



How to Link your **Jawbone** to the CHC Marketplace

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Jawbone Overview

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

1. GETTING STARTED:

Jawbone Set-up Instructions:

To sign up for a Jawbone account: <https://jawbone.com/start/signup>

Jawbone Support: [Jawbone Up FAQ's](#)

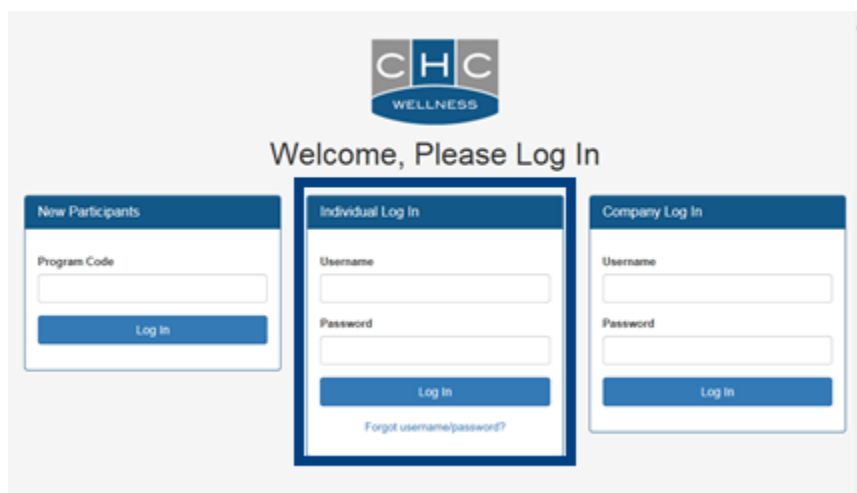


2. HOW TO “LINK” YOUR PEDOMETER WITH CHC WELLNESS:

1. Before Setting up your pedometer, make sure that you have created an account with your supported device at <https://jawbone.com>.
2. Go to www.chcw.com. Click REGISTER/LOGIN

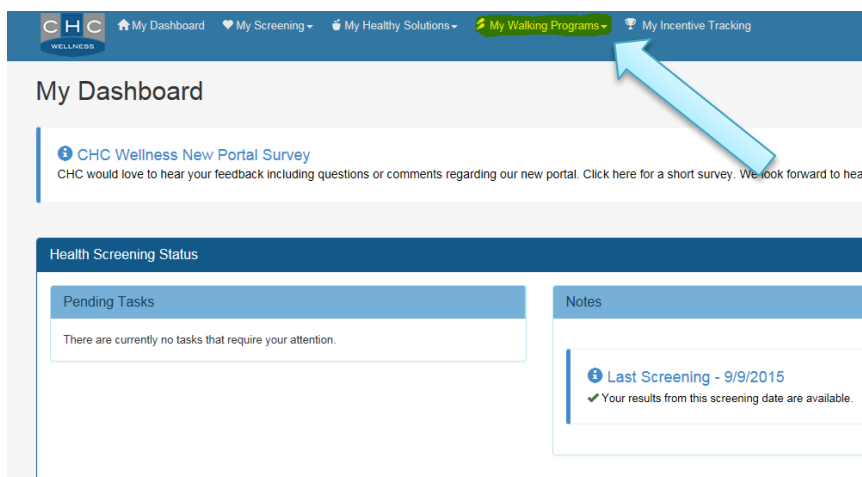


3. Enter your individual login information (username or password).

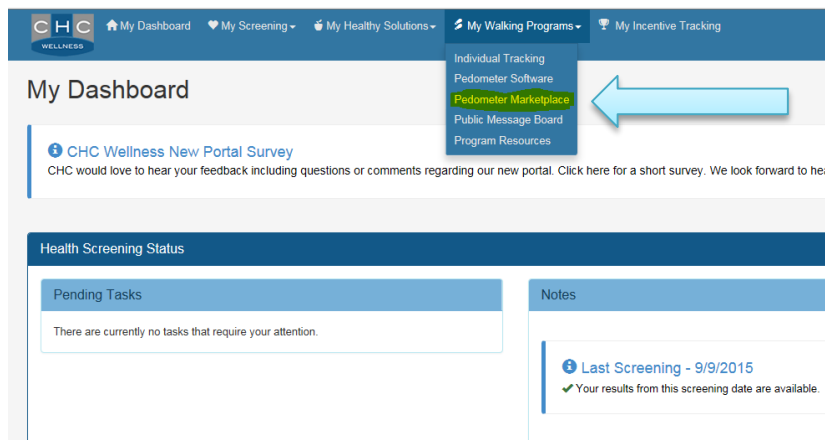




4. Left click on "My Health Solutions" tab at the top of the page.



5. Left click on "Pedometer Marketplace".

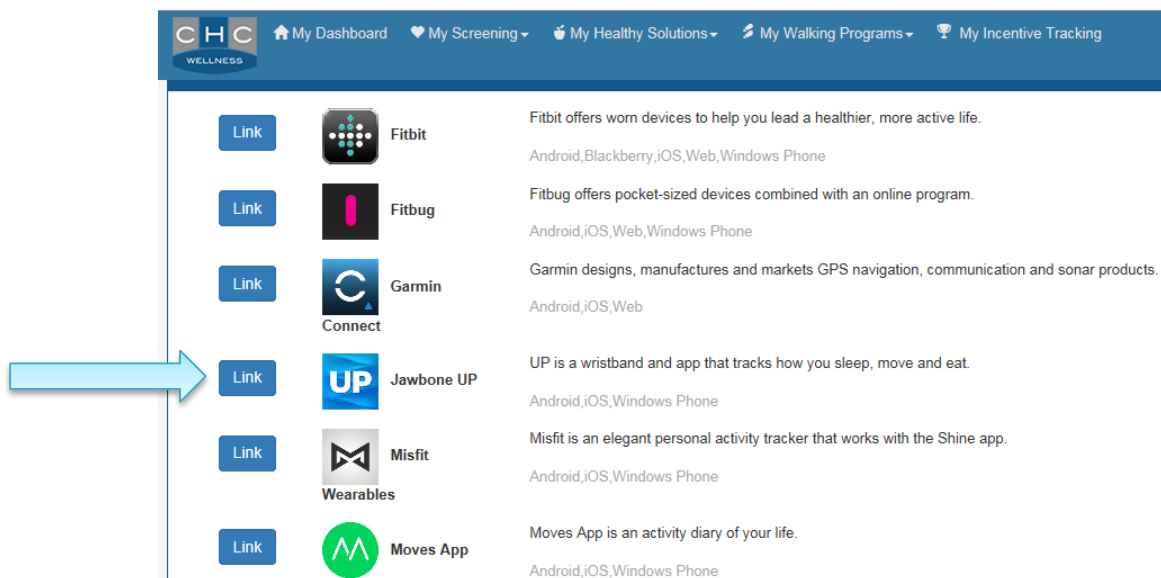


****Note:** Some walking programs require you to sign a waiver to "Join Program", this waiver is a pop up message that will appear when you land on the walking page. You must join the program by clicking the checkboxes in order to move forward with this process. **



6. 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.

7. Click on the link button next to the Jawbone Wellness description.





3. LINKING YOUR SUPPORTED PEDOMETER APPLICATION WITH CHC'S MARKETPLACE:

- 1) Enter your Username and Password for Jawbone Up.
- 2) Left click on "Sign-in"

Sign In using your Jawbone account.

Email Address

Password

SIGN IN Remember me

[Forgot password](#) [Create account](#)

- 3) A message stating what features the application will access will pop up. Left click "Agree."



Authorize this connection?

Allow **CHC Wellness** to:

- Read your basic info
- Read your cardiac data
- Read your generic events
- Read your meals
- Read your mood
- Read your moves
- Read your sleep
- Read your weight

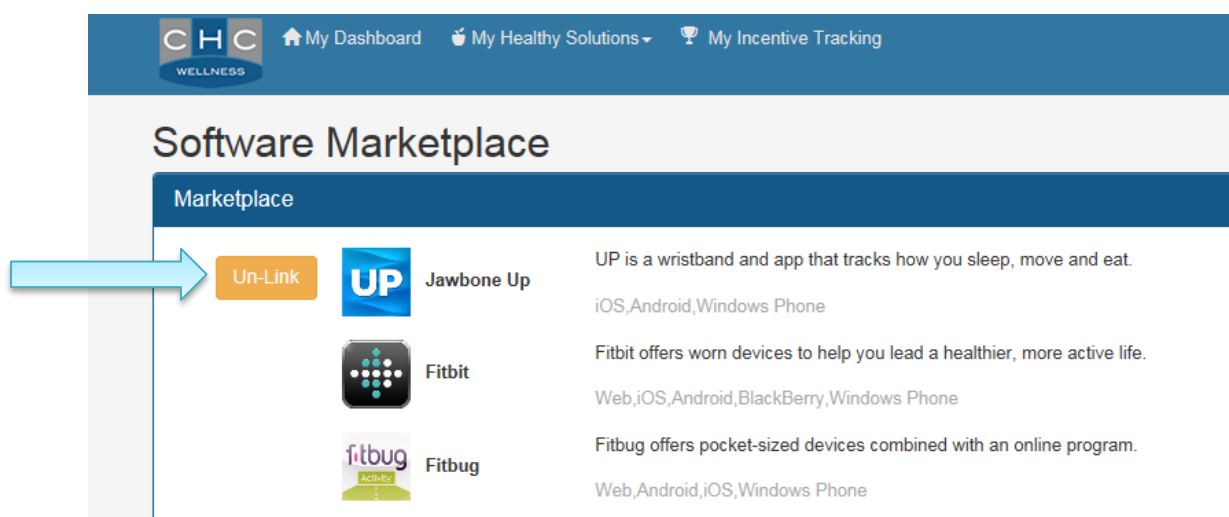
Allow my UP teammates to see **CHC Wellness** posts.

CANCEL

AGREE

4) 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 Jawbone 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.