



Have a Fitbit®? Use it for the Challenge!

If you'd like to use your Fitbit® you must link it to ahealthyme. This establishes a connection between your device and your ahealthyme account. Follow the steps outlined below or by viewing our [video tutorial](#) on the ahealthyme website, in the **Support** tab under **Fitbit Support**.

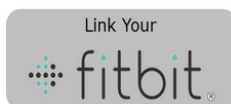
1. **First-time Fitbit® users:** Register your device on Fitbit.com. **Registration is a one-time process.**

Already have a Fitbit.com account? Move to Step 2.

Get started: Visit <http://www.fitbit.com/setup> and follow the instructions provided with your device.

Optional (but recommended): Download the Fitbit app on your mobile device and follow these instructions: <http://www.fitbit.com/devices>.

2. Log into your ahealthyme account (www.ahealthyme.com/login).
3. Click on the gray Fitbit® widget.



4. Enter Fitbit.com account email address and password, then click **Log In**.

A screenshot of a web page titled 'Log in'. At the top, there are two social login options: 'Log in with Facebook' (with a blue Facebook icon) and 'Log in with Google' (with a red Google icon). Below these is a horizontal line with the word 'OR' in the center. Underneath the line are two input fields: 'Email' and 'Password'. Below the 'Email' field is a checkbox labeled 'Remember Me' which is checked, and a link labeled 'Forgot password?'. At the bottom right of the form is a gray button labeled 'LOG IN'.

5. On the next screen, click the pink **Allow** button. This allows ahealthyme to access your Fitbit® data.

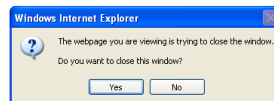
Please Note: You have the right to uncheck any boxes you wish, however, you must at least allow access to activity and exercise, Fitbit devices and settings, and profile to allow ahealthyme to read the steps collected by your Fitbit.



Your experience may vary depending on your internet browser:

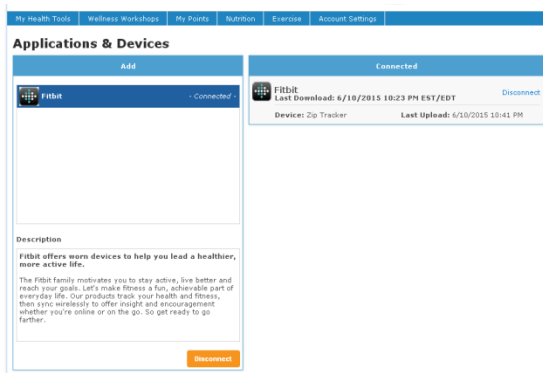
If using Internet Explorer:

A new window will pop up:



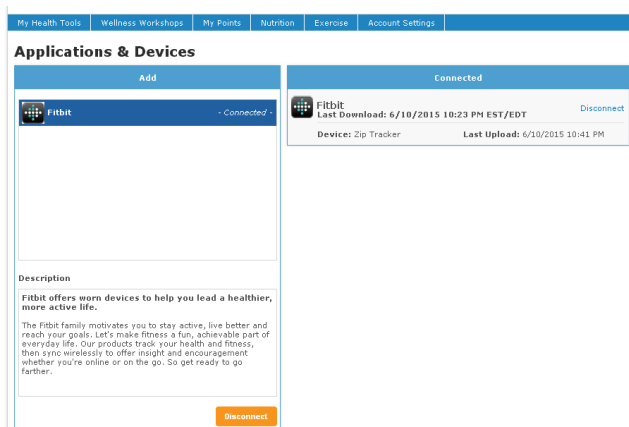
Close this window. Your ahealthyme portal will still be available on another window.

If you've properly set up your account, that screen will now look similar to this. Your Fitbit device displays under the **Connected** window:



If using Google Chrome:

A brief **“Hold on please”** message will appear. The screen will change to the Applications and Devices page, where your Fitbit® device is displayed under the **Connected** window.



In Google Chrome, you will not see a second window pop up that tells you “Registration is complete, please close this window.”

You've linked your Fitbit® to ahealthyme and are ready to start logging steps!

Reminder: To successfully complete this challenge AND EARN 25 Wellness Points/Dollars and entry into a raffle for a Fitbit Versa, you will need to log 294,000 steps within six weeks (an average of 7,000 steps per day).