





# Fitness Tracker with device connection

Your Fitness Tracker allows you to manually or automatically download your steps or activity. You can also view a graph with a summary of all of your activity as well as your daily goals and your best day summary. Adjust the dates to create a custom graph. Simply go to the [Health Tracker](#) tab > Fitness tile to view your progress at anytime. The list of connectable devices include:




## Fitbit

- You will need to have a Fitbit Wearable and a Fitbit account already established before you connect your device.
- Data will automatically sync to the PHD once you are connected. Syncing occurs every 10 minutes




## Garmin

- You will need to have a Garmin wearbale and a Garmin account already established before you connect your device.
- Data will automatically sync to the PHD once you are connected. Syncing occurs every 10 minutes.



## Apple Watch

- You will need to have an Apple Watch and a Fitbit account already established to use one of the apps that syncs with the PHD.
- You will need to manually sync through a third party app called MyFitnessSync every 1-4 days. You may also connect to Fitbit through the Apple Health App. Once you sync your app your PHD tracker will update within 30 minutes



## Mobile Phone

- You will need to have a Smart Mobile Phone and a Fitbit account already established to use MobileTrack to track your steps.
- Low-power step sensors inside your phone track your steps through MobileTrack and sends the data to the Fitbit app. Syncing occurs every 10 minutes.

### No Tracker Device? Log manually

You can manually enter your activity on your PHD in the Fitness Tracker found in the Health Tracker tab. Choose from over 150 different activities. Enter your duration and intensity and click save.

### How far back will my history sync?

Fitbit and Garmin data will begin showing up from the date you first sync your device with an active account to the US HealthCenter site. If your device disconnects from your account, you have 5 days to sync or data enter the steps for the missed dates. **Steps will not track for synced or manual entry after 5 days.** We recommend logging in frequently (every 1-4 days) to review your data to ensure your account is syncing properly.

# Fitness Tracker Connecting Your Device

## Step 1: Establish an account

- **Fitbit:** Establish an account with Fitbit
- **Garmin:** Establish an account with Garmin
- **Apple Watch:** Establish an account with Fitbit. (Fitbit device not required, but a Fitbit account is required)
- **Mobile Phone:** Establish an account with Fitbit. When asked which tracker you're setting up, choose "No Fitbit Yet?" and follow the MobileTrack instructions. If you already have a Fitbit account, log into the app and tap or click the account icon. Choose the option for setting up a new device and follow the MobileTrack instructions.

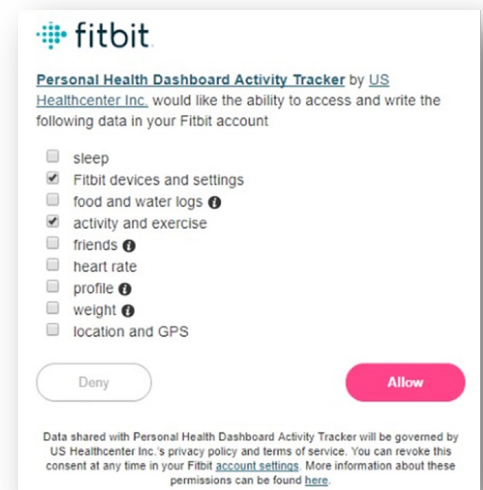


## Step 2: For Apple Watch Only - Download 3rd Party App

Download **MyFitnessSync** App from your App store and follow the instructions to connect your watch. Cost \$5.99

## Step 3: Connect your device

- Login to your [Personal Health Dashboard™](#)
- Click on the **Health Tracker** tab
- Click on the **Fitbit** or **Garmin** tile to connect. (**NOTE:** If you are using an Apple watch or MobileTrack, you must connect using the Fitbit tile to give permission to add your data through the 3rd party app)
  - You will be directed to the device site and prompted to login to your Fitbit or Garmin account.
  - Once you have logged in, you will be prompted to share your device data. You must allow **Devices and Settings** and **Activity and Exercise** at a minimum. (See example to the right)



## Troubleshoot your Tracker Connection

### Step 1:

Make sure to sync your device. Do you see your up to date information in your fitbit/ Garmin account on the fitbit/Garmin mobile app or website (fitbit.com or connect.garmin.com)? Wait 10 minutes after a sync is completed before logging into your USHC dashboard and check again.

### Step 2:

Still have an issue?

Try to disconnect and reconnect your fitbit or Garmin account. Also, verify the correct Fitbit/Garmin account is linked to your PHD (if you have multiple accounts).

### Step 3:

Still an issue?

Call or email the US HealthCenter helpdesk for assistance at

Toll Free: 877-322-7398 x 2

Email: [help@ushealthcenterinc.com](mailto:help@ushealthcenterinc.com)