

MobileTrack: Using your smartphone as an activity tracker

Go to <http://www.fitbit.com/device> to see if your phone is compatible. After searching look for “Mobile Track” on right hand side of features page – if does not show then the device is not compatible with Mobile Track app. (In general, Mobile Track is available on the iPhone 5s and newer, Windows Microsoft Lumia, and Android HTC One M8.)

To get started:

1. Download the Fitbit app from the Apple App Store, Google Play Store, or Windows Store, and tap “Join Fitbit”.
2. When asked which tracker you're setting up, choose "No Fitbit Yet?" and follow the MobileTrack instructions. (you do not need to have a device or a code)
3. Message displays “Fitbit would like to access your motion and fitness activity” – click YES
4. Message displays “Your (phone model) can start tracking the basics with Mobile Track”
5. Select “Set up phone”
6. Enter height, weight, DoB, name, email and password of your choosing.

If you already have a Fitbit account, log into the app and go to the Account screen. Choose the option for setting up a new device and follow the MobileTrack instructions.

Once your Fitbit account is active, login to your EHP Healthy Choice Portal.

1. Choose “Activity Device” from the menu on the left
2. If you have another device linked you will need to click on “unregister” to remove that device (you will not lose steps or minutes already on portal)
3. Click the “Link to Fitbit” button.
4. Enter your Fitbit account username and password. - Your data will automatically post in your account anytime you offload to your Fitbit account.

Be sure to check your Healthy Choice portal account at least once per week to make sure steps and minutes are showing on the portal.