



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](#)



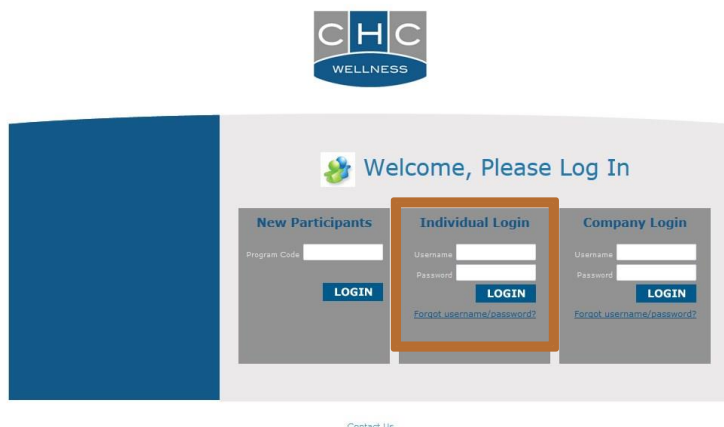
2. HOW TO "LINK" YOUR PEDOMETER WITH CHC WELLNESS:

1) Before Setting up your pedometer, make sure that you have created an account with your supported device at <http://www.fitbit.com/>.

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.

The screenshot shows the 'Current Activities Dashboard' with a left-hand menu. The menu items are: Current Activities Dashboard, Incentive, Walking, Screening, Screening Overview, Incentive Tracking, **Follow-Up Programs** (highlighted in yellow), My Profile, and Submit Testimonial. The main content area has a header with 'Current Activities Dashboard' and three tabs: Incentive Tracking Dashboard, **Walking Program Dashboard** (selected), and Screening Dashboard. A red note states: '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.' Below this is a 'Health Screening Status' section with two columns: 'Pending Tasks' (stating 'There are currently no tasks that require your attention.') and 'Notes' (stating 'Last Screening - 9/4/2013' and '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.

The screenshot shows the 'Follow-Up Programs' page. The left-hand menu has items: Current Activities Dashboard, Screening Overview, Incentive Tracking, **Follow-Up Programs** (highlighted in yellow), E-Learning, Health Coaching, **Walking Programs** (highlighted in yellow), My Profile, and Submit Testimonial. The main content area has a header with 'Follow-Up Programs' and a welcome message: '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.' Below this are three sections: 'E-learning >' (with a description of E-Learning), 'Health Coaching >' (with a description of health coaching), and 'Path & Steps-Based Walking >' (with a description of the walking program). At the bottom of the left sidebar, there is a 'Welcome,' message, a 'Logout' link, and a message: 'Your Company: CHC Wellness' and 'I no longer work for this company >'.

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

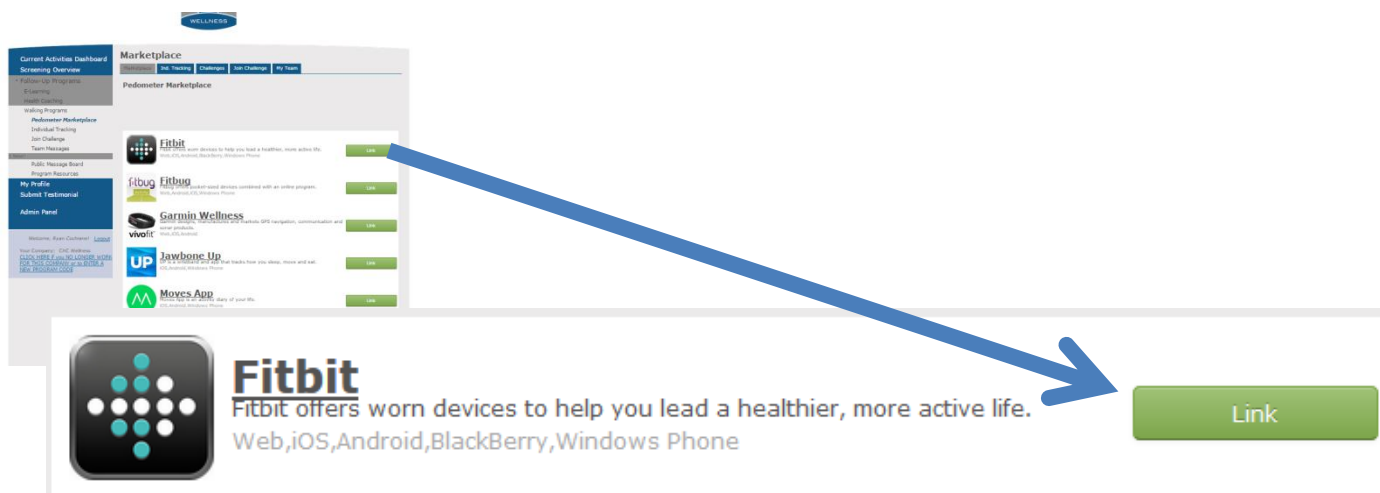
The screenshot shows the 'Walking Programs' page. The left-hand menu has items: Current Activities Dashboard, Screening Overview, Incentive Tracking, Follow-Up Programs, E-Learning, Health Coaching, **Walking Programs** (highlighted in yellow), and Pedometer Marketplace. The main content area has a header with 'Walking Programs' and four tabs: **Marketplace** (selected), Ind. Tracking, Challenges, and Program Resources. Below this is a section titled 'Individual Tracking' with a description: '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.' Below this is a link to 'Download Your Step Data' and a link to 'challenges'.



****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 Fitbit description.





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

- 1) Enter your Fitbit username and password
- 2) Allow CHC to access your Fitbit data



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

+ **READ AND UPDATE ACCESS**

Email

Password

[FORGOT PASSWORD?](#)

ALLOW

You can revoke this application's access from

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.

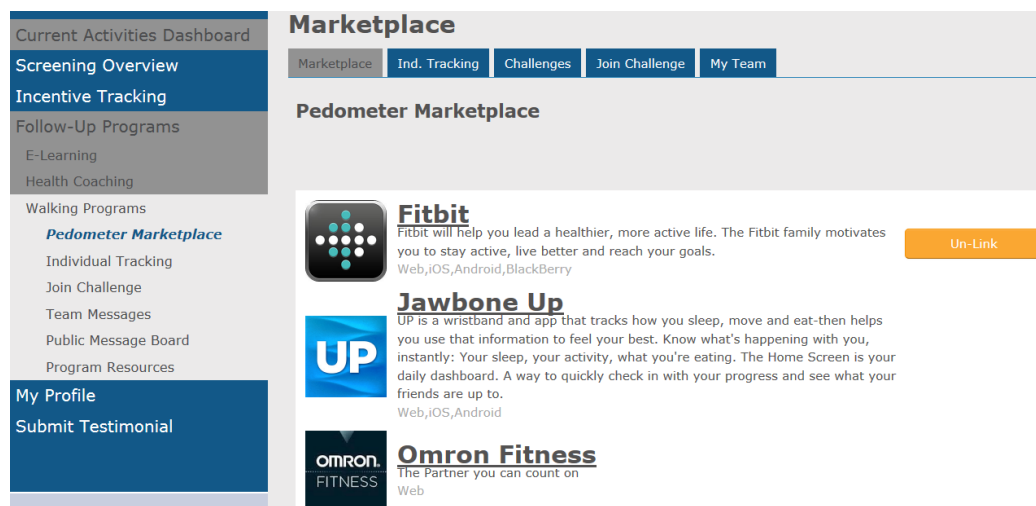
[Learn more about Fitbit](#)

[CREATE A NEW ACCOUNT](#)



3) 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 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.