

GETTING STARTED WITH FITBIT™

Welcome! This guide will walk you through the simple steps of how to join our wellness program and participate in step challenges.

SET UP YOUR DEVICE & JOIN THE PROGRAM



Before getting started, make sure your smartwatch and mobile phone are charged and that the Bluetooth setting on your phone is turned on. (iOS: Tap Settings > Bluetooth; Android: Tap Settings > Connections > Bluetooth)

- STEP 1:** Download the Fitbit mobile app and login or create a new account using an email address and password of your choice.
- STEP 2:** In the app, tap on the Account icon in the top left corner of your screen. Then select + **Set Up a Device**. Select your device and follow the in-app prompts to complete the setup process.
- STEP 3:** Join your our Fitbit program here: <https://www.fitbit.com/care/go/022841>
- STEP 4:** You're in the program! You'll now receive a Fitbit notification whenever we run a step challenge. Nothing else you need to do - you'll be automatically included!

If you already have a Fitbit, head right to the link in Step 3! If you do not have a Fitbit, download the Fitbit app and setup [MobileTrack](#) then go right to step 3!

Click the link in Step 3 to join the program or scan the QR Code to join from your phone!



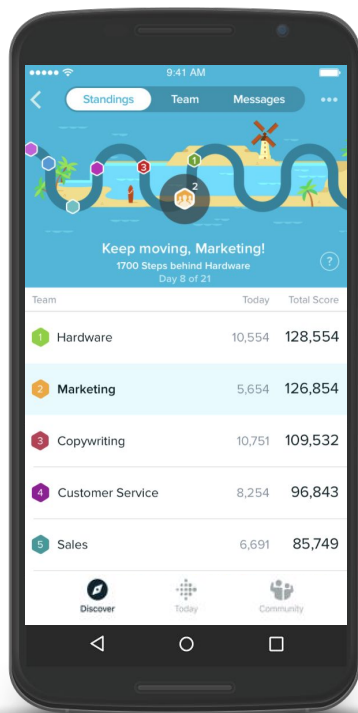
YOUR FITBIT PROGRAM

GET TO KNOW YOUR FITBIT

Create goals. Most Fitbit trackers allow you to set and adjust daily goal—such as activity, exercise, weight, hydration, food, and sleep targets— at anytime straight from your app [[How to set goals](#)]. Your daily progress towards these benchmarks can be seen on your dashboard. With certain devices, you can also set a “main goal”, which programs your tracker to alert you via lights and/or vibrations when you hit it.

Customize your dashboard. The quick-glance tiles on your [Fitbit dashboard](#) aren't set in stone. You can add, delete, edit and rearrange them from your [app](#) and [fitbit.com](#) so they best support your needs and goals. More information on the Fitbit app can be found [here](#)!

Dive deep into your data. The detail screen you're brought to when you click on a dashboard tile isn't static either. For many, you can scroll through the top panel to see more data analysis and even get one-week, one-month, three-month, and one-year averages.



GET COMPETITIVE

Ready for some friendly competition? Your program admin will launch company wide step challenges throughout the year so keep an eye out for challenge announcements in your Fitbit app!

In between challenges, follow along with your colleagues using the Leaderboard on the [My Wellness](#) page of your [fitbit.com](#) dashboard.

You can also start your own challenges with friends! Tap the Discover icon at the bottom of your Fitbit app and click on Challenges and Adventures to start an activity challenge with your Fitbit friends or tap on My Company when inviting participants to compete against colleagues. Click [here](#) for for guidance.