

How to Connect your Fitbit (or other Tracker) to Your Wellness Account


If you have a **new** Fitbit or other tracker, **first** download the app on to your smartphone and activate your tracker **before** you connect it to your Harvard Pilgrim wellness account.

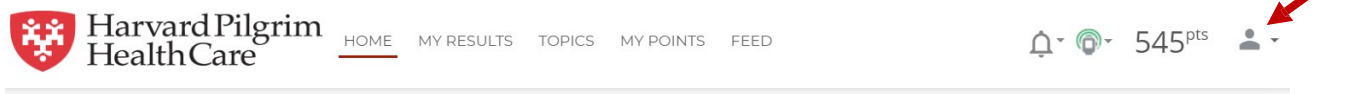
Note: Updates to your tracker need to be completed within the tracker's app in order for it to sync properly to your wellness account.

To add your new Inspire HR or other new device to your Fitbit account this semester, you must first remove your existing device, then add the new device. DO NOT create a new Fitbit account.

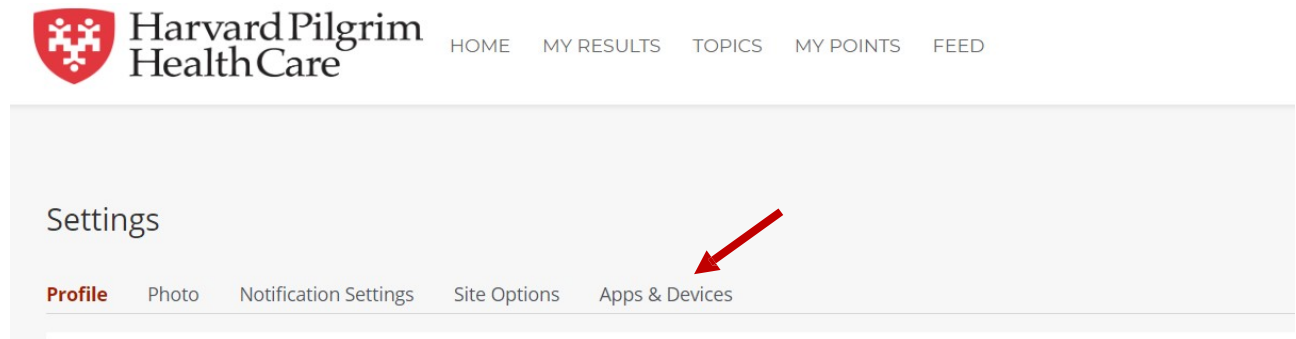


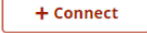
Once activated, connect the device to your wellness account by following these instructions:

1. Log in to your wellness account by visiting www.harvardpilgrim.org/wellnessaccount
2. Click the  icon in the top righthand corner of your dashboard.



3. Click on Settings, and then Apps & Devices



4. Scroll through the list to find the device you would like to connect. Select  .

Settings

Account Profile Notification Settings Site Options **Apps & Devices**

Filter By Pedometer Session Tracker



Apple Health

Apple's Health app consolidates data from your iPhone, Apple Watch and 3rd party apps that you already use. The Health app makes it easy to track a wide array of activity data.

Tracks the total steps, distance traveled, calories burned, sleep hours and exercise minutes for the entire day.

Connect or Disconnect in the Limeade app > Account > Apps & Devices > Apple Health.

* Limeade is connected to Apple Health. Modify Limeade's access to Health data in the Apple's Health application.

+ Connect




Fitbit Tracker

The Fitbit Tracker shows your real-time activity stats so you know how close you are to your goals. It shows your exact steps taken, calories burned, and distance traveled. It automatically syncs your data whenever it's near your computer.

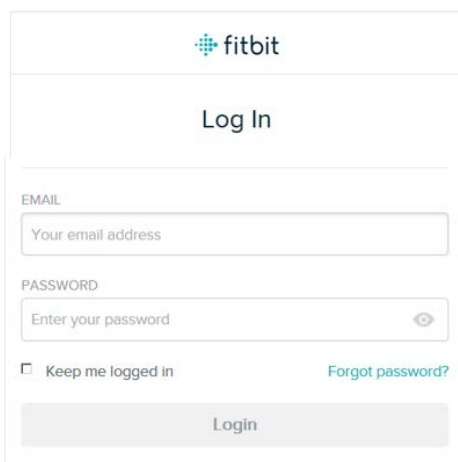
Tracks the total steps, distance traveled, and calories burned for the entire day.

+ Connect

Get It!

5. After clicking , you will be prompted for login information on the tracker's app.

For example, for the Fitbit enter the log in credentials you created when you downloaded the Fitbit app. *By entering your tracker's login information, you are allowing Harvard Pilgrim's wellness site to have access to your device's step information.*



The screenshot shows the Fitbit login page. At the top is the Fitbit logo. Below it is the text "Log In". There are two input fields: "EMAIL" with the placeholder "Your email address" and "PASSWORD" with the placeholder "Enter your password" and a toggle icon. Below the password field is a checkbox labeled "Keep me logged in" and a link "Forgot password?". At the bottom is a "Login" button.

8/28/2019

6. When connecting your Fitbit device to the Harvard Pilgrim wellness account, a pop-up will appear. Please make sure to select “Allow All” to have your steps sync with your wellness account. *Please note: Harvard Pilgrim only has access to the step information.*



Limeade by [Limeade, Inc.](#) would like the ability to access and write the following data in your Fitbit account.

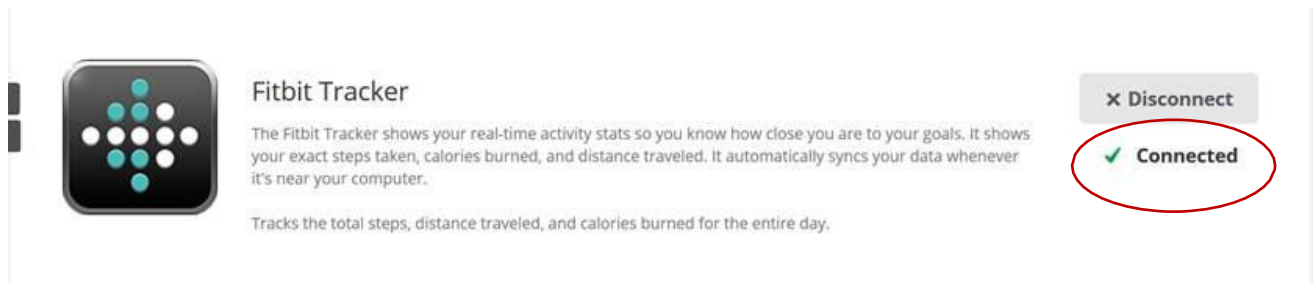
- Allow All
 - weight ⓘ
 - friends ⓘ
 - heart rate
 - sleep
 - food and water logs ⓘ
 - profile ⓘ
 - Fitbit devices and settings
 - activity and exercise

If you allow only some of this data, Limeade may not function as intended. Learn more about these permissions [here](#).



The data you share with Limeade will be governed by Limeade, Inc.'s [Privacy Policy](#) and [Terms of Service](#). You can revoke this consent at any time in your Fitbit [account settings](#).

7. Once the tracker is connected, it will appear in the **Connected** section under Settings, Apps & Devices. **Note:** For the first 24 hours it will say “Last download: never” because it can take up to 24 hours to capture the initial sync.



Please contact Harvard Pilgrim’s Wellness Services, if you need assistance,
Monday – Friday, 9am – 5pm at **877.594.7183** or by email at **HPWellness@harvardpilgrim.org**.

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