



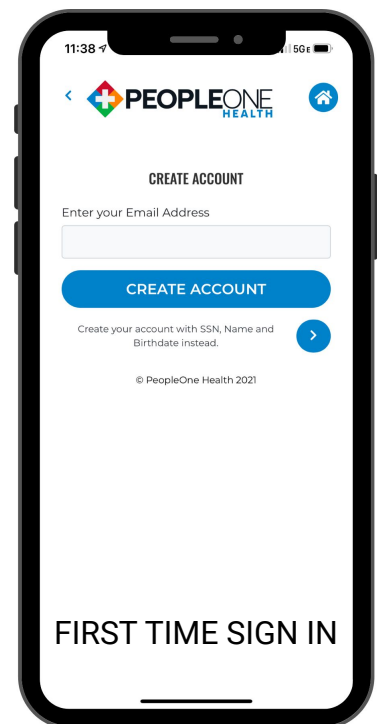
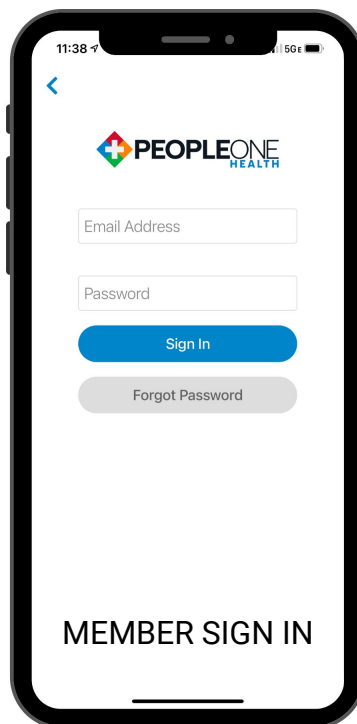
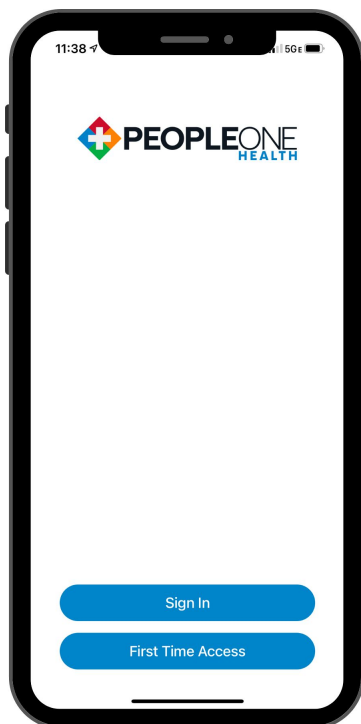
HOW TO CONNECT YOUR FITNESS DEVICE

CONNECTING DEVICES

Connect your fitness device to PeopleOne Health to easily participate in fitness challenges and track your activity in the Fitness Game! You can download the free app to your mobile device from the iOS App Store or the Google App Store. **To connect a FitBit device you will need to access <https://portal.peopleonehealth.com> via a web browser.**

CONNECT YOUR DEVICE VIA THE APP

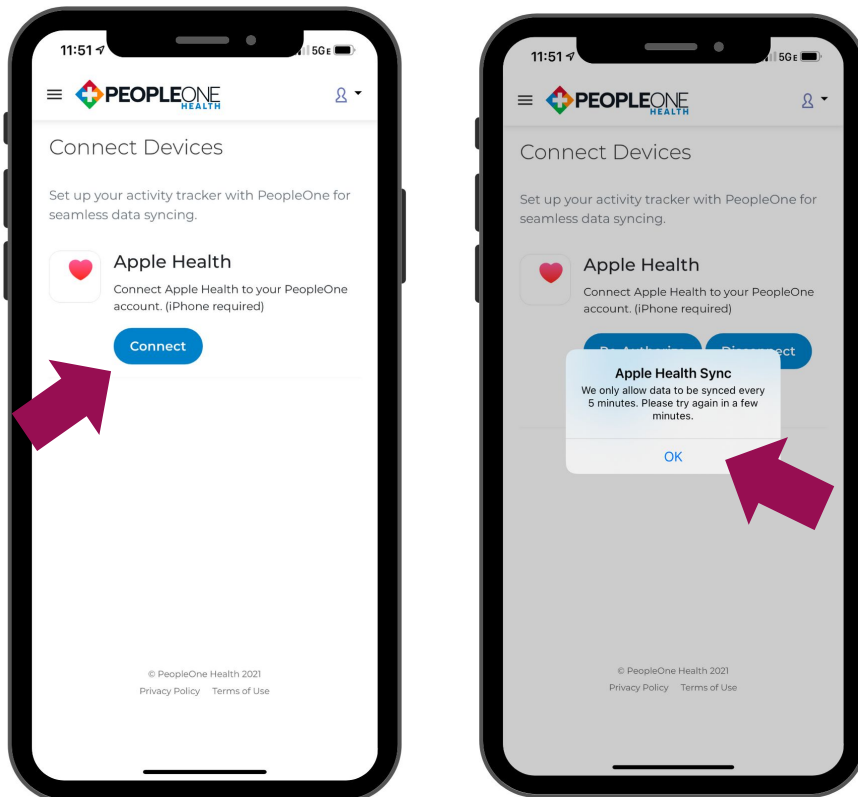
1. Open the PeopleOne Health app. If this is the first time you have used the PeopleOne Health app you will need to sign in using your member ID. The example below uses Apple Health, but will be the same process for Google Fit on an Android Device.



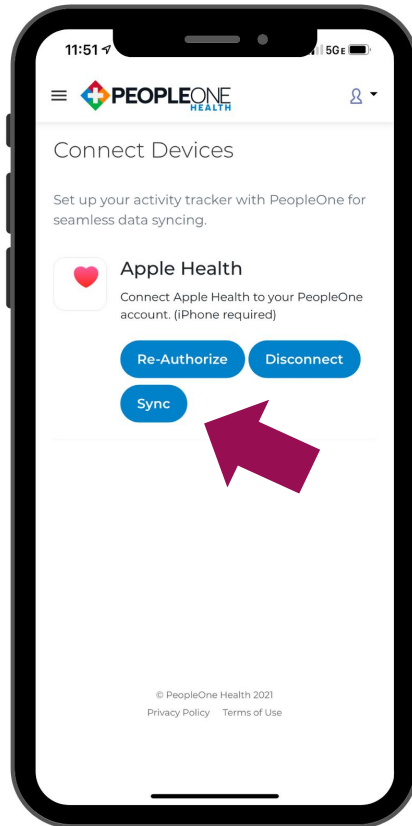
2. Once you have signed in, tap the person icon and tap Devices.



3. Next, tap Connect. You will now receive a notice, whether you are on an Apple or Android Device.

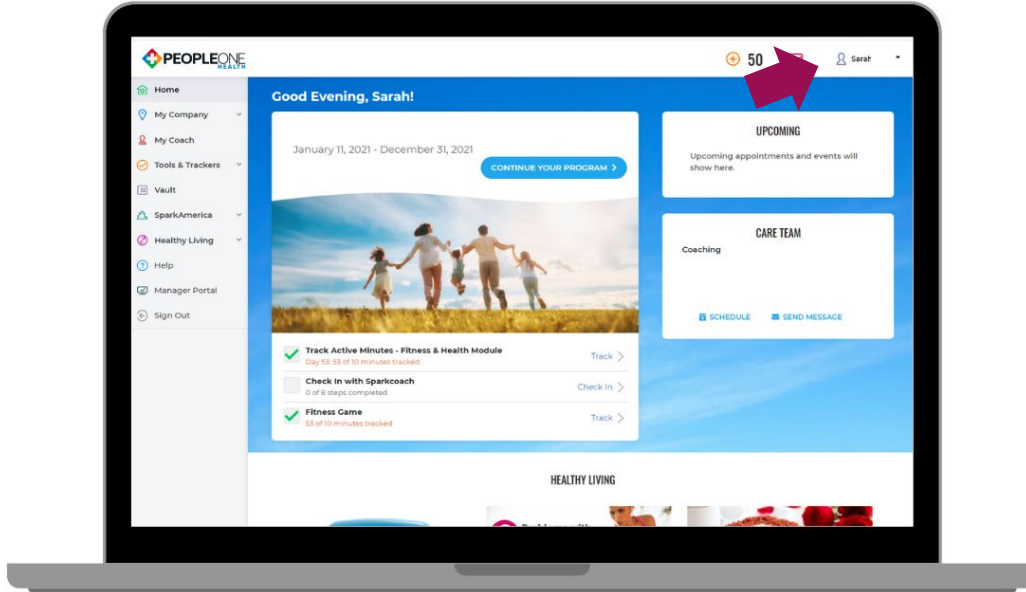


4. Now you are able to sync your device and start tracking minutes and steps data! Head back to your challenge page to start tracking. If you ever need to re-authorize or disconnect your device, you will also do so from this page.

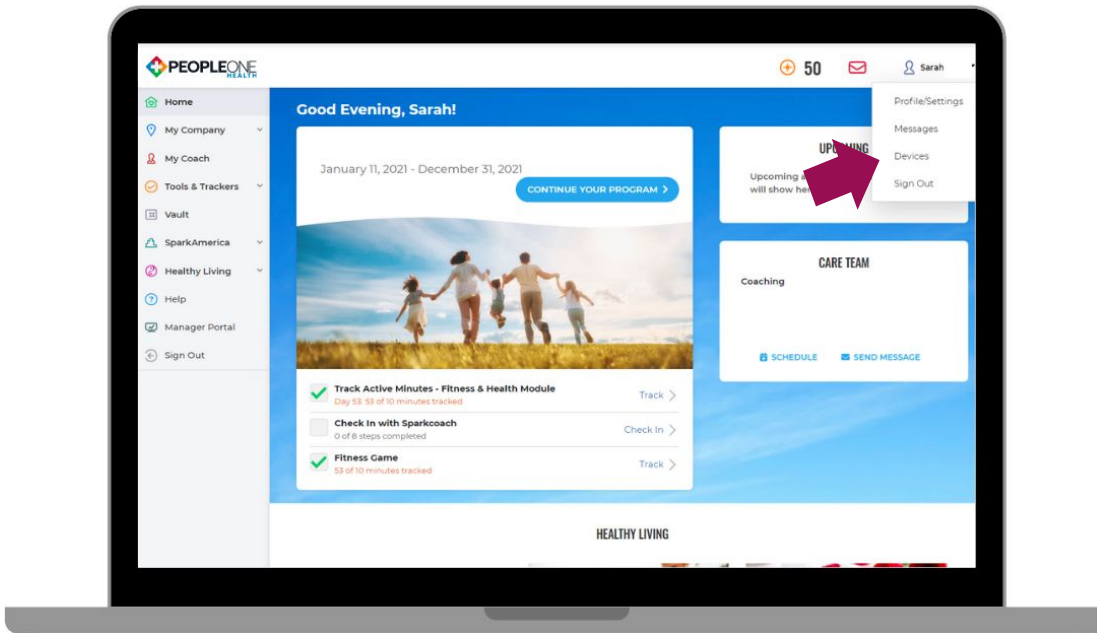


CONNECT YOUR DEVICE VIA WEB BROWSER

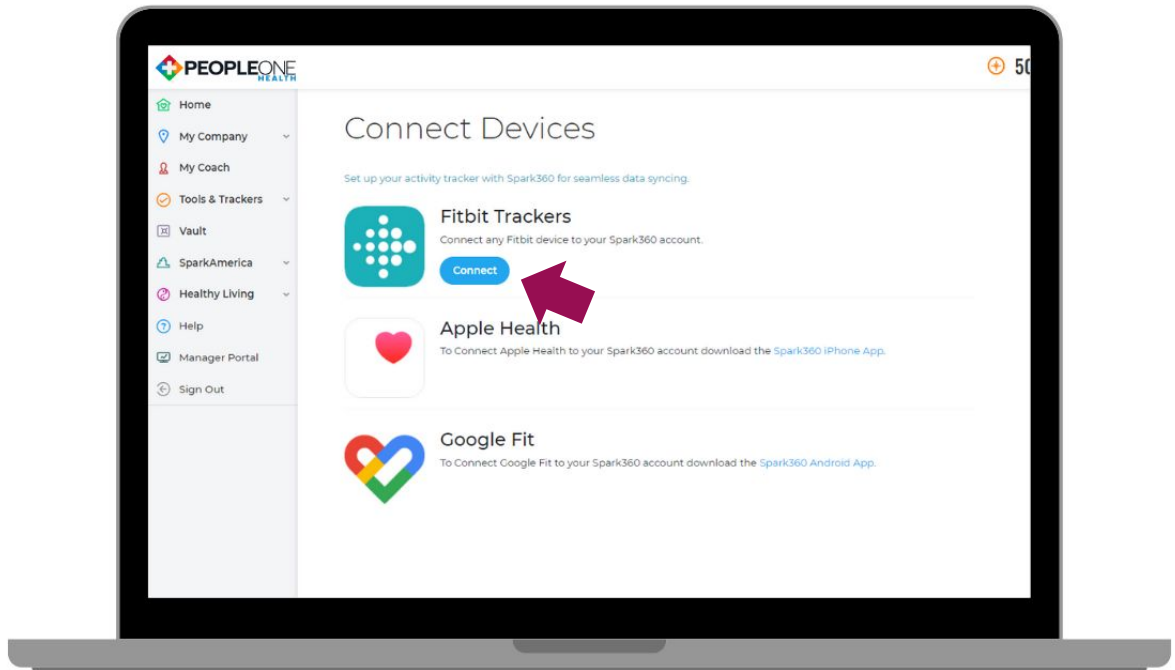
1. Sign in to the portal at <https://portal.peopleonehealth.com>, click the person icon in the upper right corner.



2. Next, click Devices.



3. Finally, click on Connect below Fitbit Devices. This will connect your Fitbit. **Apple Health and Google Fit must be connected via the PeopleOne Health app on a mobile device.**



SYNCING INFO, RULES AND FAQs

- Apple Health and Google Fit only sync data when the app is opened. In order to pass your minutes/steps data to PeopleOne Health, you must open the app. Syncing takes place automatically once the app is opened – no additional action is required. We recommend opening the app several times per day to keep your minutes/steps up-to-date in the Fitness Game.
- For Apple Health and Google Fit, once the app is opened and a data sync automatically starts in the background, the data may take up to 2 minutes until it is visible in the Fitness Game.
- Fitbit devices must first sync to Fitbit's servers via a connection between the Fitbit device and your phone app or computer (completely outside of PeopleOne Health). Once that happens, there is a process that runs every 10 minutes to pull in data. So, you may have to wait up to 10 minutes for your Fitbit data to show on your PeopleOne Health account after syncing with Fitbit servers.
- If you have multiple devices connected (ex: Fitbit and Apple Health), or enter minutes/steps manually in addition to pulling in device data, the highest number of minutes/steps will be used as the main challenge tracking number.
- If you connect a Fitbit after the challenge has started, Fitbit does not allow PeopleOne Health to pull your steps or minutes prior to the connection time. Ex: If a challenge started yesterday and you connect your Fitbit today at noon, PeopleOne Health will only show Fitbit steps and minutes from noon today and in the future.
- If you connect an Apple Health or Google Fit device after the challenge has started, PeopleOne Health will attempt to pull the previous 30-days minutes/steps values. This means, if you start a challenge 30 days late, then connect an Apple Health or Google Fit device, you will see your minutes/steps from the past 30 days eventually load into the challenge.
- If your Fitbit stops syncing minutes/steps with PeopleOne Health, you can re-authorize the connection. In order to do this, click the Manage Devices link on the challenge tracking page (located below the Fitbit logo). Once on the Connect Devices page, click the Re-Authorize button. You may be prompted to sign into your Fitbit account again.
- If your Apple Health or Google Fit stops syncing automatically, you can perform a manual sync that will attempt to pull in the last 30 days of minutes and steps values. In order to do this, click the Manage Devices link in the Fitness Game (located below the Apple Health/Google Fit logo). Once on the Connect Devices page, click the Sync button.