

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



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Fitbit Overview

This document has been created to provide you support on how to track your steps using a Fitbit. 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:

Fitbit Set-up Instructions:

- To sign up for a Fitbit account: <https://www.fitbit.com/login>
- Supported mobile devices for syncing: <https://www.fitbit.com/devices>
- Fitbit software for your Mac or PC: <http://www.fitbit.com/setup>
- The Fitbit App for iOS: [Fitbit iOS FAQ's](#)
- The Fitbit App for Android: [Fitbit Android 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://www.fitbit.com>.
2. Go to www.chcw.com. Click **REGISTER/LOGIN**.



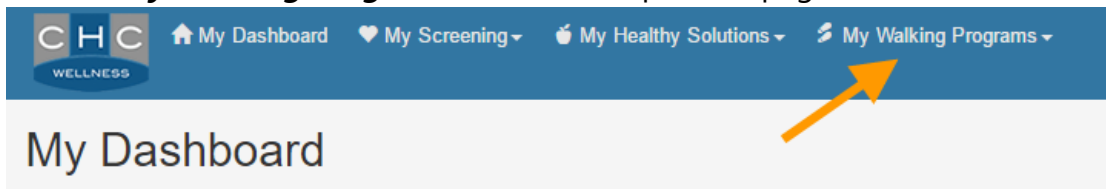


3. Enter your **Username** and **Password** and click **Log In** button.

IMPORTANT

If you do not see any of the menu items for the following steps, please contact **CHC Wellness at 847-640-4440**.

4. Click on **My Walking Programs** tab at the top of the page



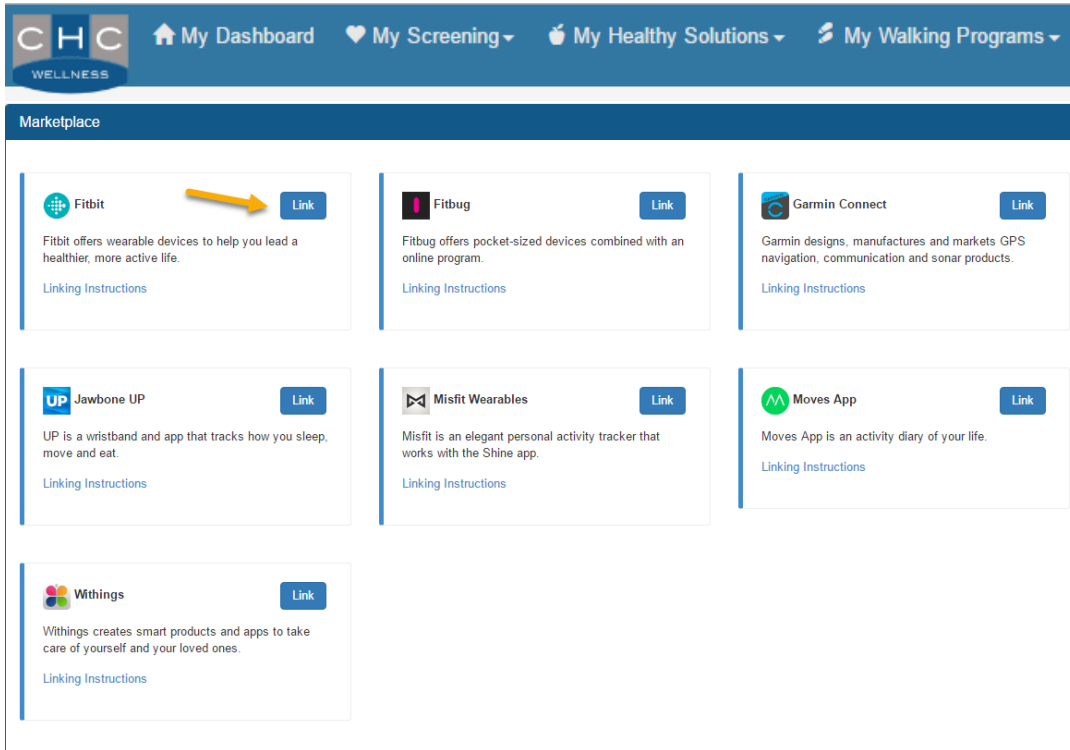
5. Click on **Pedometer Marketplace** in the drop down menu



Please Note

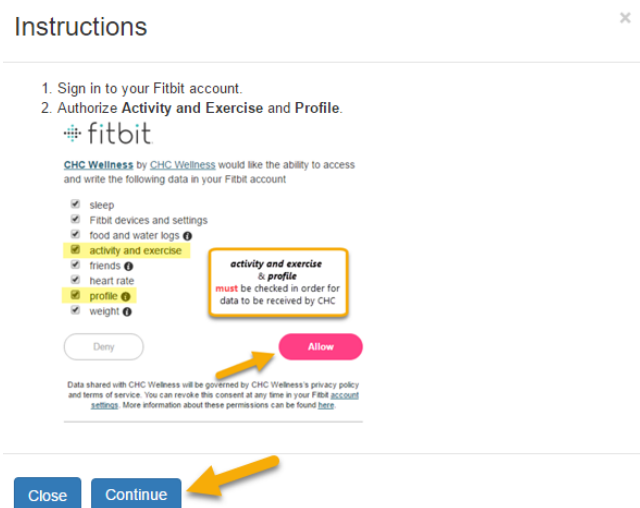
Some walking programs require you to sign a waiver to "Join Program", this waiver is a pop up message that will appear when you land on the walking page. You must join the program by clicking the checkboxes in order to move forward with this process.

- 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.
- Click on the link button next to the Fitbit description.

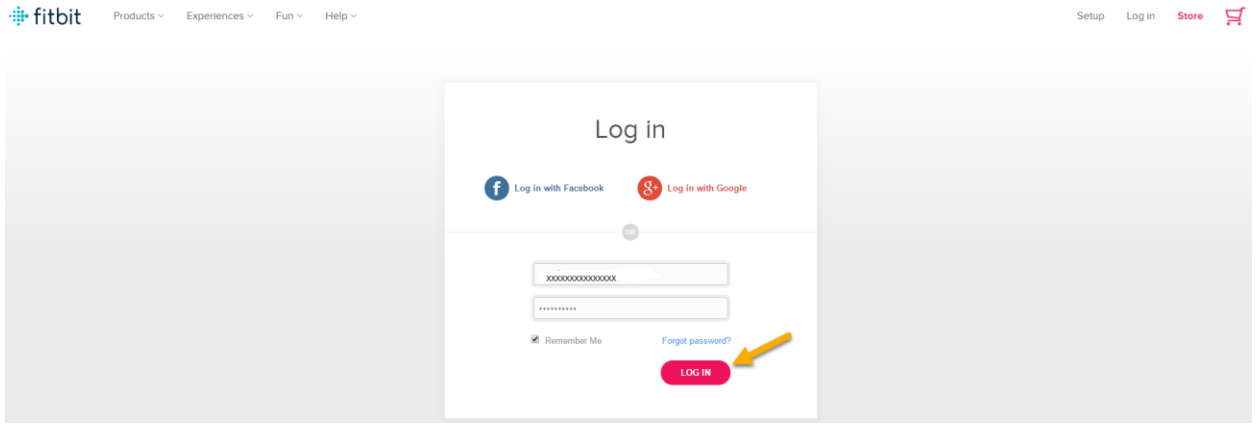


3. LINKING YOUR SUPPORTED PEDOMETER APPLICATION WITH CHC'S MARKETPLACE:

- An instructions window will pop up. Click **Continue** to proceed with your registration.



2. Enter your Fitbit **Email** and **Password** and click **LOG IN** button to access the website.



3. An authorization screen will open and all boxes will be checked by default.

Activity and Exercise and **Profile** must be checked in order for CHC to receive data. All other items on the list are optional.

Click **Allow**.



CHC Wellness by CHC Wellness would like the ability to access and write the following data in your Fitbit account

- sleep
- Fitbit devices and settings
- food and water logs ⓘ
- activity and exercise**
- friends ⓘ
- heart rate
- profile ⓘ**
- weight ⓘ

activity and exercise & profile must be checked in order for data to be received by CHC

Deny

Allow

Data shared with CHC Wellness will be governed by CHC Wellness's privacy policy and terms of service. You can revoke this consent at any time in your Fitbit [account settings](#). More information about these permissions can be found [here](#).



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- a. The next time you log into Fitbit, click *Settings* → *Applications* to view the apps you have authorized

My Applications

You have authorized these apps to interact with your Fitbit account

CHC Wellness by [CHC Wellness](#)
Approved on 2016/07/15 09:46:06

CHC Wellness is an on-site corporate and community provider of health and wellness programs.

↔ Access & Write
 food and water logs, sleep, Fitbit devices and settings, weight, heart rate, friends, profile, activity and exercise

x Revoke Access

4. The page will refresh and take you back to the **Pedometer Marketplace** where you will see that the button is now titled **Un-Link**

Link buttons for other applications have disappeared. Only one application can be linked with CHC at a time.

Marketplace

Fitbit
 Un-Link

Fitbit offers wearable devices to help you lead a healthier, more active life.

Fitbug

Fitbug offers pocket-sized devices combined with an online program.

Garmin Connect

Garmin designs, manufactures and markets GPS navigation, communication and sonar products.

Jawbone UP

UP is a wristband and app that tracks how you sleep, move and eat.

Misfit Wearables

Misfit is an elegant personal activity tracker that works with the Shine app.

Moves App

Moves App is an activity diary of your life.

Withings

Withings creates smart products and apps to take care of yourself and your loved ones.

You are now set up for your Fitbit steps to sync with the CHC website!

Check the **Individual Tracking** page to display steps syncing with Fitbit. (Syncing may vary by application used.)

- My Walking Programs ▾
- Individual Tracking
- Pedometer Software
- Pedometer Marketplace
- Public Message Board
- Program Resources