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

This guide covers the following topics:

- Getting started
- How to “Link” your pedometer with CHC Wellness
- Linking your supported pedometer with CHC Wellness Marketplace
- How to sync your steps
1. **GETTING STARTED:**

1. Create an account with one of our supported Pedometer applications.
   - Currently, CHC supports Omron, Jawbone Up and Fitbit pedometers.

1.1 **Omron:**
   - To sign up for an Omron account: [http://www.omronfitness.com/sign-up/](http://www.omronfitness.com/sign-up/)
   - To set up your pedometer: Omron HJ324U Pedometer Setup
   - Omron Fitness Help: FAQ’s
   - *Note: You must have an OmronFitness.com account to access the FAQ.*

1.2 **Jawbone Up:**
   - To sign up for a Jawbone account: [https://jawbone.com/start/signup](https://jawbone.com/start/signup)
   - Jawbone Support: Jawbone Up FAQ’s

1.3 **Fitbit:**
   - To sign up for a Fitbit account:
     [https://api.fitbit.com/oauth/authorize?oauth_token=7da11758bd1d8f37f5b83b2305fbe9](https://api.fitbit.com/oauth/authorize?oauth_token=7da11758bd1d8f37f5b83b2305fbe9)
   - The Fitbit App for iOS: Fitbit iOS FAQ’s
   - The Fitbit App for Android: Fitbit Android FAQ’s
   - Supported mobile devices for syncing: [https://www.fitbit.com/devices](https://www.fitbit.com/devices)
   - Fitbit software for your Mac or PC: [http://www.fitbit.com/setup](http://www.fitbit.com/setup)
2. **How to "Link" your pedometer with CHC Wellness:**

1. Go to [www.chcw.com](http://www.chcw.com) in your browser

2. Enter your Username and Password

3. Left click Login
**Note: If you do not see any of the menu items for the following steps, please contact your account manager.**

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 (Fitbit, Jawbone Up, and Omron). Each application will have a button to "Link" your pedometer to CHC's website.

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<td><strong>Fitbit</strong> Must help you lead a healthier, more active life. The Fitbit family motivates you to stay active, live better and reach your goals.</td>
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<td><strong>Jawbone Up</strong> UP is a wristband and an app that tracks how you sleep, move and eat-then helps you use that information to feel your best. Know what's happening with you, instantly: Your sleep, your activity, what you're eating. The Home Screen is your daily dashboard. A way to quickly check-in with your progress and see what your friends are up to.</td>
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<td><strong>Omron Fitness</strong> The partner you can count on</td>
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3. **Linking Your Fitbit Supported Pedometer Application with CHC's Marketplace:**

1. Left click the 'Link' button for the supported pedometer application you have.

2. You will next be prompted to enter that application's Username and Password.

   **Note:** This allows CHC to obtain your uploaded data from the supported pedometer's application you choose. **

3. Left click on the "Allow" button.

   ![Fitbit](image)

   **Fitbit**

   **CHC Wellness** by CHC Wellness would like to access your profile and data on Fitbit.com:

   - **READ AND UPDATE ACCESS**
   - **Email**
   - **Password**

   **FORGET PASSWORD?**  **ALLOW**

   **Not using Fitbit yet?**

   - **TRACK ACTIVITY & SLEEP**
   - **MANAGE WEIGHT**
   - **WATCH YOUR PROGRESS**

   Fitbit motivates you to turn fitness into lifestyle, challenge friends, set goals, and watch your progress.

   Learn more about Fitbit.

   CREATE A NEW ACCOUNT

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.**

5. You are now set up for having your Fitbit 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.**
4. **HOW TO SYNC MY **FITBIT STEPS**

1. Left click on the Link below to Install FitBit Software to your computer
   http://www.fitbit.com/setup

2. Left click on the software that will support your FitBit
   Ex: Mac or PC

Set up a Fitbit Device

Download our free software to link your device to Fitbit. Once you’ve set up, you can sync your data.

3. Left click **DOWNLOAD HERE**
   **Note: Once you click **DOWNLOAD HERE** a little box on the left corner of your screen will appear.**

4. Left click on this box

   ![Fitbit Connect Win_2.exe](image)

   **Note: Once you click on the box the following screen will appear.**

5. Left click **Run**

   ![Security Warning](image)

   **Note: The file from the Internet can be used, the file is safe to run on your computer.**

Proprietary and Confidential Information of CHC Wellness
6. Select United States and left click OK

7. Left click Next

8. Left click the Box for “I accept the terms in the License Agreement”

**Note: After the check mark appears in the box Left click “Next”.**
9. Left click Install

**Note: Once you click “Install” the final install Fitbit connect screen will appear.**

**Note: For more information on Syncing your Fitbit please refer to this site below:**
https://help.fitbit.com/customer/portal/articles/896922