



How to Link your Pedometer to the CHC Marketplace

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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



1. GETTING STARTED:

****Before linking your device with CHC Wellness's marketplace, create an account with one of our supported devices.**

- Supported Devices: Fitbug (All Devices), Moves App, Jawbone (All Devices) and Fitbit (All Devices), Garmin Vivofit, Omron, Nike+, Misfit.

1.1 Fitbug:

To sign up for a Fitbug account: <https://www.fitbug.com/g/start.welcome>

To set up your Fitbug GO pedometer: [Click Here](#)

To set up your Fitbug Air pedometer: [Click Here](#)

Fitbug Help: [FAQs / Support](#)

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://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](#)

1.4 Garmin Vivofit:

To sign up for a Garmin account: [Create a Garmin Account](#)

The Garmin App for iOS: [Garmin iOS Download](#)

The Garmin App for Android: [Garmin Android FAQ's](#)

Garmin software for your Mac or PC: <https://connect.garmin.com/en-US/start/>



1.5 Moves App:

To sign up for a Moves App account: <https://accounts.moves-app.com/signin>

Moves App Download: [iOS & Android](#)

Moves App Help & FAQs: [Moves App Help](#)

Supported Phones Include: iPhone (4 and up) & Android phones (4.0 or later)

1.6 Nike+:

To sign up for a Nike+ account: <https://secure-nikeplus.nike.com/plus/>

Supported mobile devices for syncing: <https://secure-nikeplus.nike.com/plus/products/>

Nike+ software for your Mac or PC: <https://secure-nikeplus.nike.com/plus/support#answers/detail/article/connect-install>

The Nike+ App for iOS: http://www.nike.com/us/en_us/c/nikeplus-fuel

The Nike+ App for Android: http://www.nike.com/us/en_us/c/nikeplus-fuel

1.7 Misfit:

To sign up for a Misfit account: <https://sso.misfit.com/auth/login>

Supported mobile devices for syncing: <http://misfit.com/>

The Misfit App for iOS: <http://misfit.com/products/app>

The Misfit App for Android: <http://misfit.com/products/app>

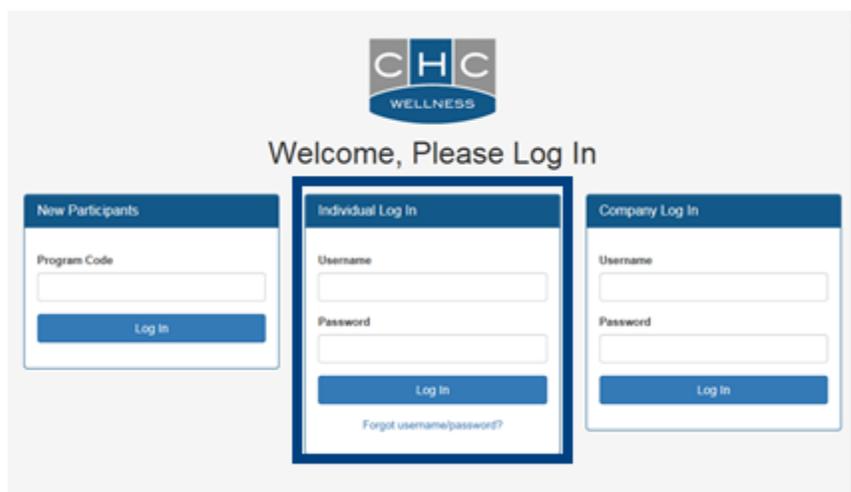


2. HOW TO “LINK” YOUR PEDOMETER WITH CHC WELLNESS:

1. Step 1: Go to www.chcw.com and click on register / login.

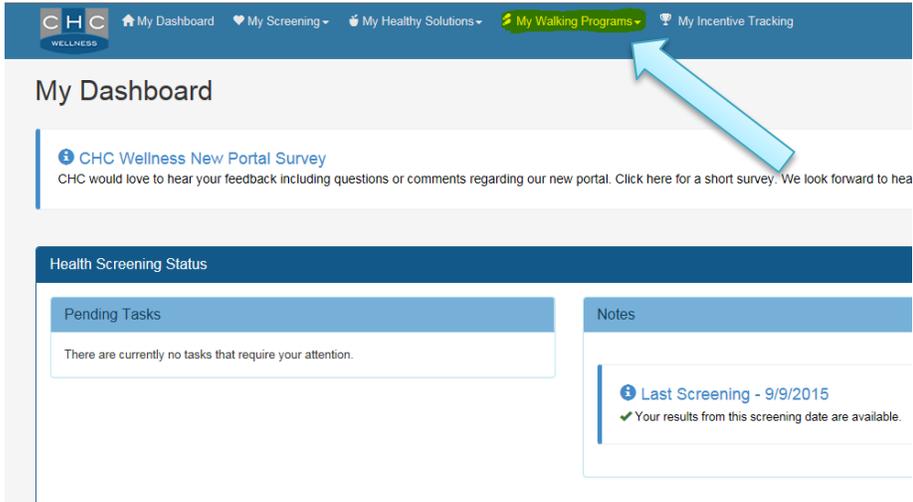


2. Enter your individual login information.

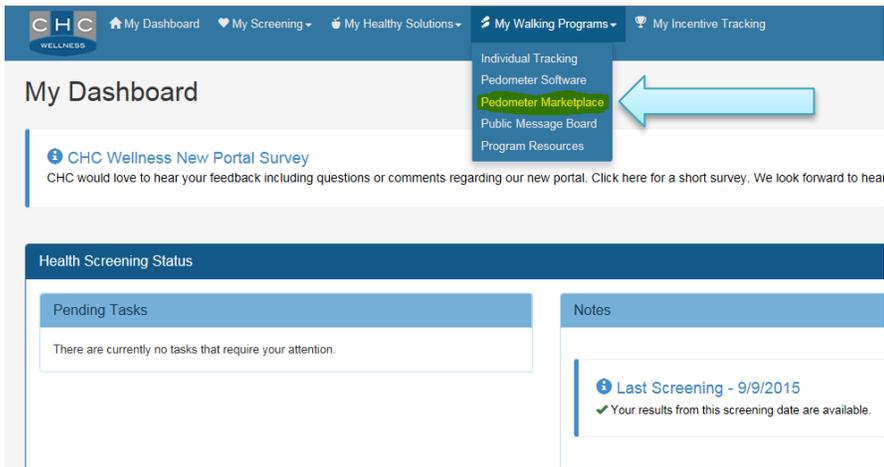




3. Left click on "My Walking Programs" tab at the top of the page.



4. 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. ******



- 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.

Software Marketplace

Marketplace

Link		Fitbit	Fitbit offers worn devices to help you lead a healthier, more active life. Web,iOS,Android,BlackBerry,Windows Phone
Link		Fitbug	Fitbug offers pocket-sized devices combined with an online program. Web,Android,iOS,Windows Phone
Link		Garmin Connect	Garmin designs, manufactures and markets GPS navigation, communication and sonar products. Web,iOS,Android
Link		Garmin vivofit Wellness	Garmin designs, manufactures and markets GPS navigation, communication and sonar products. Web,iOS,Android
Link		Jawbone Up	UP is a wristband and app that tracks how you sleep, move and eat. iOS,Android,Windows Phone
Link		Misfit Wearables	Misfit is an elegant personal activity tracker that works with the Shine app. iOS,Android,Windows Phone

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

1. Left click the "Link" button next to your supported device.
2. Next, you will 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. **

1.1 **Fitbug**

*Before linking your pedometer, make sure that you have created an account with your supported device at <https://www.fitbug.com/g/start.welcome>.

1. Click the link button next to your supported device.

The screenshot shows a 'Software Marketplace' interface with a list of supported devices. Each device entry includes a 'Link' button, the device logo, the device name, a brief description, and supported operating systems. A blue arrow points to the 'Link' button for the 'Fitbug' device.

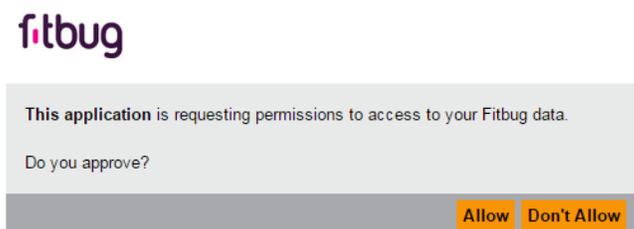
Device	Description	Supported OS
Fitbit	Fitbit offers worn devices to help you lead a healthier, more active life.	Web, iOS, Android, BlackBerry, Windows Phone
Fitbug	Fitbug offers pocket-sized devices combined with an online program.	Web, Android, iOS, Windows Phone
Garmin Connect	Garmin designs, manufactures and markets GPS navigation, communication and sonar products.	Web, iOS, Android
Garmin vivoFit Wellness	Garmin designs, manufactures and markets GPS navigation, communication and sonar products.	Web, iOS, Android
Jawbone UP	UP is a wristband and app that tracks how you sleep, move and eat.	iOS, Android, Windows Phone
Misfit Wearables	Misfit is an elegant personal activity tracker that works with the Shine app.	iOS, Android, Windows Phone

2. Enter your Fitbug Login Information.

The screenshot shows the Fitbug login form. It includes a 'User Name' field, a 'Password' field, a 'forgot your password?' link, and two buttons: 'sign up for fitbug' and 'login'.

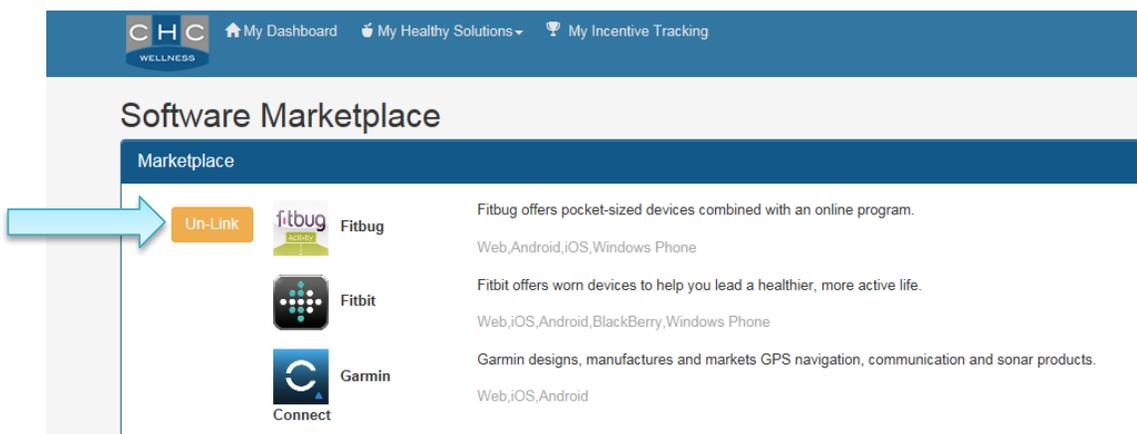


3. Allow CHC to access your Fitbug data.



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. ****



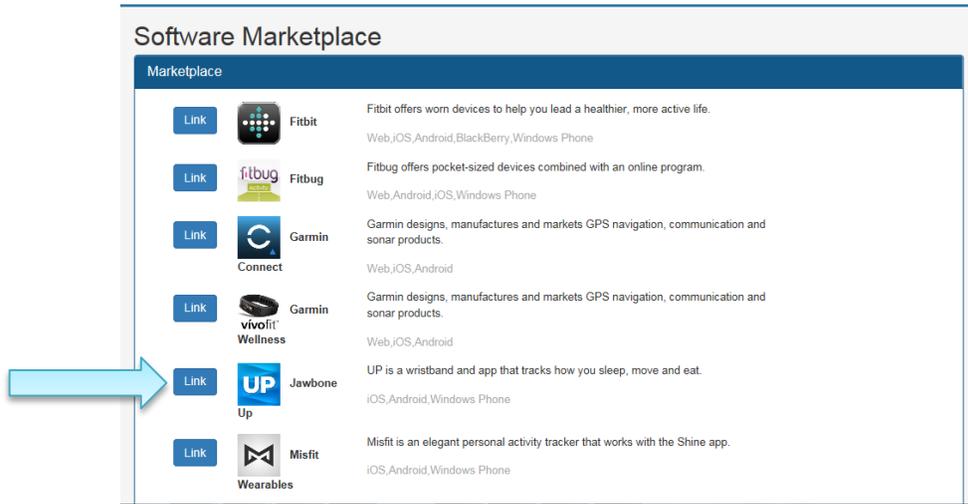
1. You are now set up for having your Fitbug steps sync with CHC's website.

****Note: The time in which the steps appear on CHC website's "Ind. Tracking" tab may vary by application used.****

1.2 Jawbone Up

*Before linking your pedometer, download the app on your smartphone, and make sure that you have created an account with your supported device.

1. Click the link button next to your supported device.



Enter your Username and Password for Jawbone Up.

****Note:** There is a checkbox for "Remember me" to save your login credentials on your machine, please be aware this will be checked by default. ******

2. Left click on "Sign In"

The screenshot shows a 'Sign In' form with the following elements:

- Sign In** using your Jawbone account.
- Email Address input field
- Password input field
- SIGN IN** button
- Remember me checkbox
- Forgot password** link
- Create account** link



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 you 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

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

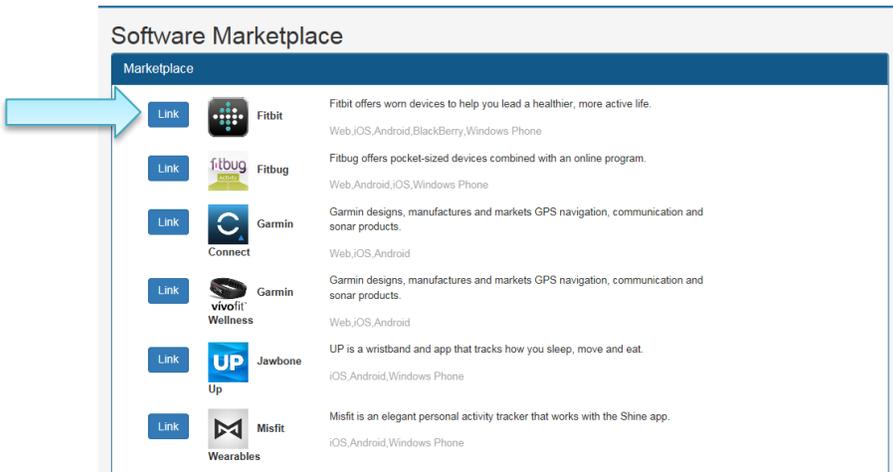
**Note: All other "Link" buttons for other applications have disappeared since you are only able to link one application with CHC at a time. **

Application	Description	Supported Platforms
Un-Link		
Jawbone Up	UP is a wristband and app that tracks how you sleep, move and eat.	iOS,Android,Windows Phone
Fitbit	Fitbit offers worn devices to help you lead a healthier, more active life.	Web,iOS,Android,BlackBerry,Windows Phone
Fitbug	Fitbug offers pocket-sized devices combined with an online program.	Web,Android,iOS,Windows Phone

1.3 Fitbit

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

1. Click the link button next to your supported device.



Enter Username and Password for Fitbit.

2. Left click on the "Allow" button.

The image shows the Fitbit login screen for 'CHC Wellness'. It features the Fitbit logo at the top left. Below it, a message states: 'CHC Wellness by CHC Wellness would like to access your profile and data on Fitbit.com:'. There is a toggle switch for 'READ AND UPDATE ACCESS'. Below this are two input fields for 'Email' and 'Password'. A 'FORGOT PASSWORD?' link is on the left, and a pink 'ALLOW' button is on the right. At the bottom, there is a link to 'You can revoke this application's access from'.

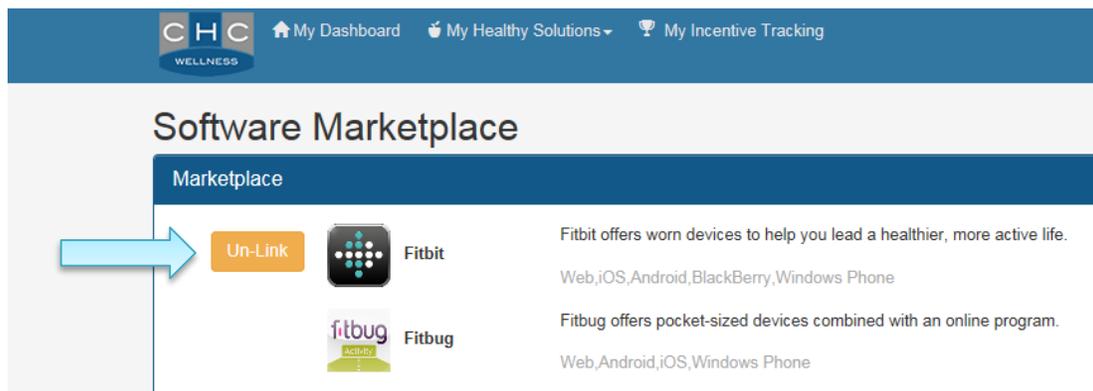
The image shows the 'Not using Fitbit yet?' screen in the Fitbit app. It features a header with the text 'Not using Fitbit yet?' and an image of a Fitbit device and a smartphone. Below the image are three main sections: 'TRACK ACTIVITY & SLEEP', 'MANAGE WEIGHT', and 'WATCH YOUR PROGRESS'. A paragraph of text follows: 'Fitbit motivates you to turn fitness into lifestyle, challenge friends, set goals, and watch your progress.' Below this is a link 'Learn more about Fitbit'. At the bottom, there is a 'CREATE A NEW ACCOUNT' button with a right-pointing arrow.



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. ****

4.



5. You are now set up for having your Fitbit 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.****

1.4 Garmin Vivofit

*Before linking your pedometer, make sure that you have created an account with your supported device at <https://connect.garmin.com/en-US/> .

1. Click the link button next to your supported device.

Software Marketplace

Marketplace

Link		Fitbit	Fitbit offers worn devices to help you lead a healthier, more active life. Web,iOS,Android,BlackBerry,Windows Phone
Link		Fitbug	Fitbug offers pocket-sized devices combined with an online program. Web,Android,iOS,Windows Phone
Link		Garmin Connect	Garmin designs, manufactures and markets GPS navigation, communication and sonar products. Web,iOS,Android
Link		Garmin vivofit Wellness	Garmin designs, manufactures and markets GPS navigation, communication and sonar products. Web,iOS,Android
Link		Jawbone Up	UP is a wristband and app that tracks how you sleep, move and eat. iOS,Android,Windows Phone
Link		Misfit Wearables	Misfit is an elegant personal activity tracker that works with the Shine app. iOS,Android,Windows Phone

2. Enter your username and password.

GARMIN Connect

CHC WELLNESS

An application would like to connect to your account.

The application CHC Wellness by CHC Wellness would like the ability to access your data on Garmin Connect. This application will access your public and private data on Garmin Connect.

Garmin Connect takes your privacy very seriously.
Please insure that you trust this application with your information before proceeding.
By clicking "Sign In" you continue to operate under Garmin Connect's Terms of Use. You may revoke access to this application at any time by visiting your Settings page at Garmin Connect.

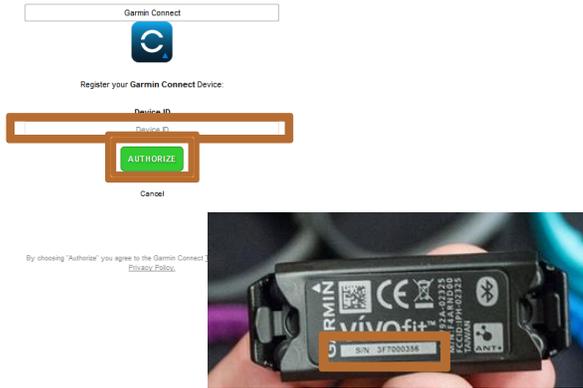
Garmin Account Sign In

Email or Username

Password ([Forgot?](#))

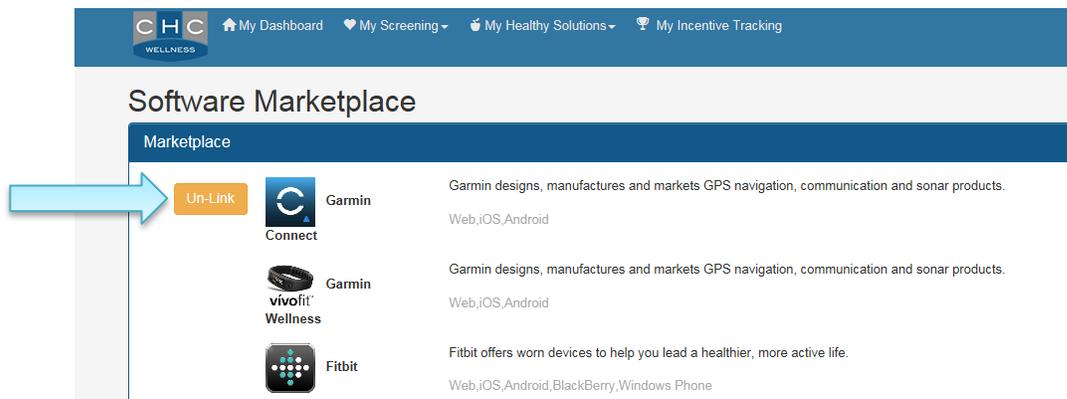
Don't have an account? [Create One](#)

3. Enter the device ID. This can be found on the back of a pedometer.



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. ******



1.5 Moves App

*Before linking your account to CHC, make sure that you have downloaded the app onto your phone and created an account with your supported device at <https://www.moves-app.com/>

1. Click the link button next to your supported device.

Link		Jawbone Up UP is a wristband and app that tracks how you sleep, move and eat. iOS,Android,Windows Phone
Link		Misfit Misfit is an elegant personal activity tracker that works with the Shine app. iOS,Android,Windows Phone
 Link	 Wearables	Moves App Moves App is an activity diary of your life. iOS,Android,Windows Phone
Link		Nike + Nike+ offers wristbands and apps to track your activity. Web,iOS,Android,Windows Phone
Link		Omron Fitness Omron Fitness provides a range of devices to monitor your health. Web

2. Next, you will be prompted to enter a code to link your moves-app with your CHC account. Please take note of the code you will enter the code during step 4.

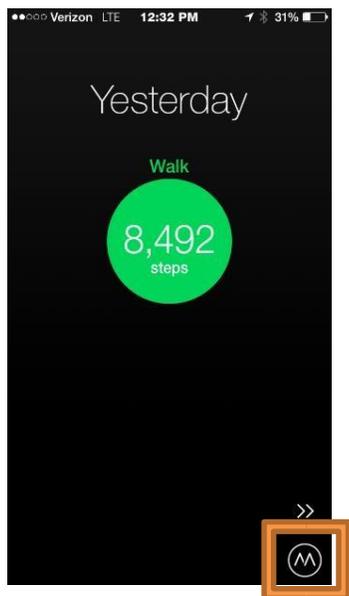


To allow **CHC Wellness** to use your data

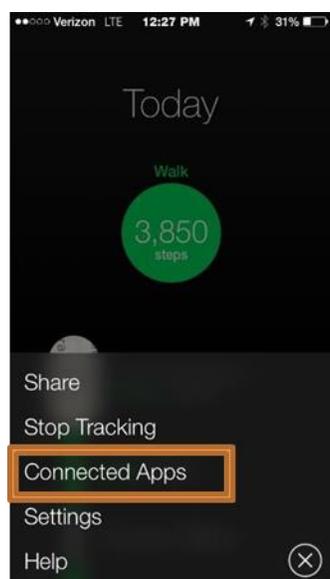
1. Open Moves on your phone
2. Choose main menu > Connected Apps > Enter PIN
3. Enter code

After entering the code and confirming permission request, wait for this page to update automatically. When using a mobile browser, remember to switch back to the browser after the confirmation dialog.

3. Open the Moves App on your smart phone and click the M at the bottom of the screen.

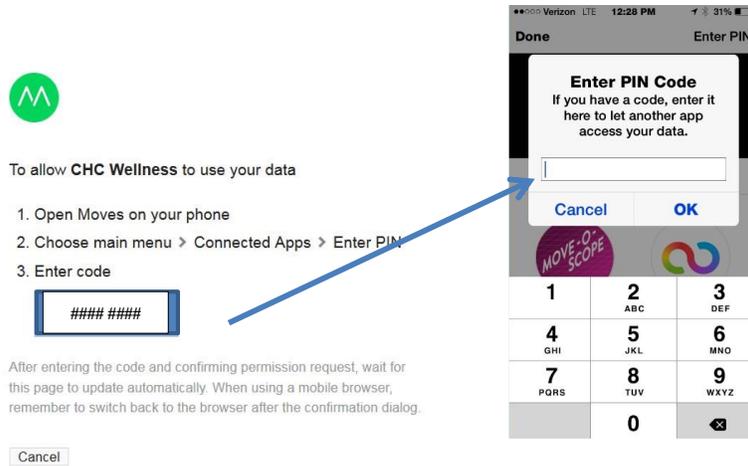


4. Click on Connected Apps.

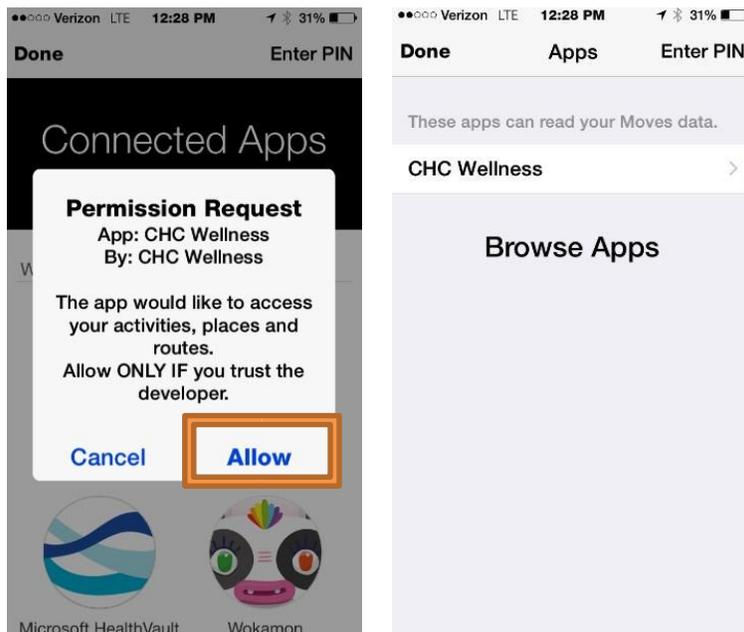




5. Enter the pin code from step 1 to link your Moves App to your CHC account.



6. Click 'Allow' so CHC can receive your step data. Then you will see CHC listed as a as a connected app.





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

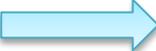
**Note: All other "Link" buttons for other applications have disappeared since you are only able to link one application with CHC at a time. **

Application	Description	Supported Platforms
Moves App	Moves App is an activity diary of your life.	iOS, Android, Windows Phone
Fitbit	Fitbit offers worn devices to help you lead a healthier, more active life.	Web, iOS, Android, BlackBerry, Windows Phone
Fitbug	Fitbug offers pocket-sized devices combined with an online program.	Web, Android, iOS, Windows Phone

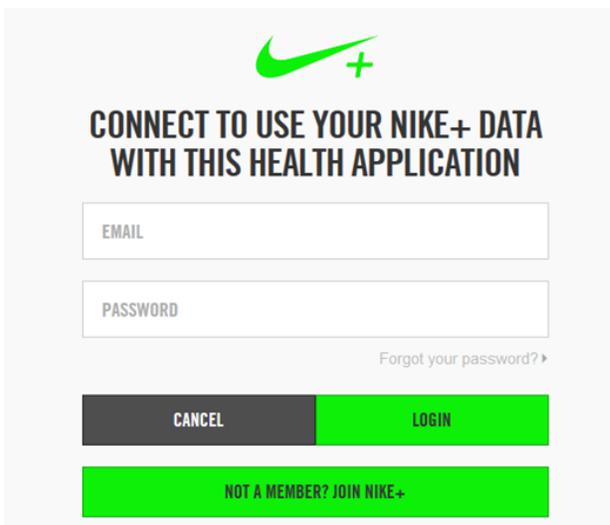
1.6 Nike+:

*Before linking your pedometer, make sure that you have created an account with your supported device at <https://secure-nikeplus.nike.com/plus/>

1. Click the link button next to your supported device.

Link	Jawbone Up	UP is a wristband and app that tracks how you sleep, move and eat. iOS,Android,Windows Phone
Link	Misfit Wearables	Misfit is an elegant personal activity tracker that works with the Shine app. iOS,Android,Windows Phone
Link	Moves App	Moves App is an activity diary of your life. iOS,Android,Windows Phone
 Link	Nike +	Nike+ offers wristbands and apps to track your activity. Web,iOS,Android,Windows Phone
Link	Omron Fitness	Omron Fitness provides a range of devices to monitor your health. Web

2. Enter Username and Password for Nike+.
3. Allow CHC to access your Nike+ data

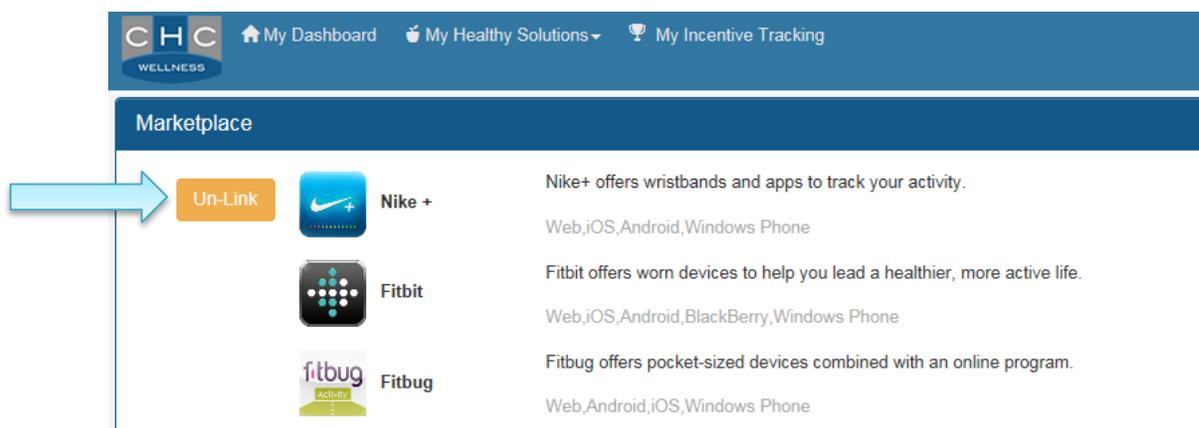


The screenshot shows the Nike+ login interface. At the top is the Nike+ logo. Below it is the heading "CONNECT TO USE YOUR NIKE+ DATA WITH THIS HEALTH APPLICATION". There are two input fields: "EMAIL" and "PASSWORD". A link "Forgot your password? >" is located below the password field. At the bottom, there are three buttons: a grey "CANCEL" button, a green "LOGIN" button, and a green "NOT A MEMBER? JOIN NIKE+" button.



- 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 Nike+ 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.**

1.7 Misfit:

*Before linking your pedometer, make sure that you have created an account with your supported device at <https://sso.misfit.com/auth/login>

1) Click the link button next to your supported device.

Link		Jawbone Up	UP is a wristband and app that tracks how you sleep, move and eat. iOS,Android,Windows Phone
	Link	 Misfit Wearables	Misfit is an elegant personal activity tracker that works with the Shine app. iOS,Android,Windows Phone
Link		Moves App	Moves App is an activity diary of your life. iOS,Android,Windows Phone
Link		Nike +	Nike+ offers wristbands and apps to track your activity. Web,iOS,Android,Windows Phone
Link		Omron Fitness	Omron Fitness provides a range of devices to monitor your health. Web

2. Enter your Misfit username and password
3. Allow CHC to access your Misfit data

MISFIT

Sign In

Email:

Password:

Sign in

Sign in

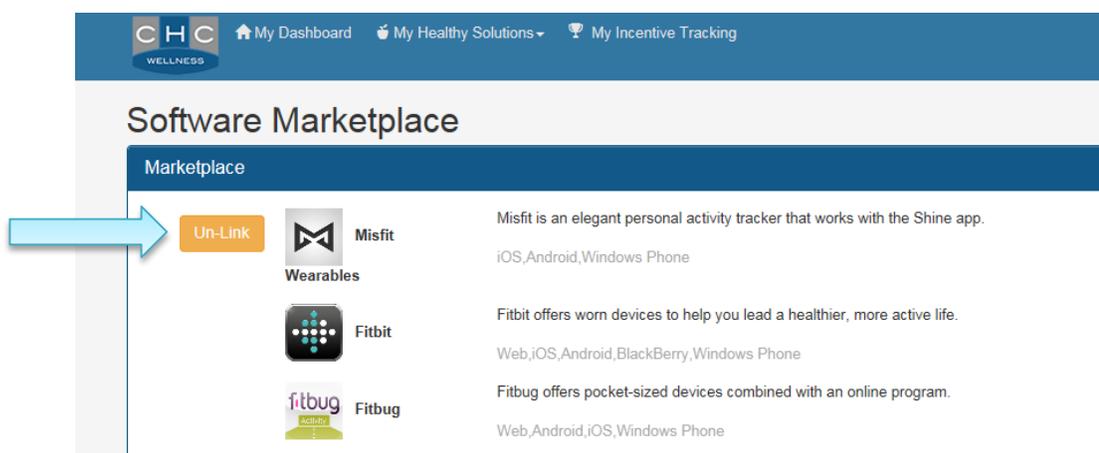
Sign in

[Forgot Password?](#) [Learn more about Misfit](#)



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 Misfit 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.