

Fitbit® Walking Challenge

Participant Guide

Congratulations on taking part in the fourth annual Fitbit® Walking Challenge! This guide is meant to help guide you through several steps of the challenge such as syncing your device and joining your team. Information such as key dates and challenge prizes may be found on the Employee Wellness Website <http://www.bu.edu/wellness/>. If you still have questions after reviewing the website and this guide, please get in touch with your team leader who should be able to assist.



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1. How to Access BCBS ahealthyme®

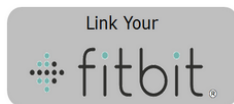
This Walking Challenge is administered through Blue Cross Blue Shield ahealthyme®. If you are a member of one of the Boston University health plans, if you haven't already done so, you can create an account on this site by visiting www.ahealthyme.com/login. If you are not a member of one of the Boston University health plans, contact ahealthyme® support at 888-617-0696, Monday through Friday, 8am-6pm to obtain your username and pin to access ahealthyme®. If you participated previously, your username and pin will remain the same. **Please note**, your employment with Boston University must have started prior to March 1, 2019 in order to participate.

2. How to Sync your Fitbit® with ahealthyme®

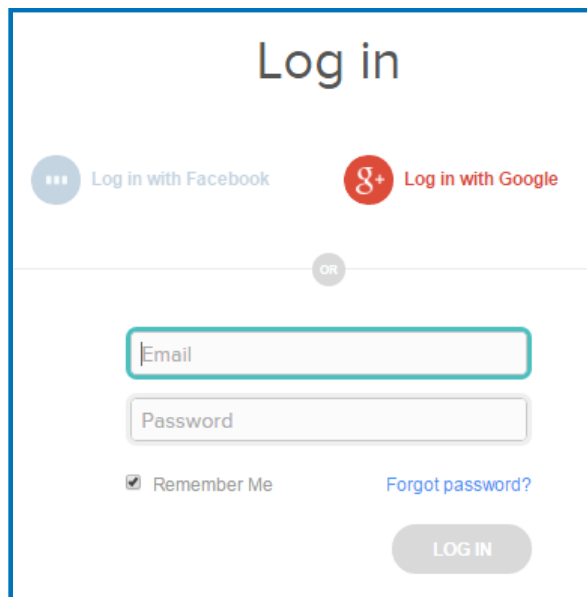
If you are using a Fitbit® device for this challenge, you will need to sync your Fitbit® device with ahealthyme®. If you are a first time Fitbit® user, you will also need to sync your device with Fitbit® before you can sync it with ahealthyme®.

1. To register with Fitbit® for first time users, visit www.fitbit.com/setup and follow the instructions provided with your device.
2. Log onto your ahealthyme® account (www.ahealthyme.com/login)

3. Click on the Fitbit® widget



4. Enter the log-in credentials for your Fitbit.com account.

A screenshot of the Fitbit login page. At the top, it says "Log in" in a large, bold, sans-serif font. Below this are two options: "Log in with Facebook" with a Facebook logo and "Log in with Google" with a Google logo. In the center, there is a horizontal line with the word "OR" in a small circle. Below the line are two input fields: "Email" and "Password". Below the "Email" field is a checkbox labeled "Remember Me". To the right of the checkbox is a link that says "Forgot password?". At the bottom right, there is a button labeled "LOG IN".

5. On the next screen, click the pink "Allow" button. This will allow ahealthyme® to access your Fitbit® data. Please note – you may uncheck any boxes you wish, however you must keep Fitbit® device and settings, activity and exercise and profile checked in order for ahealthyme® to access your step count.



Wellness by Cerner would like the ability to access the following data in your Fitbit account

- ☒ food and water logs ⓘ
- ☒ weight ⓘ
- ☒ friends ⓘ
- ☒ Fitbit devices and settings
- ☒ heart rate
- ☒ sleep
- ☒ activity and exercise
- ☒ profile ⓘ

[Deny](#) [Allow](#)

Data shared with Wellness will be governed by Cerner's privacy policy and terms of service. You can revoke this consent at any time in your Fitbit [account settings](#). More information about these permissions can be found [here](#).

6. If you've properly set up your account, you should now see your device listed as "Connected."

[My Health Tools](#) [Wellness Workshops](#) [My Points](#) [Nutrition](#) [Exercise](#) [Account Settings](#)

Applications & Devices

Add

Fitbit - Connected -

Description

Fitbit offers worn devices to help you lead a healthier, more active life.

The Fitbit family motivates you to stay active, live better and reach your goals. Let's make fitness a fun, achievable part of everyday life. Our products track your health and fitness, then sync wirelessly to offer insight and encouragement whether you're online or on the go. So get ready to go farther.

[Disconnect](#)

Connected

Fitbit
Last Download: 6/10/2015 10:23 PM EST/EDT [Disconnect](#)
Device: Zip Tracker Last Upload: 6/10/2015 10:41 PM

3. How to Join Your Team

- Log onto www.ahealthyme.com/login
- Click on the "Sign up Now" button in the Challenge Widget. Please note, this will not be available until 4/1.

Challenges

There are active challenges available. Sign up now and get involved!

TEAM Get Moving - Walking Challenge

12/11/14 - 1/22/15 11:59:59 PM

Join us in this walking challenge, sign up now!

Goal: 294,000 Steps

[Sign Up >>](#)

3. Select your team and under “Select Existing Team” click on “Sign up Now.” If you don’t see your team name listed, check with your team leader to ensure he or she has created the team already.

TEST - Spring Walking Challenge
Join us in this walking challenge, sign up now!

Description: This 6 week long walking challenge is designed to promote and encourage participants to increase their physical activity. During this challenge you will track your daily steps in the step log on a daily basis. You will learn about new ways to increase your physical activity from starting or joining walking group at work to exercising with your family. So sign up and let's start moving.

Goal: 49,000 steps per week.
49,000 steps total.

Start/End: 5/16/15 - 5/23/15
Signup Period: 5/9/15 - 5/22/15
Concurrent: No - cannot be taken with other challenges

Team-Based Challenge
Maximum of 500 members per team.

☒ **Select existing team:** AG TEAM
Selected team has no members currently enrolled in this challenge

☐ **Create your own team:**

Primary Challenge
☒ **Make primary challenge**

[Close](#) [Sign Up Now](#)

4. How to Log Steps w/o a Fitbit®

You can compete in the challenge if you don't have a Fitbit® device by manually adding your steps from another tracking device such as a pedometer.

1. Click on the “Log Steps” button in the challenge widget. This button should be right on the dashboard when you log-in.
2. Enter the amount of steps you've taken
3. Click “Update” to save your activity.

5. How to Sync your Fitbit® Steps

There are several methods to sync your steps to ahealthyme®. We recommend syncing your steps daily using the Fitbit app, however you also have the option to manually sync steps onto your computer.

Option A: Use the Fitbit® App

The Fitbit® app easily allows you to sync steps wirelessly and automatically. To download the app, follow these instructions: <http://www.fitbit.com/app>. To sync your steps using your smartphone or tablet, simply launch the app. Please remember that syncing your device using the app for smartphone or tablet requires Bluetooth Low Energy.

Option B: Manually sync your steps on your computer

You can also sync your steps to your Fitbit® account manually using the “dongle” provided with your device.

1. Plug your “dongle” into an open USB port on your computer. This transfers your steps onto your Fitbit.com account. These steps will then appear on ahealthyme®



2. Tips for Syncing: Every 15 minutes, your Fitbit® will automatically sync through your computer if:
 - a. New data (e.g, steps) is available
 - b. Your computer is on and connected to the Internet
 - c. Your “dongle” is properly inserted into a USB port
 - d. Your tracker is within 15-20 feet of your computer

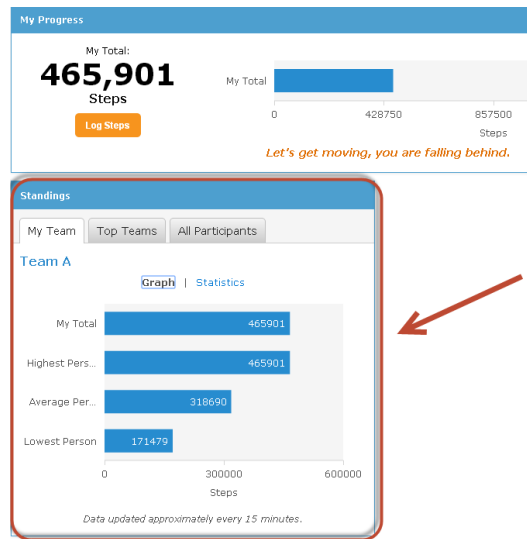
6. How to Track your Teams Progress

You'll probably want to check your team's status throughout the challenge to see how you're doing. Follow the instructions below.

1. In the Challenge Widget, click “View Challenge”



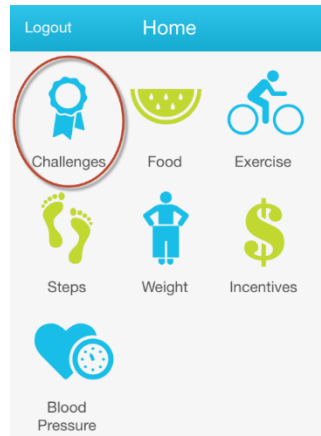
2. Under “Standings” you can select “My Team” “Top Teams” and “All Participants.” “My Team” shows you where you stand on your own team. The graph shows you the total number of steps for you and your team members. The Statistics option shows you where you stand amongst your own team members.



- The “Top Teams” tab shows how your team ranks against the other teams participating in the challenge. Only the top 20 ranking teams will be shown. If your team falls below 20, you will see your team name at the bottom of the list.
- The “All Participants” tab shows you where you are currently standing among all challenge participants.

5. HealthyNow App

You and your teammates may also use the BCBS HealthyNow app to view your progress during the challenge. Follow the instructions below to download the app and get started!



- Visit www.ahealthyme.com/login.
- Click the “**Activate the HealthyNow app**” button on the homepage for instructions and to get your personal access code to start the download process on your phone.

Once you’ve downloaded the app, you can view your progress in the challenge.

- Launch the app and click on “**Challenges**” to view the progress bar.

6. Fitbit® and ahealthyme® Support

If you are having an issue with your device, you should engage Fitbit® directly. Please contact the Fitbit® Support Team at 877-623-4997 or fitbit-support@fitbit.com

If you are having issue with ahealthyme® please contact BCBS at (888) 617-0696. Support is available Monday through Friday, 8am to 6pm.