

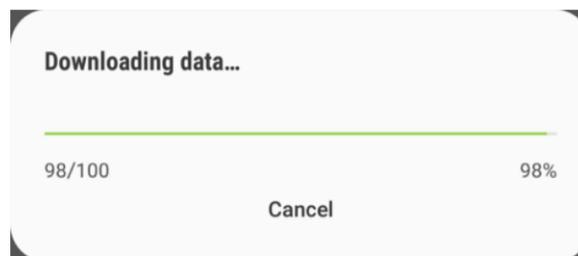
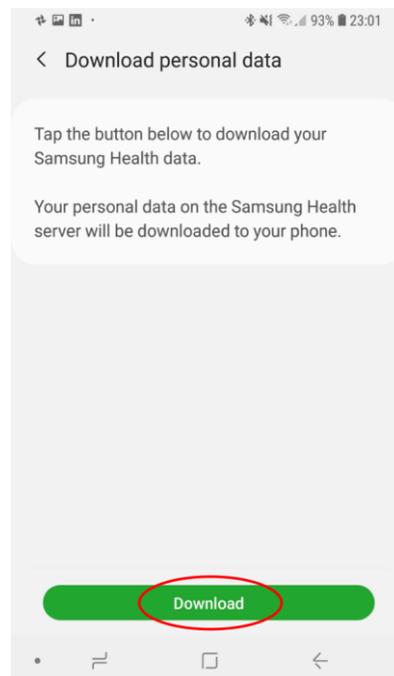
S Health

Data included:

Step count, calories burned, and total distance traveled in the 35 days prior to data export date.

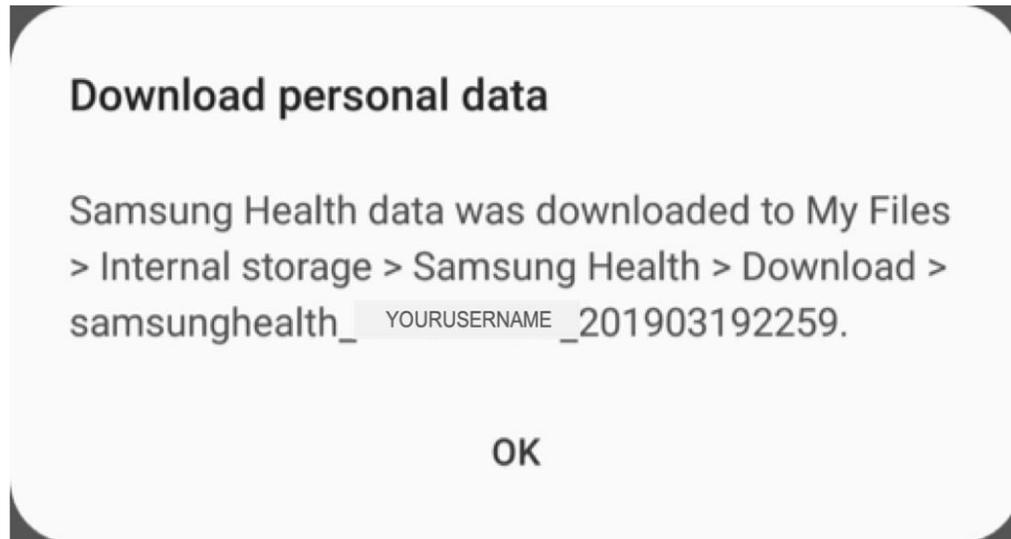
Export process:

1. From the Samsung Health app main screen on your phone, tap the **3 dots icon** in the top right.
2. Tap the **Settings** option.
3. Scroll down to the **Data** section and tap **Download personal data**.
4. Tap **Download**.



5. When complete, it tells you where it was downloaded to. It will probably be in **My Files > Internal storage > Samsung Health > Download > samsunghealth_<YOUR USER NAME>_201901032259**.

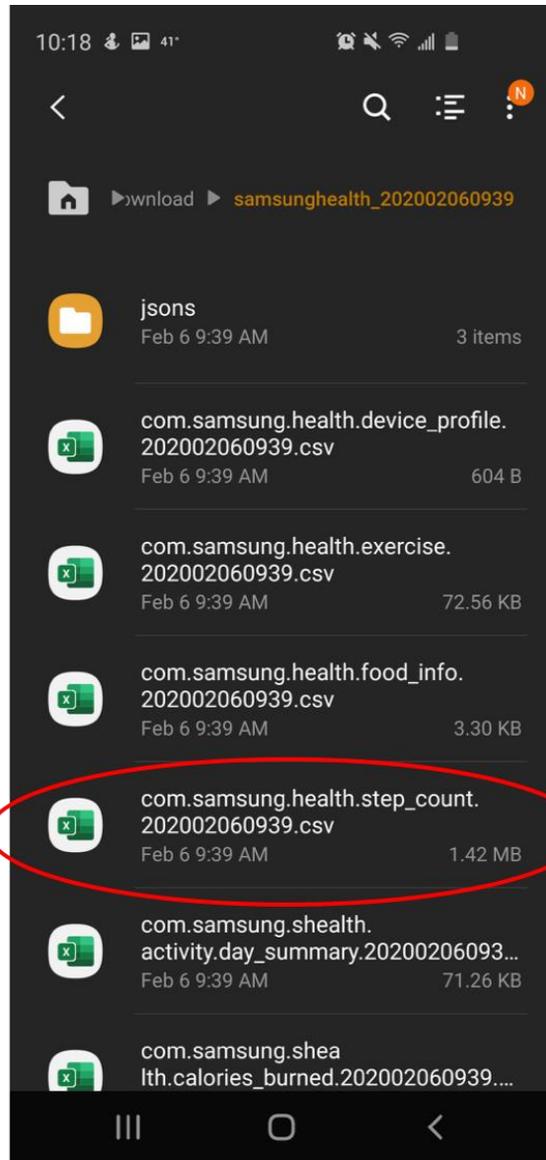
Files > Internal storage > Android Data > com.sec.android.@.shealth > files download
samsung health



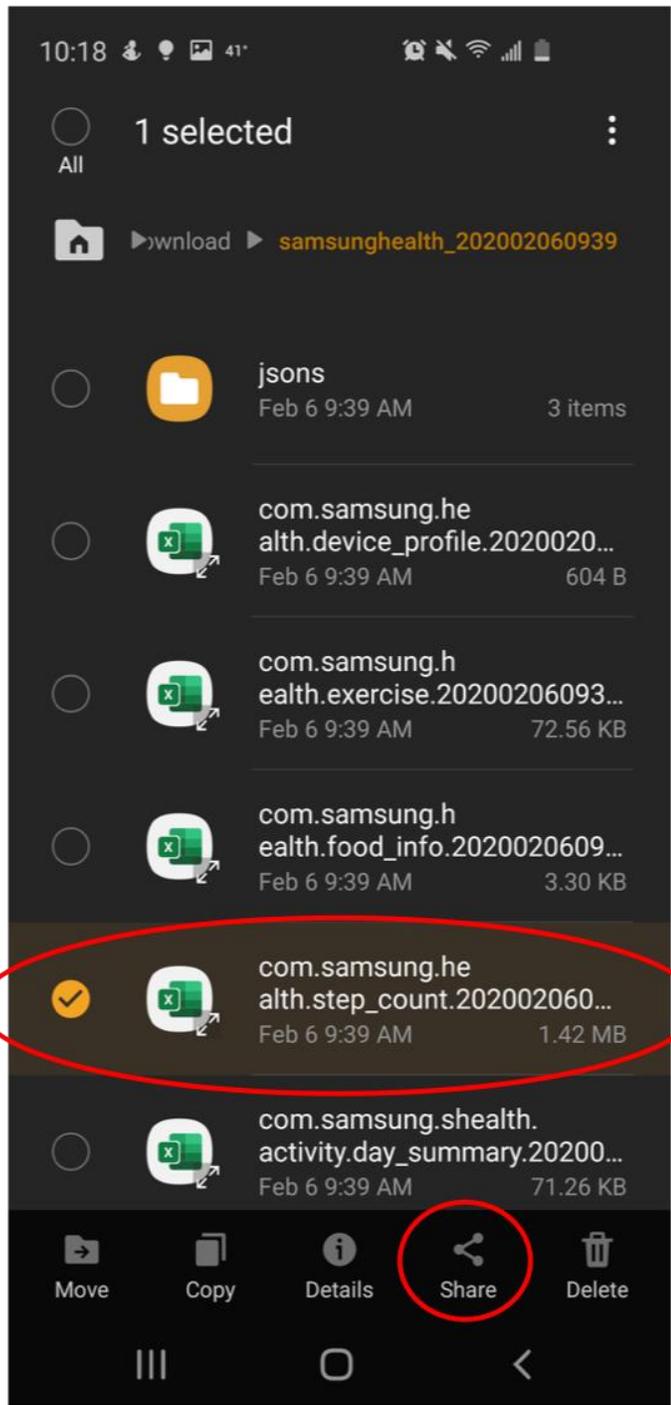
6. Use the **My Files** app to browse to that location. **My Files > Internal storage > Samsung Health > Download > samsunghealth_yourusername>201903192259** (or some other unique number sequence).

My Files > internal storage > android >

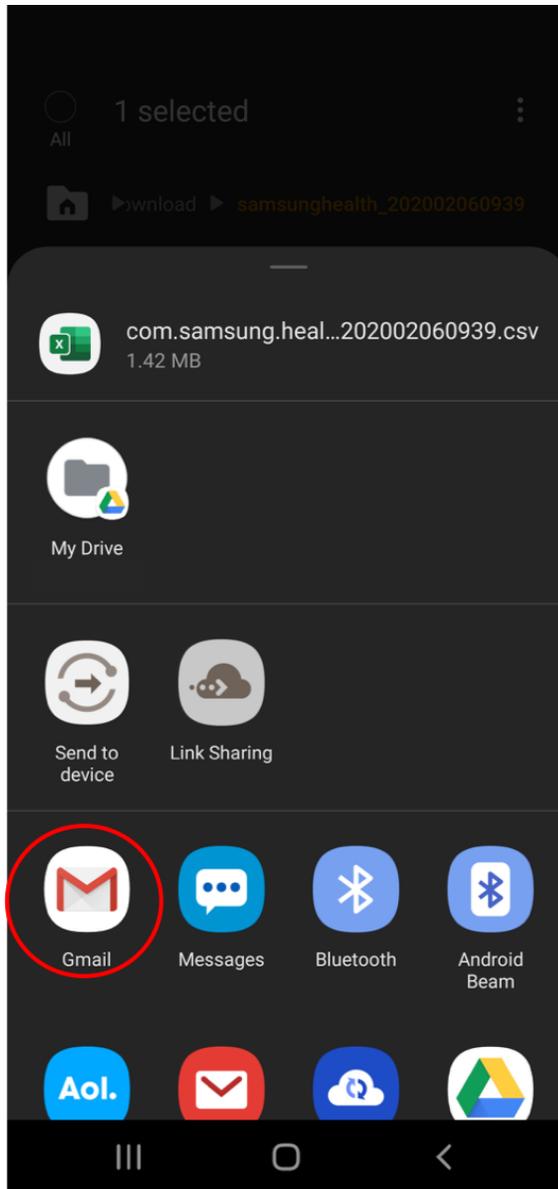
7. Select the **samsunghealth_yourusername>201903192259** (or some other unique number sequence) folder and scroll down to find a file labeled **com.samsung.health.step_count.202002060939.csv** (or some other unique number sequence)



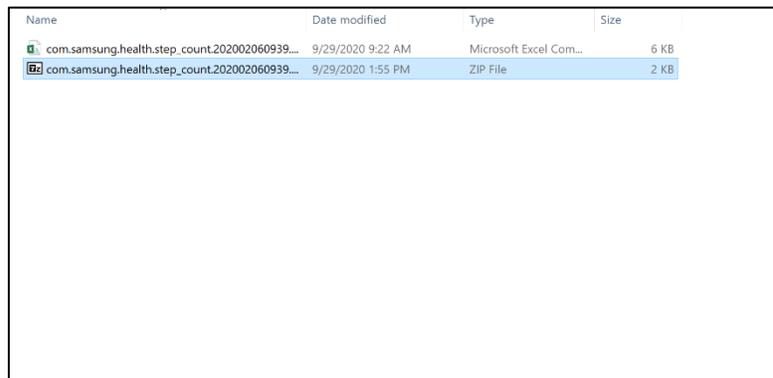
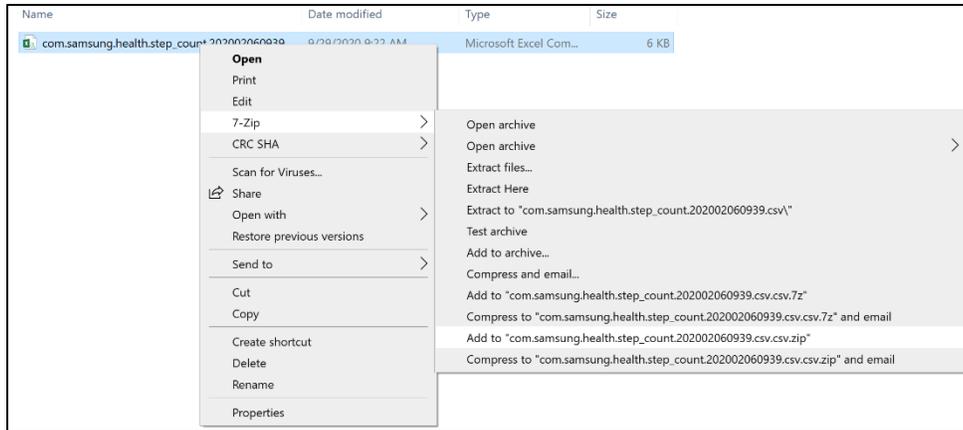
8. Hold down the **com.samsung.health.step_count.202002060939.csv** (or some other unique number sequence) file with a finger and you will see a checkbox appear to the left of it. Ensure only this file is selected and click the Share icon at the bottom of the screen.



9. Select **Gmail** (or other preferred Mail app) from the sharing options and email the .csv file to yourself.



10. Open the email on a computer and download the `com.samsung.health.step_count.202002060939.csv` file.
11. Navigate to the file in your Downloads folder. Right click on the file and compress to create a .zip file.



12. Return to the Center for Digital Health Donate Your Data webpage (the link in the email that you received from our research team; it should look similar to: <https://donate.centerfordigitalhealth.upenn.edu/socialshare?activity=<number>&survey=<number>>)
13. Click **Upload Data** next to the Google icon.

Almost Done

Please complete the process of sharing your digital data for health care research.

 Instagram	Share Data
 Facebook	Share Data
 Google	Upload Data

Done Sharing

14. A box should appear below. Please click on the **box**.

Almost Done

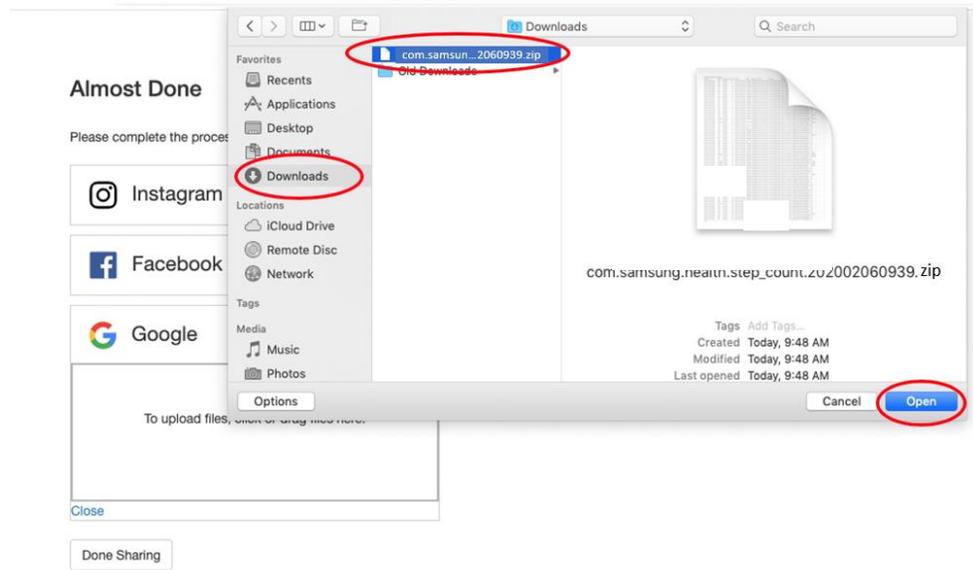
Please complete the process of sharing your digital data for health care research.

 Instagram	Share Data
 Facebook	Share Data
 Google	
 To upload files, click or drag files here.	

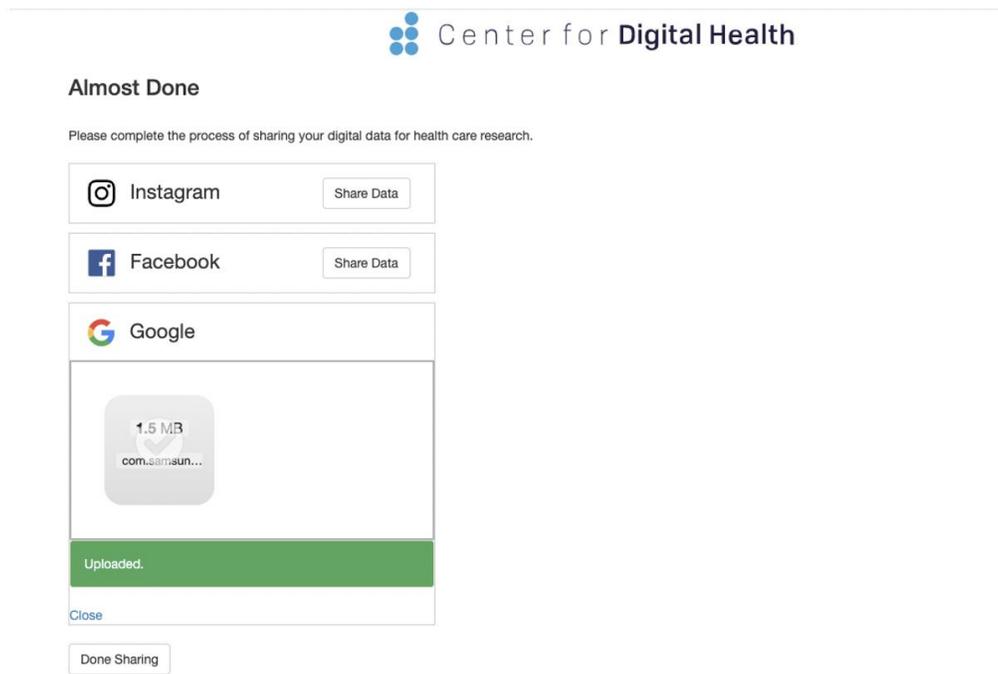
Close

Done Sharing

15. A drop down of your local files should appear. Please navigate to the **Downloads** folder and select the **com.samsung.health.step_count.202002060939.zip** file. Once it is selected, please click **Open**.



16. You should then see the **com.samsung.health.step_count.202002060939.zip** file uploaded in the box below the Google icon.



17. **NOTE:** You must complete upload of social media and google data before you click **Done Sharing** to be eligible to receive the \$50 compensation. Please continue with social media and google data upload processes if you have not done so already.