ART HEALTH SOLUTIONS

ONE WELLBEING

Apple Watch

Frequently Asked Questions

ART HEALTH SOLUTIONS

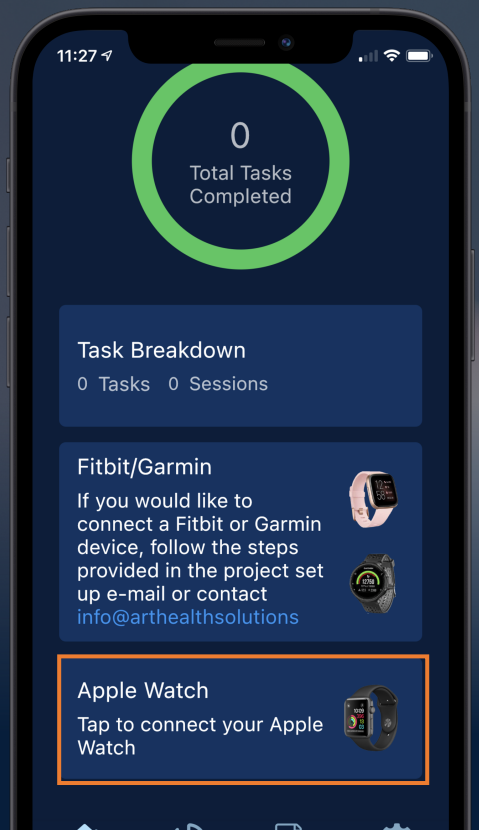
ONE WELLBEING

How do I give ART access to my Apple watch data?

You can grant access to your Apple watch data within the Omics app. Do to the Dashboard tab and follow the steps below

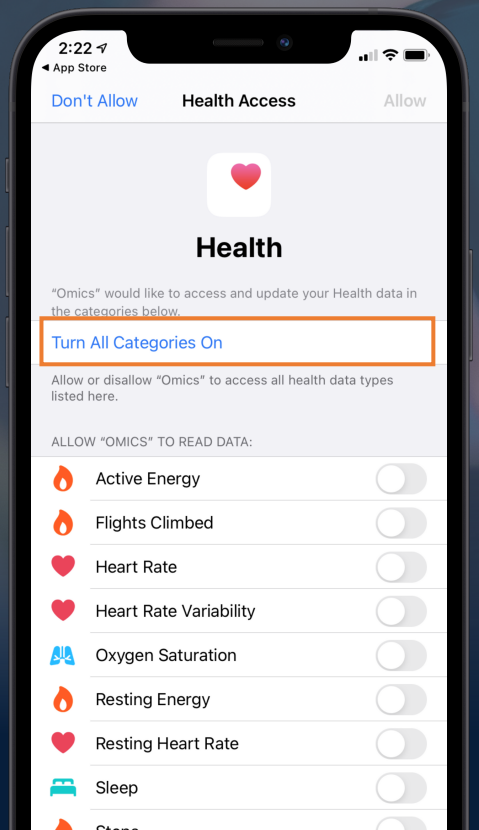
1

Click on the 'Apple Watch'



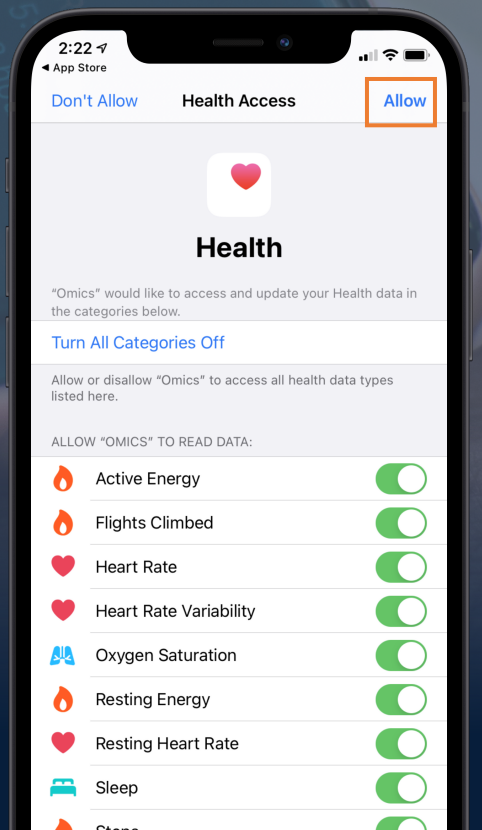
2

Click 'Turn All Categories On'



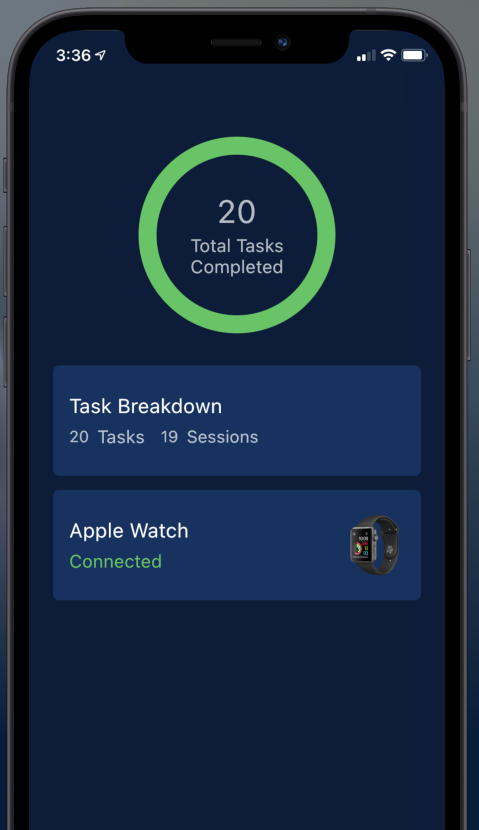
3

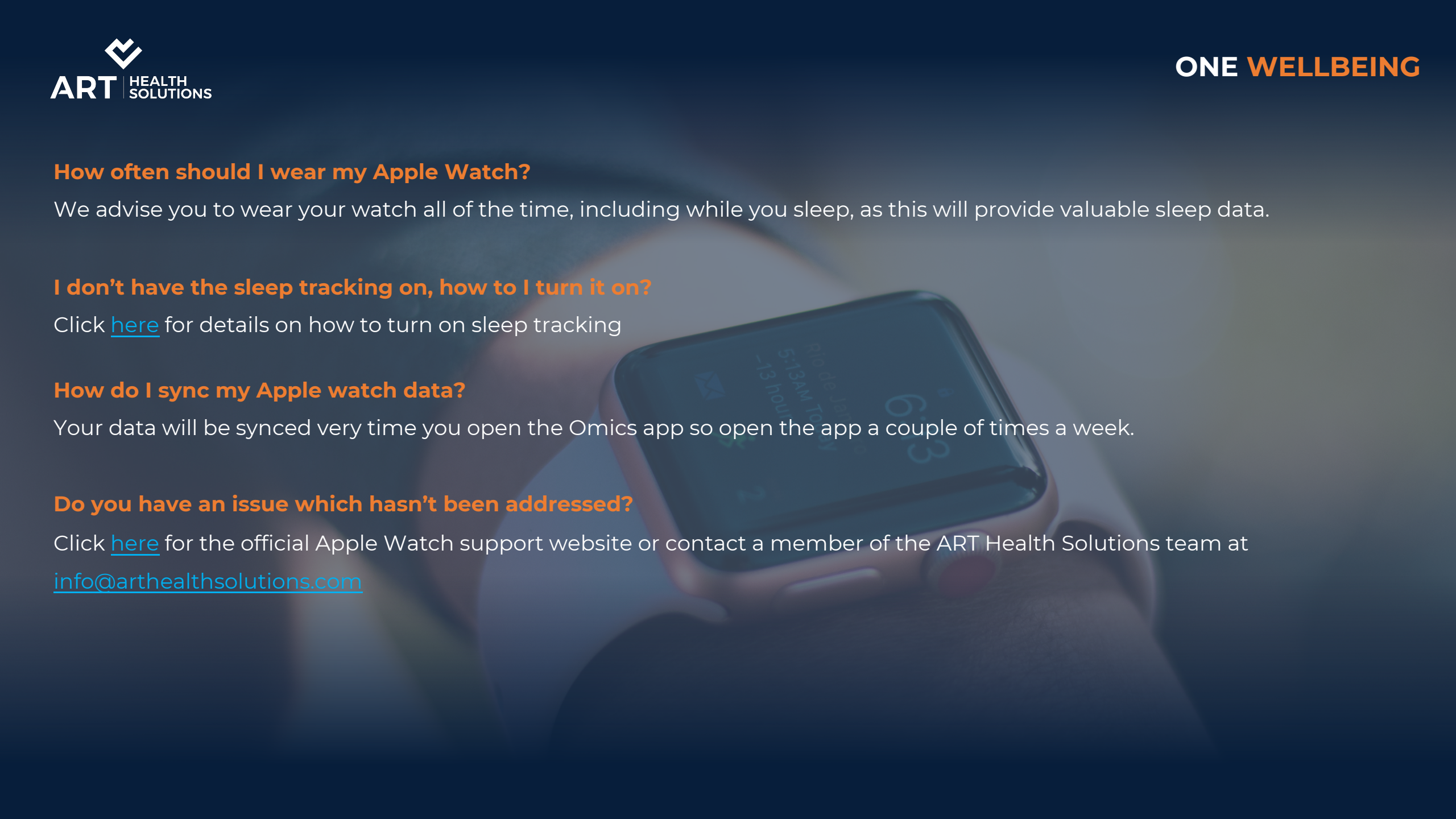
Click 'Allow'



4

DONE





How often should I wear my Apple Watch?

We advise you to wear your watch all of the time, including while you sleep, as this will provide valuable sleep data.

I don't have the sleep tracking on, how to I turn it on?

Click here for details on how to turn on sleep tracking

How do I sync my Apple watch data?

Your data will be synced very time you open the Omics app so open the app a couple of times a week.

Do you have an issue which hasn't been addressed?

Click here for the official Apple Watch support website or contact a member of the ART Health Solutions team at info@arthealthsolutions.com