US HealthCenter
PERSONAL • PREDICTIVE • HEALTH

FITNESS TRACKER

FOLLOW THE INSTRUCTIONS INCLUDED IN THIS GUIDE TO CONNECT YOUR DEVICE OR MANUALLY TRACK YOUR ACTIVITY IN THE ACTIVITY TRACKER ON YOUR PERSONAL HEALTH DASHBOARD!

TRACK YOUR PHYSICAL ACTIVITY ON YOUR PERSONAL HEALTH DASHBOARD

LOG IN OFTEN! TRACKER WILL NOT ALLOW ACTIVITY DATA OLDER THAN 5 DAYS

Login to your PHD:

https://ushealthcenter.com

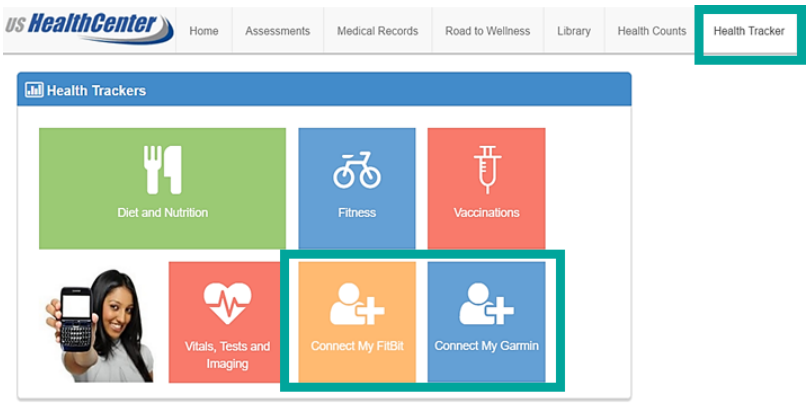
***Don't see your activity? Make sure you sync your device and allow time for it to show up on your PHD.**

Download the Mobile App

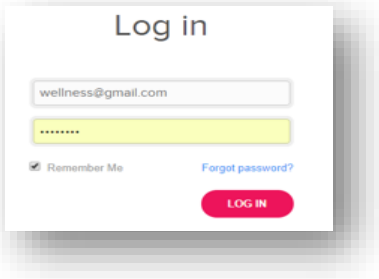
GARMIN & FITBIT STEP TRACKING INSTRUCTIONS

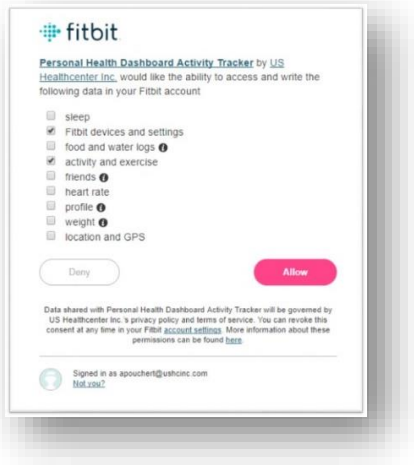
FITBIT OR GARMIN USERS

- Login to your Personal Health Dashboard (PHD) at https://ushealthcenter.com
- Click on the **Health Tracker** tab
- Click on **Fitbit** or **Garmin** tile to connect

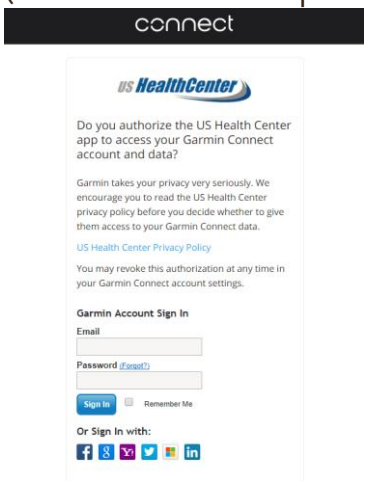


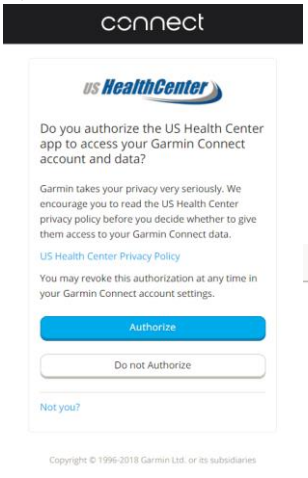
You will be directed to the Fitbit or Garmin site and prompted to login to your account (Fitbit site in example below) Once you have login in, you will be prompted to share your device data and must select the below at a minimum: Fitbit devices and settings and activity and exercise.

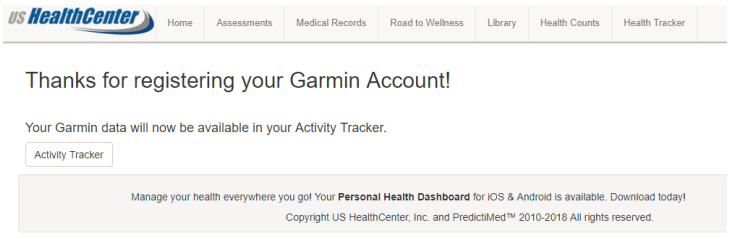




(Garmin site in example below)



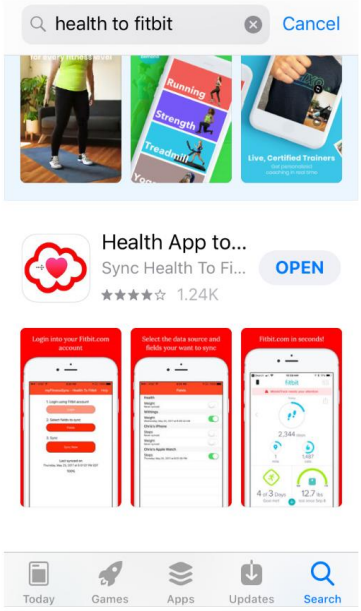


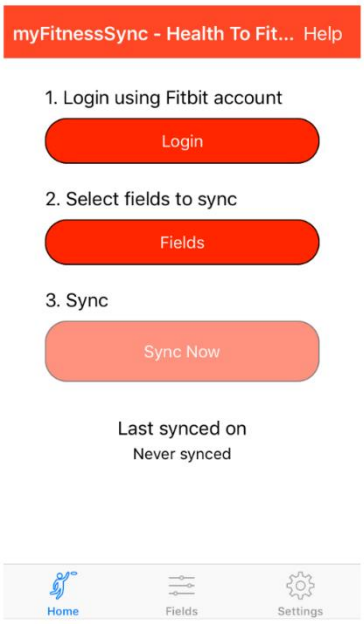


Once you have authorized Fitbit or Garmin, login often to the Personal Health Dashboard (PHD) to make sure your data is synced. Steps must be recorded at least once every 5 days.

APPLE USERS

- Users must purchase an app "myFitnessSync Health to Fitbit" that allows syncing between Health App to Fitbit account (Fitbit device not required, but a Fitbit account is required)
- Create Fitbit account then follow steps below.
- Search "health to Fitbit" in the App Store or Google Play
- Download the app "Health App to Fitbit Sync"
- Select Login using Fitbit account
- Select Field to Sync
- Select source of data (choose Apple Watch for steps)
- Click Home on bottom
- Click Sync Now

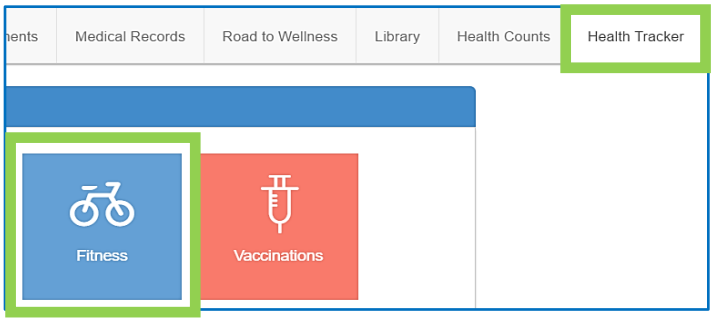




- Login to your Personal Health Dashboard (PHD) at https://ushealthcenter.com
- Click on the **Health Tracker** tab
- Click on **Fitbit** tile to connect
- Allow data to be synced from Fitbit to your PHD (at minimum, Fitbit devices and settings and activity and exercise must be selected). Click "Allow" as shown in Fitbit connection above.
- Login to PHD if prompted
- Allow an hour for data to be retrieved
- Be sure to sync at least every 4-5 days on the app to ensure data is transferred to your PHD.

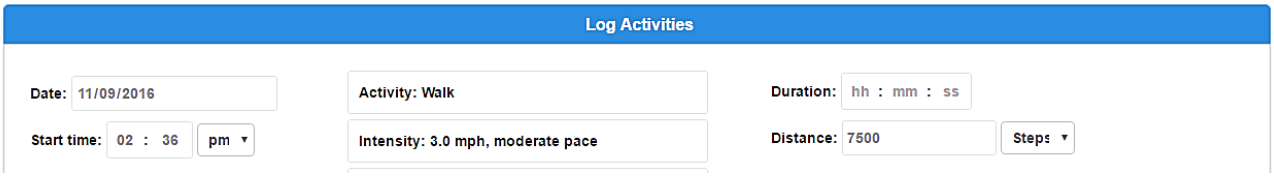
How to Track Steps OR Minutes If you do not have a Fitbit, Garmin or Apple

Enter your data on your Personal Health Dashboard.
Login to https://ushealthcenter.com

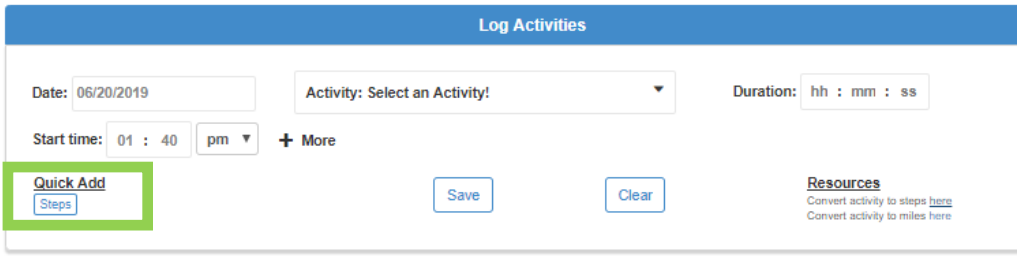


Click **Health Tracker** tab > Select **Fitness** tile

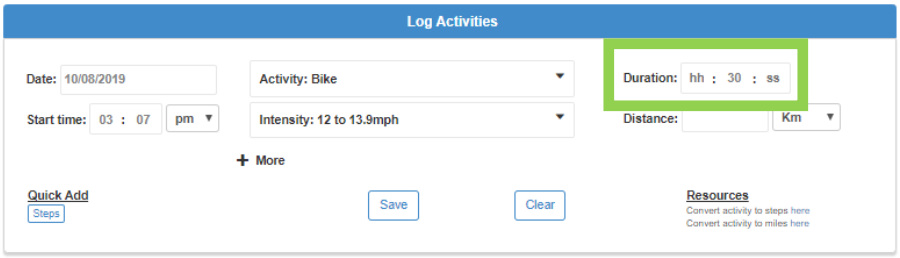
- Select date for which you are recording steps or minutes > Select activity *(i.e. walk, run, hike, etc.) > Select intensity. Your tracker will not permit adding historical activity older than 5 days old, so login often.
    - **For Steps:** Activities that allow step tracking are Bike, Rowing Machine, Run, Treadmill, Treadmill 10% Incline, Treadmill 15% Incline, Treadmill 5% Incline, Rowing, Swimming, Cross Country Skiing, Hike and Walk. In distance box, enter total steps for the date selected > Select steps from drop-down box > Save.



    - **Quick Add Steps:** If you are using a pedometer that doesn't sync or tracking steps in another way, you can simply enter in your steps through the Quick Add feature (highlighted below).



    - **For Minutes:** Enter Number of Minutes in Duration Field > Save

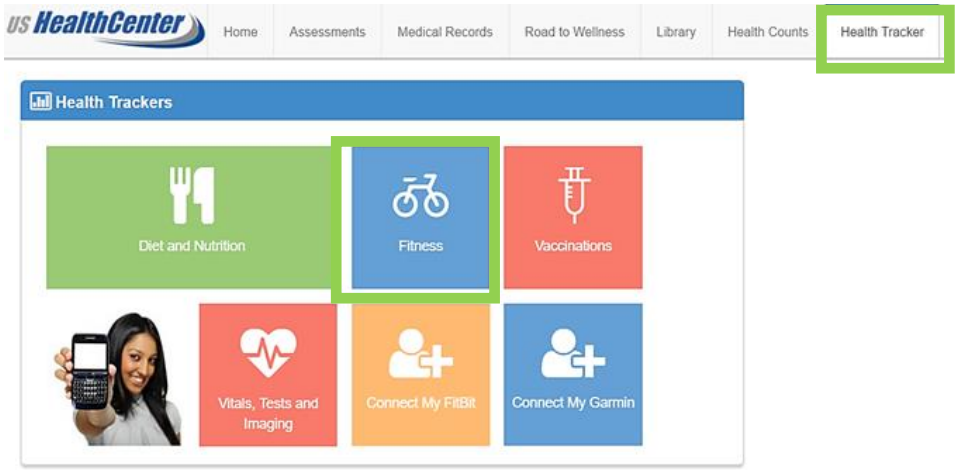


- Once you have successfully saved your activity, it will be displayed on a graph and chart on the Health Tracker tab. If you make a mistake when logging your activity, scroll down to the chart (shown below) and click the trash can icon on the activity you would like to delete. You can then re-record the activity.

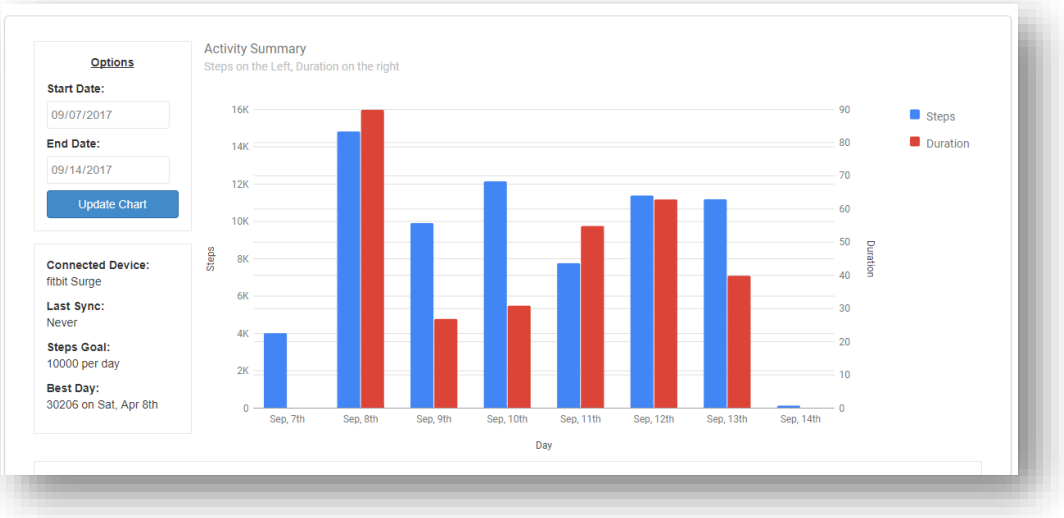
Date ▲	Activity Name, Intensity	Steps	Distance	Duration	Calories Burned	Exercise Signs	
Yesterday at 2:36 PM	Walk , 3.0 mph, moderate pace	7500	--	--	--	--	🗑
Last Tuesday at 2:41 PM	Walk , 3.0 mph, moderate pace	7500	--	--	--	--	🗑
Last Monday at 2:44 PM	Walk , 3.0 mph, moderate pace	8000	--	--	--	--	🗑

FOR ALL USERS: To View the Steps that you have Recorded

Login to your PHD and click on the **Health Tracker** tab > blue **Fitness** tile.



From the fitness tracker tile, you will see a chart and table that display the steps you have recorded for each day. To view data for a specific date range, change the start and end date > select Update Chart.



Don't see your activity?

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- **LOG IN OFTEN! TRACKER WILL NOT ALLOW ACTIVITY DATA OLDER THAN 5 DAYS**

Questions? Contact US HealthCenter at help@ushealthcenterinc.com
or call 1-877-322-7398 Ext. 2

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