



How to Link your Moves App to the CHC Marketplace

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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.

The Moves-App for iOS: <http://appstore.com/moves>

The Moves-App for Andriod:

<https://play.google.com/store/apps/details?id=com.protogeo.moves>

Moves support and help: <https://movesapp.zendesk.com/hc/en-us>

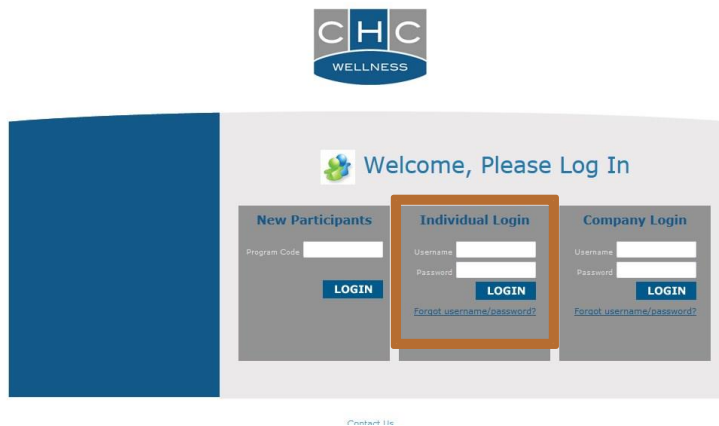


2. HOW TO "LINK" YOUR MOVES APP WITH CHC WELLNESS:

- 1) Ensure that you have downloaded and set up the moves app.
- 2) Go to www.chcw.com . 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

Current Activities Dashboard

- Incentive
- Walking
- Screening
- Screening Overview**
- Incentive Tracking
- Follow-Up Programs**
- My Profile
- Submit Testimonial

Current Activities Dashboard

Incentive Tracking Dashboard | **Walking Program Dashboard** | Screening Dashboard

NOTE: We have recently updated our layout to make important information easier to find, as well as add in some new features. We hope these changes will make site navigation easier, as well as provide a better experience for our users. If you have any questions regarding the changes, please contact CHC Wellness at 1-866-373-4242.

Health Screening Status

Pending Tasks	Notes
There are currently no tasks that require your attention.	Last Screening - 9/4/2013 ✔ Your results from this screening date are available.

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

Current Activities Dashboard

- Screening Overview
- Incentive Tracking
- Follow-Up Programs**
- E-Learning
- Health Coaching
- Walking Programs**
- My Profile
- Submit Testimonial

Follow-Up Programs

Welcome to the Follow-Up Program section of your personal health portal. Here you will have access to programs which will empower you to be as healthy as you can be. Below are the program options selected for you.

E-learning >

With E-Learning, you can learn about over 500 medical topics in just about 15 minutes per module. You have unlimited access to these tutorials for a full year and with such a vast selection, there is something for everyone. Popular options include cholesterol management and an introduction to diabetes.

Health Coaching >

You're not alone in your pursuit of health. While the thought of getting healthy or staying healthy can be daunting, you have unlimited access to a health coach for a whole year. These coaches are trained to help you manage several behavior-based health issues. Your coach can be contacted by phone, e-mail or even instant messenger. Also included with your health coaching program are discounted memberships to over 2,000 gyms nationwide and online courses in smoking cessation, healthy cooking, stress management and more.

Path & Steps-Based Walking >

While walking is a part of our everyday life, most people are unaware that simply increasing the distance they walk can have a big impact on their health. The CHC Wellness Walking Program will provide you with the information to know how active you really are and help motivate you to do more.

Welcome, [Logout](#)

Your Company: CHC Wellness
[I no longer work for this company >](#)

6) Once the "Walking Program" page loads left click on "Marketplace".

Current Activities Dashboard

- Screening Overview
- Incentive Tracking
- Follow-Up Programs**
- E-Learning
- Health Coaching
- Walking Programs
- Pedometer Marketplace

Walking Programs

Marketplace | Ind. Tracking | Challenges | Program Resources

Individual Tracking

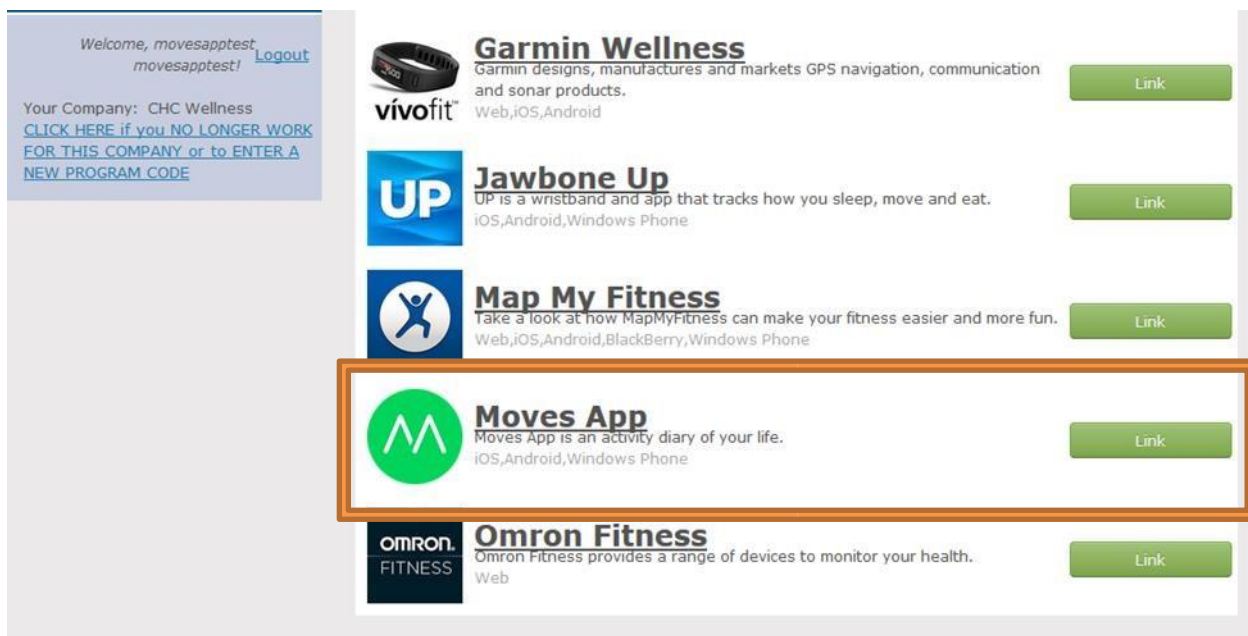
This program allows you to monitor your walking activity independent of your participation in a company-sponsored walking challenge. Simply adding your steps by uploading your pedometer will allow you to track all the data below.

To track your participation in a challenge being run by your company go to [challenges](#).
[Download Your Step Data](#)



****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:

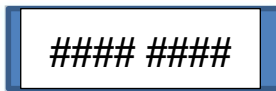
- 1) Next, you will be prompted to enter a code to link your moves-app with your CHC account. Please take note of the code, you will enter the code during step 4.

**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



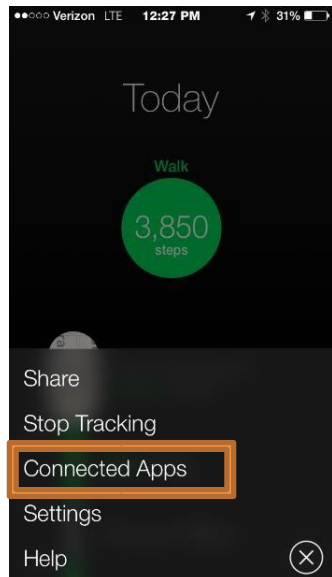
After entering the code and confirming permission request, wait for this page to update automatically. When using a mobile browser, remember to switch back to the browser after the confirmation dialog.

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.



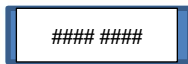


4) Enter the pin code from step 1 to link your Moves App to your CHC account.



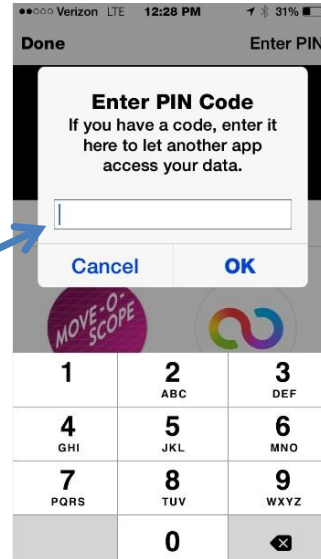
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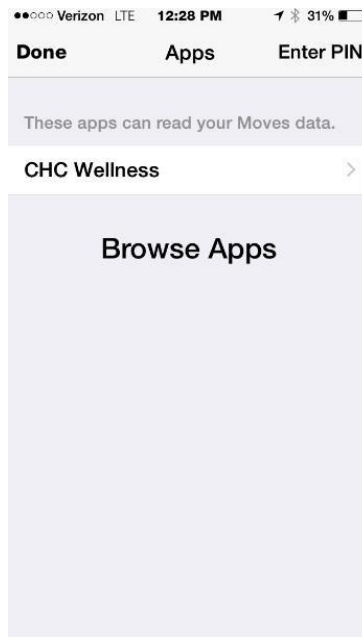
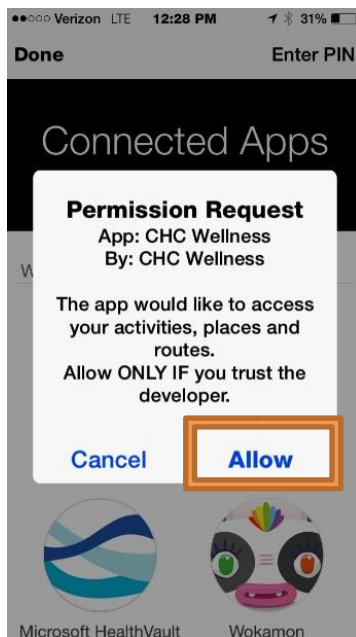


After entering the code and confirming permission request, wait for this page to update automatically. When using a mobile browser, remember to switch back to the browser after the confirmation dialog.

Cancel



5) Click 'Allow' so CHC can receive your step data. Then you will see CHC listed as a 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. **

The screenshot shows the CHC Wellness website interface. On the left is a 'My Profile' sidebar with a 'Submit Testimonial' button and a 'Logout' link. The main content area displays a list of linked fitness applications:

- Fitbug**: Fitbug offers pocket-sized devices combined with an online program. Web, Android, iOS, Windows Phone.
- Garmin Wellness**: Garmin designs, manufactures and markets GPS navigation, communication and sonar products. Web, iOS, Android.
- Jawbone Up**: UP is a wristband and app that tracks how you sleep, move and eat. iOS, Android, Windows Phone.
- Map My Fitness**: Take a look at how MapMyFitness can make your fitness easier and more fun. Web, iOS, Android, BlackBerry, Windows Phone.
- Moves App**: Moves App is an activity diary of your life. iOS, Android, Windows Phone. An orange 'Un-Link' button is positioned to the right of this entry.
- Omron Fitness**: Omron Fitness provides a range of devices to monitor your health.

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.