

View Wellness behaviors

GoSafer Security Knowledge Base

This operational reference is organized for GoSafer Security customers and staff. Alarm.com product names are retained where required for technical accuracy.

Overview

Wellness behaviors help users understand average daily behaviors and if behaviors are deviating from the norm.

Platform	App + Web
Content type	Reference
Source last updated	2025-06-04

Procedure

Step-by-step guide: Screenshots and videos are placed with the instruction they illustrate.

The Behaviors are created by gathering information from the sensors around the home. Behaviors are tied to sensors in specific rooms, which allow Wellness to only display relevant information that fits your needs. The dashboard is set up in an intuitive Red, Yellow, Green format, which indicates how close to average that day’s behaviors were. The farther the arrow that points into one of the five sections is from the middle, the more unusual that day’s behaviors were compared to that of an average day.

Wellness behavior

To compare the average and day's behavior directly, simply scroll over the arrow that correlates to the desired behavior. This displays both the average and the behavior's actual data.

To see past days, simply click the calendar and choose a date within the previous 2 months.

To view Wellness behaviors using the Alarm.com app:

1. Log in to the Alarm.com app.
2. Tap **Wellness**.
3. Tap **Behaviors**.
4. The graph will display unusual, notable, and routine behaviors over the specified period of time.

To view Wellness behaviors using the GoSafer Security customer portal (powered by Alarm.com):

1. Log in to the GoSafer Security customer portal (powered by Alarm.com).
2. Click **Activity**.
3. Click **Wellness**.
4. Click **Behaviors**.

5. The graph with display unusual, notable, and routine behaviors over the specified period of time.

Note: Using the *Select a View* dropdown menu, click **View Behaviors** to show possible irregularities in a daily routine.

Source and support

For GoSafer Security assistance, visit gosaferssecurity.com.

Original Alarm.com reference:
https://answers.alarm.com/Customer/Website_and_App/Wellness/Wellness_Management/View_Wellness_behaviors

Always verify safety, installation, compatibility, and current UI details against the original manufacturer documentation before operational use.

Revision #1

Created 2026-09-01 00:30:19 UTC by Jerdenn Calag

Updated 2026-09-01 16:40:48 UTC by Jerdenn Calag