# Linking Trackers

## Monitor your daily habits and improve your health.

For automatic tracking, link your wearable device with Sharecare. Then, be sure to sync your device daily with it's corresponding app for seamless automatic input of your activity.

Mobile app

1 Sign in to the Sharecare app. Select **Track**. Then, select the **gear icon**. On Android, select the **3 vertical dots** then select **Settings**.
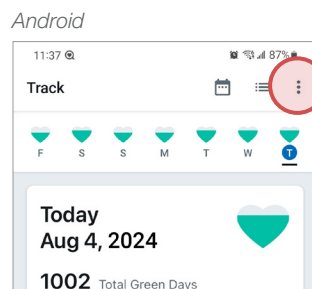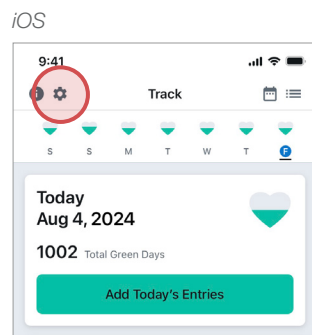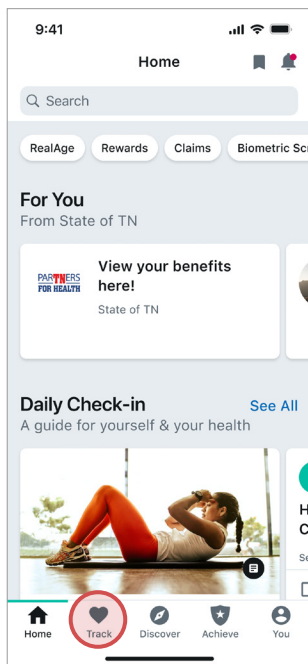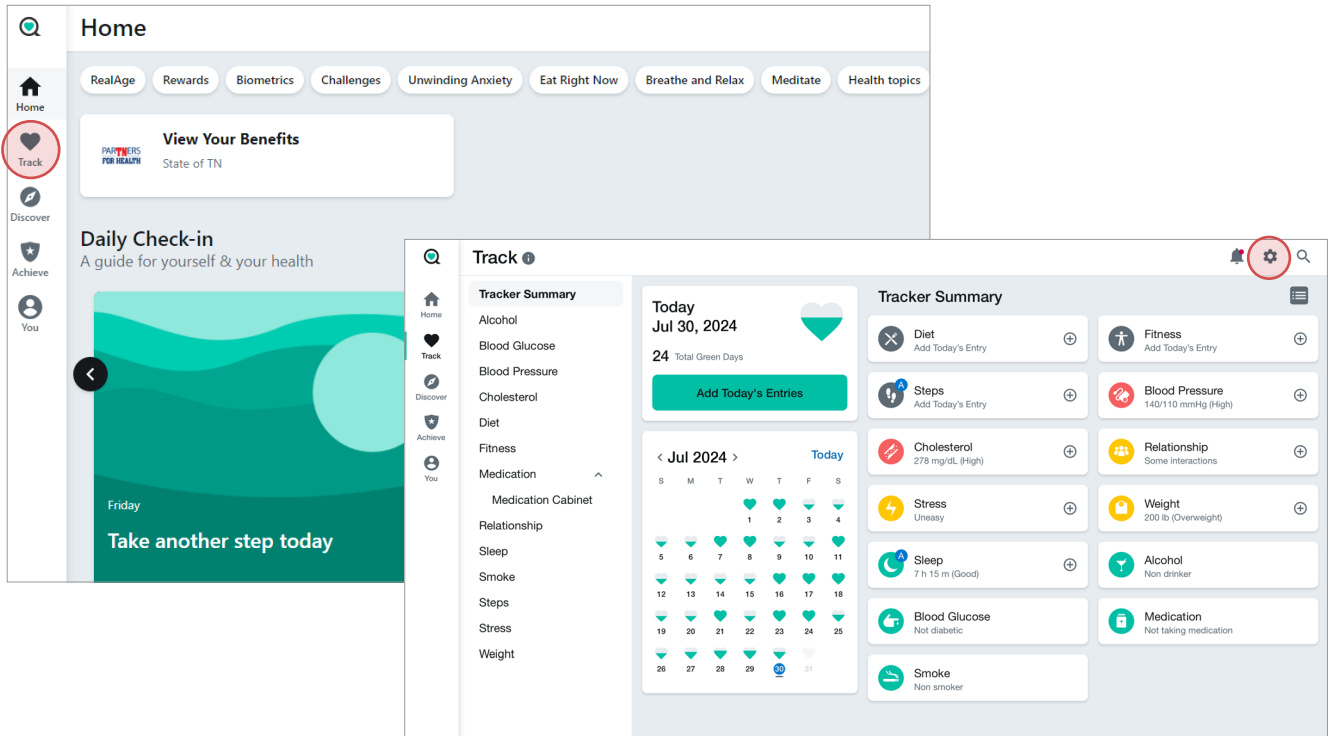
2 Select **Connect** next to your device.

iOS

Android

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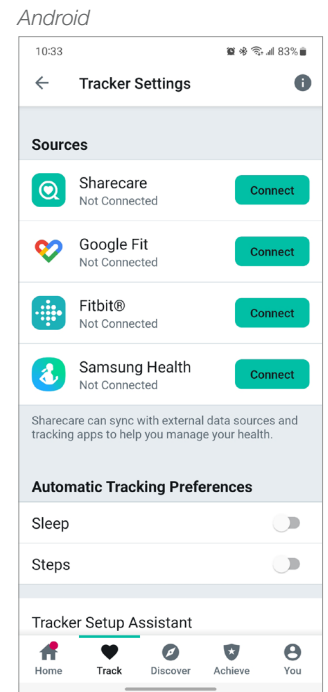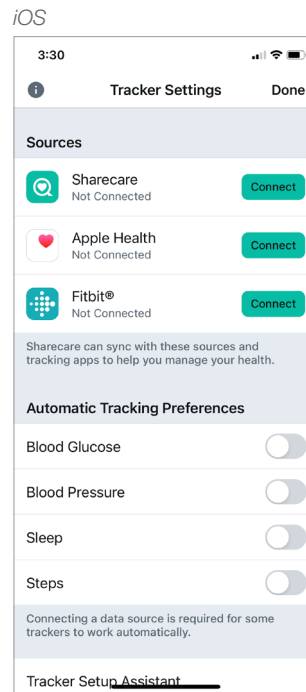
Web

1 Sign in to your Sharecare account. Select **Track**. Then, select the **gear icon**.

2 Select **Tracker**. Then, select the **Connect** button next to Fitbit.

For additional information, contact Sharecare at **888-741-3390**. We're available **Monday - Friday 8 a.m. - 8 p.m. CT**. Visit **stateoftn.sharecare.com** to register.