How to Link your
Moves App to the
CHC Marketplace
Moves App Overview

This document has been created to provide you support on how to track your steps with your phone using the Moves App. While walking is a part of our everyday life, most people are unaware that simply increasing the distance they walk can improve their health.

Moves App Website: https://www.moves-app.com/

Supported Phones:

- iPhone (4 and up)
- Android phones (4.0 or later)
1. **Getting Started:**

**Moves - App:**

Begin by downloading the moves-app at your phone’s app store.


Moves support and help: [https://movesapp.zendesk.com/hc/en-us](https://movesapp.zendesk.com/hc/en-us)
2. **HOW TO “LINK” YOUR MOVES APP WITH CHC WELLNESS:**

1) Ensure that you have downloaded and set up the moves app.

2) Go to [www.chcw.com](http://www.chcw.com). Click REGISTER/LOGIN

3) Enter your individual login information (username or password)

*Note: If you do not see any of the menu items for the following steps, please contact CHC Wellness at 847-640-4440*
4) Left click on "Follow-Up Programs" in the left hand menu

5) Left click on "Path & Steps-Based Walking” OR on “Walking Program” in the left hand menu

6) Once the “Walking Program” page loads left click on “Marketplace”.
**Note: Some walking programs require you to sign a waiver to “Join Program”, this waiver is a pop up message that will appear when you land on the walking page. You must join the program by clicking the checkboxes in order to move forward with this process. **

7) Marketplace will load and you will see the supported pedometer applications. Each application will have a button to “Link” your pedometer to CHC’s website.

8) Click on the link button next to the moves-app.
3. **LINKING YOUR SUPPORTED Pedometer Application with CHC’s Marketplace:**

1) Next, you will be prompted to enter a code to link your moves-app with your CHC account. Please take note of the code, you will enter the code during step 4.

**Note: This allows CHC to obtain your step data from the supported application. **

To allow **CHC Wellness** to use your data

1. Open Moves on your phone
2. Choose main menu > Connected Apps > Enter PIN
3. Enter code

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After entering the code and confirming permission request, wait for this page to update automatically. When using a mobile browser, remember to switch back to the browser after the confirmation dialog.

[Cancel]
2) Open the Moves App on your smart phone and click the M at the bottom of the screen.

3) Click on Connected Apps.
4) Enter the pin code from step 1 to link your Moves App to your CHC account.

To allow CHC Wellness to use your data

1. Open Moves on your phone
2. Choose main menu > Connected Apps > Enter PIN
3. Enter code

After entering the code and confirming permission request, wait for this page to update automatically. When using a mobile browser, remember to switch back to the browser after the confirmation dialog.

5) Click ‘Allow’ so CHC can receive your step data. Then you will see CHC listed as a connected app.
6) The page will refresh and take you back to the “Marketplace” where you will see that the button is now titled “Un-Link”.

**Note: All other “Link” buttons for other applications have disappeared since you are only able to link one application with CHC at a time.**

You are now set up for having your Omron steps sync with CHC’s website.

**Note: The time in which the steps appear on CHC website’s “Ind. Tracking” tab may vary by application used.**