

How to Link your Fitbit Pedometer to CHC

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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/>

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>

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

1.3 **Fitbit:**

To sign up for a Fitbit account:

https://api.fitbit.com/oauth/authorize?oauth_token=7da111758bd1d8f37f5b83b2305fbee9

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>

Fitbit software for your Mac or PC: <http://www.fitbit.com/setup>



2. HOW TO "LINK" YOUR PEDOMETER WITH CHC WELLNESS:

1. Go to www.chcw.com in your browser
2. Enter your Username and Password

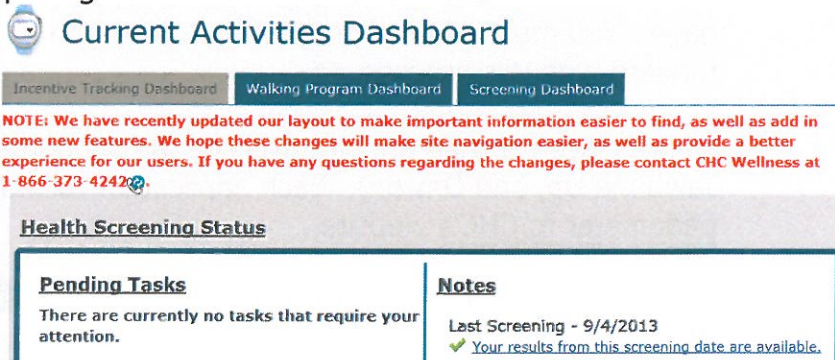
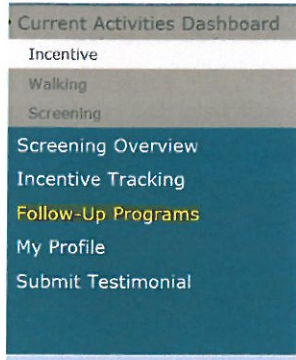


3. Left click Login



****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



Current Activities Dashboard

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

Current Activities Dashboard

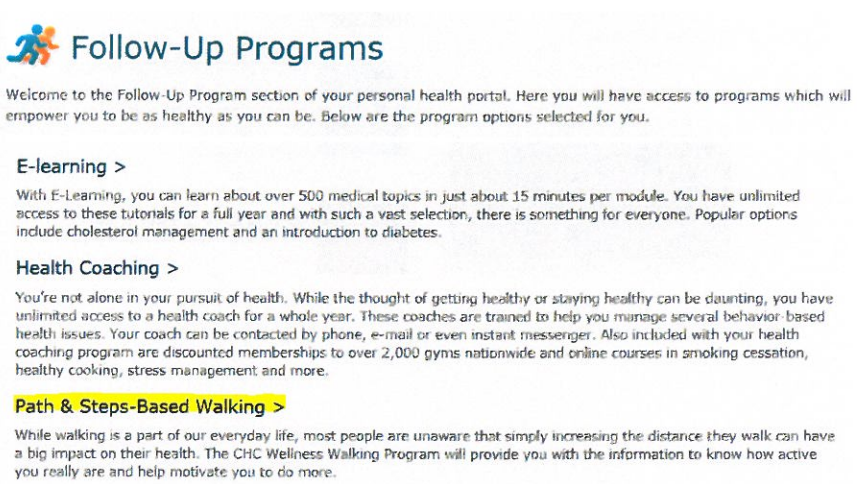
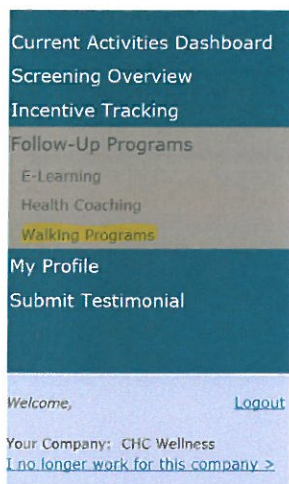
Incentive Tracking Dashboard Walking Program Dashboard Screening Dashboard

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

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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".



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

Current Activities Dashboard

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E-Learning

Health Coaching

Walking Programs

Pedometer Marketplace

Individual Tracking

Join Challenge

Team Messages

Public Message Board

Program Resources

My Profile

Submit Testimonial

Marketplace

Marketplace


Ind. Tracking

Challenges

Join Challenge


My Team

Pedometer Marketplace




Fitbit
Fitbit will help you lead a healthier, more active life. The Fitbit family motivates you to stay active, live better and reach your goals.
Web,iOS,Android,BlackBerry

Link



Jawbone Up
UP is a wristband and 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.
Web,iOS,Android

Link



Omron Fitness
The Partner you can count on
Web

Link

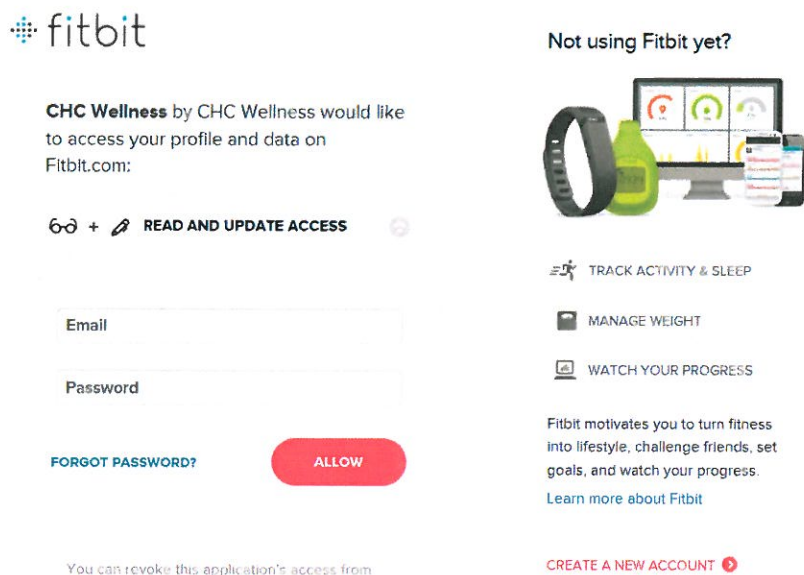


3. LINKING YOUR FITBIT SUPPORTED PEDOMETER APPLICATION WITH CHC'S MARKETPLACE:

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



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.****

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Marketplace

Marketplace | Ind. Tracking | Challenges | Join Challenge | My Team

Pedometer Marketplace

**Fitbit**
Fitbit will help you lead a healthier, more active life. The Fitbit family motivates you to stay active, live better and reach your goals.
Web, iOS, Android, BlackBerry

**Jawbone Up**
UP is a wristband and 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.
Web, iOS, Android

**Omron Fitness**
The Partner you can count on
Web

Un Link

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

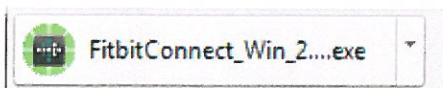
Download our free software to link your device to Fitbit. Once you've set up, you can sync your data.



3. Left click DOWNLOAD HERE

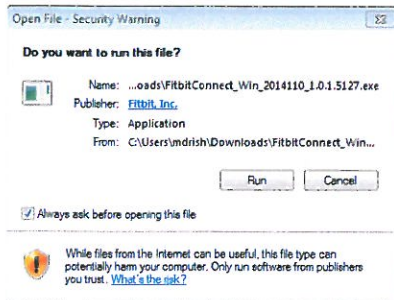
**Note: Once you click DOWNLOAD HERE a little box on the left corner of your screen will appear. **

4. Left click on this box

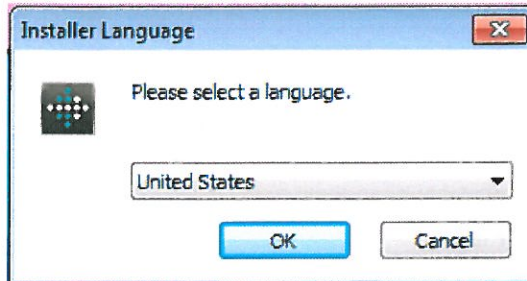


**Note: Once you click on the box the following screen will appear. **

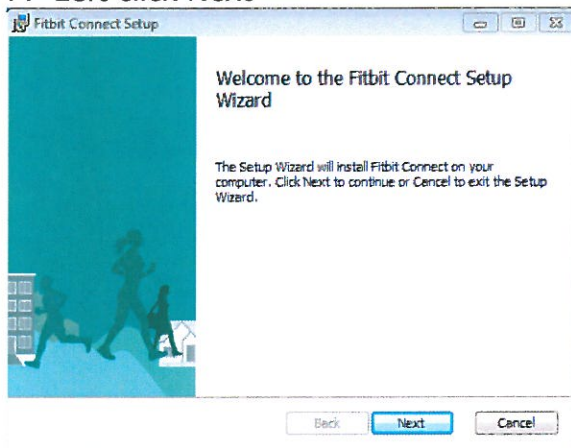
5. Left click Run



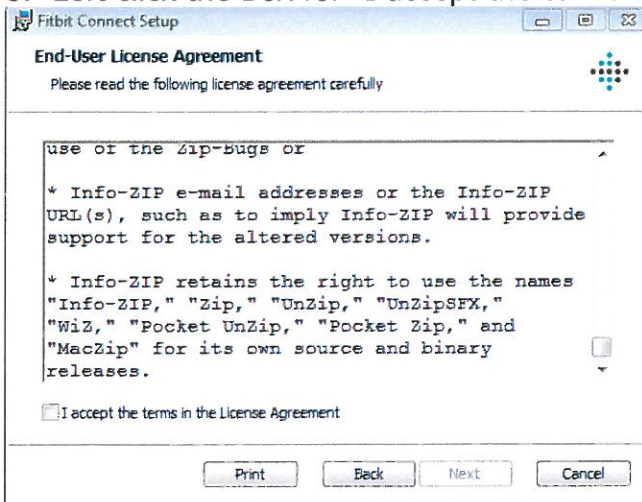
6. Select United States and left click OK



7. Left click Next

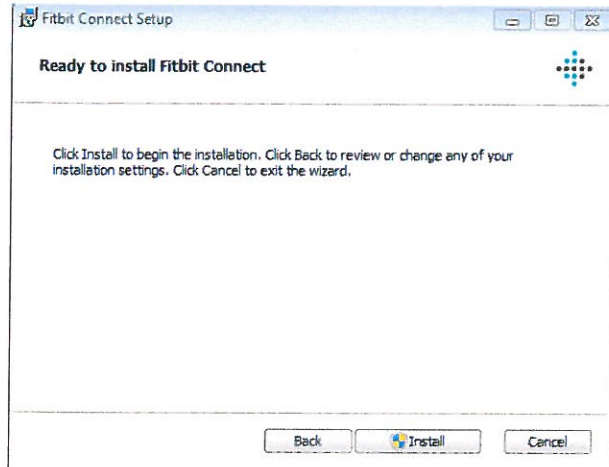


8. Left click the Box for "I accept the terms in the License Agreement"

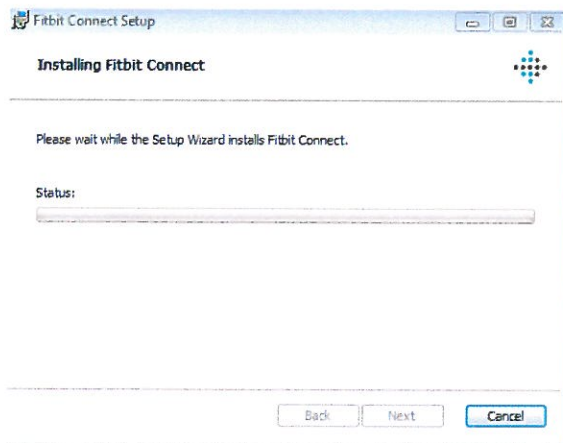


**Note: After the check mark appears in the box Left click "Next". **

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>

