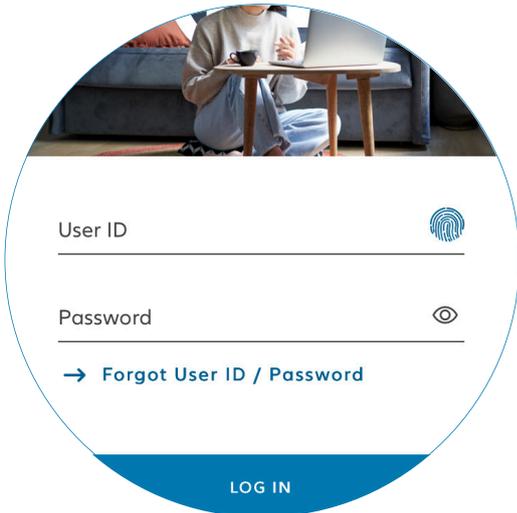# MyAllianz User Guide

How to activate Discover Health Dashboard using MyAllianz App

1

Open or download the MyAllianz app via Apple App Store or Google Play Store.
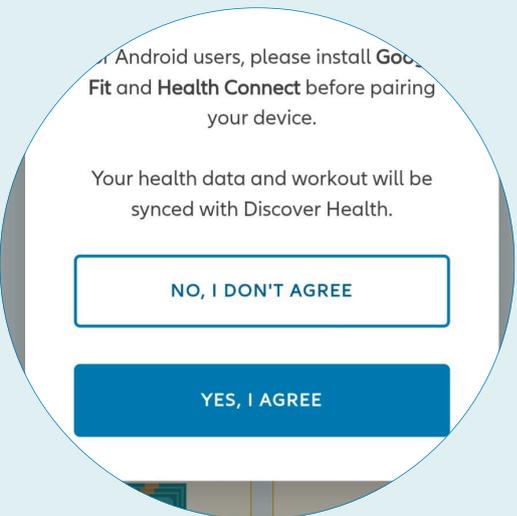
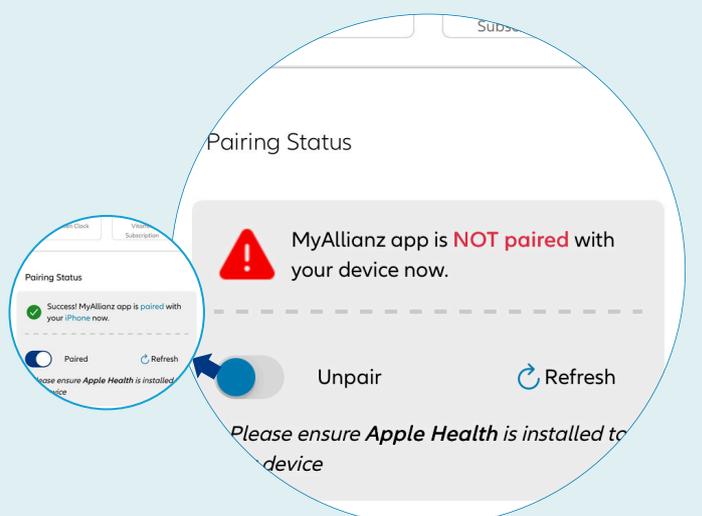Enter your **User ID** and **Password** to login.

2

Click on '**Discover Health'** shortcut on the Dashboard page.

3

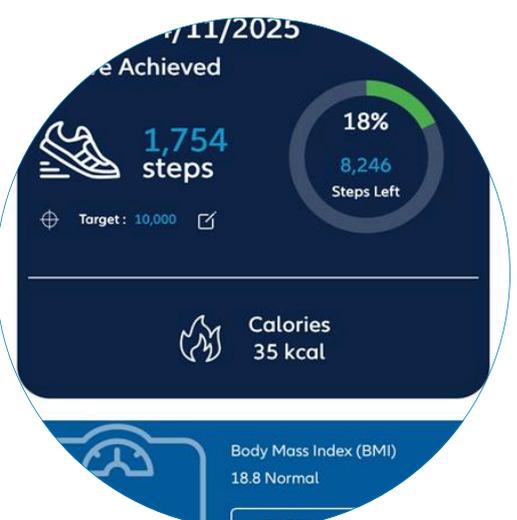To sync your health data to MyAllianz, click on **'YES, I AGREE'.**

Alternatively, you can pair your device in Discover Health Dashboard by switching the toggle at **Pairing Status.**

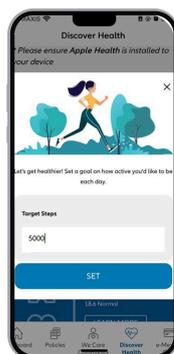*For Apple users, please ensure **Apple Health** is installed to your device.*

*For Android users, please ensure **Google Fit** is installed and **Health Connect** is enabled on your device.*

4

Set your daily target steps.

Get to know your **Body Mass Index** (**BMI**).

Keep track of your health progress on a daily and weekly basis.

You have activated your **Discover Health Dashboard**!

You can now track your **daily steps**, **calories** burned and more on MyAllianz Portal and App.