

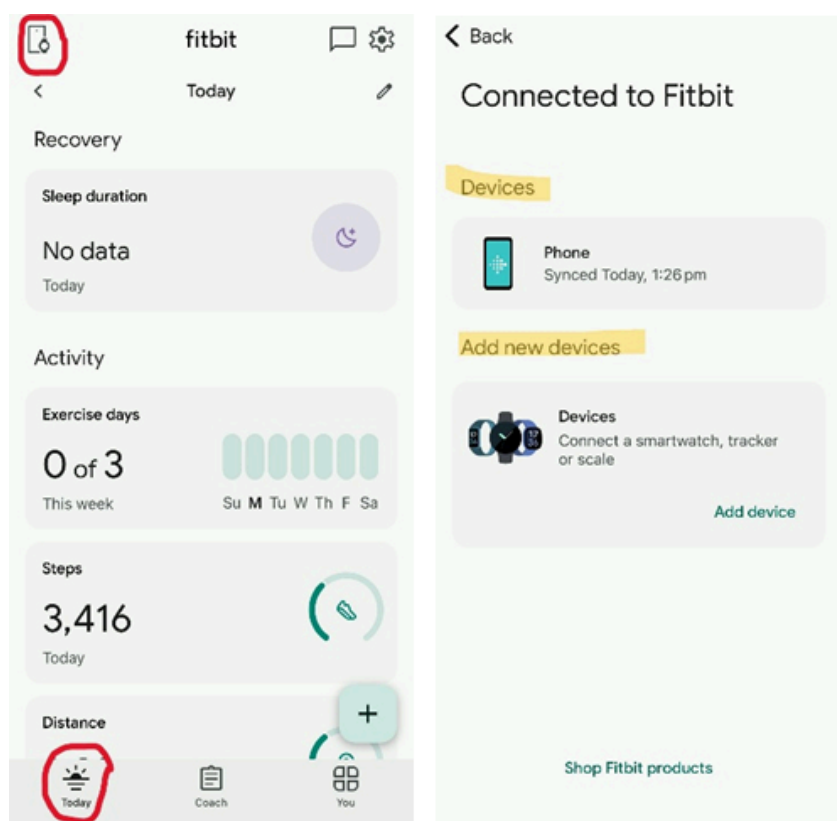
Connect Your Smartphone to Fitbit



Tracking Your Steps via Your Smartphone

Mobile Tracking

The Fitbit App allows for Mobile Tracking.



Once you've set up your phone as your device that syncs to the Fitbit app, it will use the steps from your mobile phone and import to Fitbit.

These steps will count toward the challenge!

Connecting to StepUp4ICU

1. Log in to your StepUp4ICU account.
2. Under the heading **Connect your preferred Fitness app**, click on Fitbit.
3. Follow the prompts to connect your account
4. Your cumulative activity will sync at the end of the day. If you are having issues, try syncing through your the Fitbit app on your smartphone. Your tally will be updated each day

Manually adding activity

You can also manually add your exercise to the tally in the My Fitness Activity tab within your logged in dashboard. This is a great option if you're using a pedometer or a different method of tracking.

Follow these steps to manually add your activity:

1. Log in to your account and select My Fitness Activity.
2. Under Add activity, enter the required fields. Depending on the challenge this may be steps, distance and/duration.
3. The logged activity will now appear on your fundraising page!

Connecting Google Fit & Samsung Health to Health Connect

1. Download the Health Connect app

Open the Google Fit or Samsung Health app on your device.

2. Tap on the profile icon, then select Settings

3. Scroll down until you see Health Connect. Tap on it to continue.

4. You will be prompted to allow your chosen Health App to share data with Health Connect. Select the data types you want to share (e.g. steps) and click Allow.

5. Once connected, Google Fit or Samsung Health will start syncing data with Health Connect. You may need to wait a few moments for the data to update.

Connecting Health Connect to Fitbit

1. Open the Fitbit app on your phone.

2. Tap on the Settings button in the top right corner.

3. Select Health Connect > Turn on Sync with Health Connect

4. Turn on the data fields you want Fitbit to access in Health Connect, e.g. steps

5. Tap Allow, then tap Done.