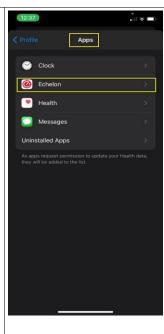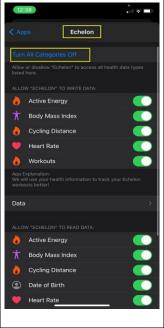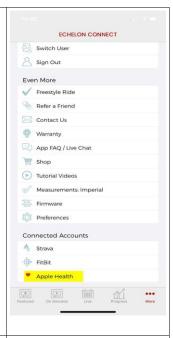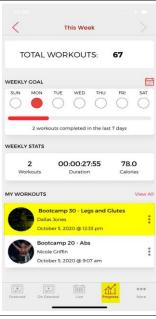|					
1. Download and install Echelon Fit app 2. Open your Apple Health app, access your profile by clicking on your profile picture in the top right-hand corner 3. Select "Apps" in Privacy section, then select Echelon Fit app		4. Select „Turn all categories on" or choose the ones you'd like to sync		5. Open your Echelon Fit app, tap …/More 6. Check under "Connected Accounts": if the connection to Apple Health is correctly set up, the heart icon will turn from grey to red	
7. Navigate to your Progress tab 8. Select the workout to be added to Apple Health		9. Tap on the Apple Health icon in the top right-hand corner		10. You should see this message indicating the transfer was successful. 11. Repeat steps 8 and 9 for all workouts you wish to add to Apple Health	