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.



 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

Download personal data	
Samsung Health data was downloaded to My Files > Internal storage > Samsung Health > Download > samsunghealth_ YOURUSERNAME _201903192259.	
ОК	

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 >

 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.

Name		Date modified	Туре	Size				
Com.samsung.health.step_cou	Print Edit	0/20/2020 0-22 AM	Microsoft Excel C	Com	6 KB			
	7-Zip CRC SHA Scan for Vi Share Open with Restore pri Send to Cut Copy Create sho Delete Rename	> iruses > evious versions	Open archive Open archive Extract files Extract Here Extract to "com.s Test archive Add to archive Compress and e Add to "com.san Compress to "co Add to "com.sen Compress to "co	amsung.health mail nsung.health.st m.samsung.he nsung.health.st m.samsung.he	istep_count.2020 ep_count.202002 alth.step_count.20 ep_count.202002 alth.step_count.20	02060939.csv\" 060939.csv.csv.7z" 02002060939.csv.csv 060939.csv.csv.zip" 02002060939.csv.csv	sv.7z" and email sv.zip" and email	>
	Properties							

- 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: <a href="https://donate.centerfordigitalhealth.upenn.edu/socialshare?activity=<number>>&survey=<number>)
- 13. Click Upload Data next to the Google icon.

Imost Done			
ease complete the process of sha	ring your digital data for h	ealth care research.	
O Instagram	Share Data		
Facebook	Share Data		
G Google	Upload Data)	

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

		Center for Digital Health
Almost Done		
Please complete the process of shari	ng your digital data for I	nealth care research.
O Instagram	Share Data	
Facebook	Share Data	
G Google		
To upload files, click or o	Irag 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.

	Eavorites Cor	n.samsun2060989.zip
Almost Done	Recents Applications	Bewalesde ,
Please complete the proces	Desktop	
O Instagram	Downloads Locations	
Facebook	 Remote Disc Network Tags 	com.samsung.nearn.srep_counr.zv2002060939.zip
G Google	Media Music Music	Tags Add Tags Created Today, 9:48 AM Modified Today, 9:48 AM Last opened Today, 9:48 AM
To upload files	Options onlor or oray most tore.	Cancel Open
Close		_

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

lease complete the process of share	ing your digital data for h	ealth care research.	
O Instagram	Share Data		
Facebook	Share Data		
Google			
1.5 MB com.samsun			

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.