

Set up the application on your smartphone.

To exchange points to gift, record meals and sleep, go to the next page



Prepare your Smartphone and Health Insurance Card.



Step1

DOWNLOAD the app "WellGo" on your Smartphone.



WellGo

Step2

Check the synchronization of a number of steps walked with Wellgo app.



WellGo

Step3

① Prepare Health Insurance Card.



② Prepare your Smartphone.



iPhone or Android
WellGo functions only on iPhone iOS9 or Android5.1 version or above (as of Feb. 2020)

※If you use Android, you need a Google account. Please check below for how to set up the account.
<https://accounts.google.com/signup>



③Case of iPhone

1)DOWNLOAD the app" WellGo" from AppStore



WellGo



2)Start "WellGo" and touch "Always Arrow" button to access your location.

3)Touch "Turn All Categories On" ->top-right "Allow"

4)Touch "Health Insurance Card Setting" in account setting.

5)Input your Insurance Code and Number etc.

6)Select "Apple Health" in "Lifelog Location"



OR

③Case of Android

1)DOWNLOAD the app "Google fit" from PlayStor.



Google Fit



2)Start "Google Fit" and set a detail in accordance with Guide.

3)DOWNLOAD the app "WellGo" from PlayStore.



WellGo



4)Touch "Health Insurance Card Setting" in account setting

5)Input your Insurance Code and Number etc.

6)Select "Google Fit" in "LifeLog Location"

7)Select "Your Account" to get "Lifelog"

8)Touch lower-right "Allow" on permission screen.

④ Setting is completed when the below screen appears on WellGo.



If you don't have a smartphone, please check WellGo's PC site.

※Some items, such as Amazon gift certificates and donations, can be exchanged from the WellGo website. After log in from the WellGo home page below, please visit the "Reward" menu.
https://wellgo.jp/users/sign_up
When using WellGo for the first time, you need to register an account from the "Sign up" at the bottom of the login screen.

Net Search



WellGo



Search

Using WellGo app

Start WellGo smartphone app.



WellGo

Exchange points



Record and visualize daily lifelogs



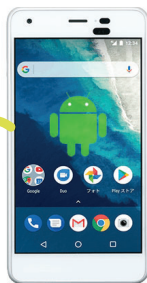
Start "WellGo" on your smartphone.



WellGo



or



iPhone

Android

WellGo runs only on iPhone iOS9 or Android5.1 version and above (as of Feb, 2020)



Exchange points to gifts.*

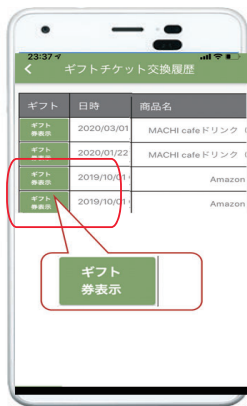
①Click "Reward"



②Click "Exchange"



③Click "ギフト券表示"



④At the store, click "ギフトチケットをみる" and show the contents to the staff to exchange with the gift.



Record diet, weight, blood pressure and alcohol consumption.

Record the "Items" eaten in a day



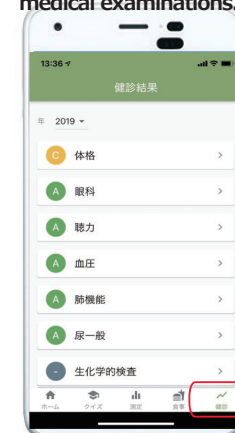
Record the "amounts" eaten in a day



Click "Records" Record blood pressure, weight, waist girth, and alcohol consumption for the day.



Click "Checkup Results" Check the results of the past medical examinations.



Record sleep and calories

Calories and sleep records cannot be manually input.

You can only record your lifelog if you use smart watch/sleep record app.



		Record calories	
		Android	iPhone
SmartWatch	Fitbit	○	○
	others	△*1	△*1
	App on smartphone	○	○
		Record sleep	
		Android	iPhone
SmartWatch	Fitbit	○	○
	others	△*1	△*1
	App on smartphone	○	○

*1) Only models that support calorie consumption and sleep records.
*2) Please download the apps from PlayStore for Android or AppStore for iPhone.

*Please note that gifts and point grants differ depending on the company and health insurance association.