Setting up the StayWell App

1. Register your StayWell account online.
 - Employees can register and log in through myAECOMbenefits.com (select the wellness tile).
 - Spouses/domestic partners can register and [log in directly](#).
2. Download the My StayWell app through the App Store or Google Play (not the Legacy StayWell app):



3. Open the app and enter the email and password you used to register your StayWell account online.
4. 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.

Syncing Devices

- **Apple devices:** See the [instructions for syncing Apple devices](#).
- **Other devices:** Once you log in to your StayWell account, click the sync icon  on the top navigation or in the Challenges tab to sync one of a dozen tracking devices.

Need help setting up the app or syncing with devices? Call the StayWell HelpLine at **800.493.5980**.