Congratulations on taking steps to improve your health. You have the ability to sync your Wellmark Wellness Center tools with your FitBit personal site. This will allow your data including Calories Burned, Exercise Minutes and Daily Steps, to be automatically uploaded into your Health Trackers within your personal wellness center.

Syncing your Fitbit device is easy! Follow these simple steps:

|  |  |
| --- | --- |
| Step | Instructions |
| 1 | Log in to [www.wellmark.com](http://www.wellmark.com) using your username and password. Or, if you haven’t registered, select Register Now. |
| 2 | Select Visit the Wellness Center from the homepage. |
| 3 | On your wellness center homepage, Select “Get the whole picture! Sync your device with WebMD” on the left hand side.cid:image004.jpg@01CF9477.051D2950 |
| 4a | In the Device Connection Center, select your device.cid:image009.jpg@01CF9477.051D2950 |
| 4b | Once you have selected your device, the following screen will display.  * PREFERRED: If you have already set up your Fitbit device, enter your username and password for your Fitbit site (left hand side of pop-up).
* If you have not registered on Fitbit, select Create New Account on right hand side of the pop-up and follow the instructions on the FitBit site to establish an account.

cid:image014.jpg@01CF9477.051D2950 |
| 5 | Once you enter your FitBit username and password, you will see your Device Connection Center dashboard. cid:image010.png@01CF93D9.574CA1E0***Important:*** *Your FitBit will sync beginning the day you complete this process. It will not go back and load data from previous days.*  |
| 6 | Select “See Your Activity Data” to view your uploaded activity in your health trackers. Trackers with the arrow to the left are those that have had data uploaded or self-entered. FitBit will upload data into the following trackers: Calories Burned, Exercise Minutes and Daily Steps.cid:image016.jpg@01CF9477.051D2950 |
| 7 | View your uploaded data by selecting the Health Tracker of choice. Once selected, you have the ability to view in a list or graph.   |
| 8 | Access your FitBit data from the home page of your personal wellness center. |

**Frequently Asked Questions**

**I just got my FitBit but it won’t work. Who do I call?**

All Fitbit device questions should be directed FitBit directly. <https://www.fitbit.com/>

**I just got my FitBit device. How do I sync it with my wellness center?**

We recommend you register your device following the instruction provided with your purchase. Then, follow the instructions above to sync your device with your personal wellness center.

**I get a reward for syncing my FitBit device. Where can I verify that is complete?**

Once you log into your wellness center, select Rewards from the top bar. All rewards you are eligible, including those associated with the FitBit, should be reflected on your personal rewards page.