

1. If you don't have one already, setup a Google Health account at <http://www.google.com/health>

2. Log into your Google account and setup your profiles.

3. Launch Helio from your iPhone.

4. Setup Helio to download your Google Health information by tapping the "Account" button and entering your Google Health account login details.

-Within Helio's account setup, select "Enable Offline Use", to save your health information on your iPhone.

-Your Google Health information can be removed from your iPhone by tapping the trash can icon from within Helio's account setup.