

## MobileTrack

### Using your smartphone as an activity tracker

- Go to [www.fitbit.com/app](http://www.fitbit.com/app) to see if your phone is compatible.
- Download the Fitbit app to your mobile device.
  - Tap “Join Fitbit”
  - Select “No Device”
  - Message displays “Fitbit would like to access your motion and fitness activity” – click YES
  - Message displays “Your iPhone 5S can start tracking the basics with Mobile Track”
  - Select “Set up phone”
  - Enter height, weight, DoB, name, email and password
- Once your Fitbit account is active, login to your EHP Healthy Choice Portal. Choose “Devices” from the footer and click the “Link to Fitbit” button. Enter your Fitbit account username and password.
- Your data will automatically post in your account anytime you offload to your Fitbit account.