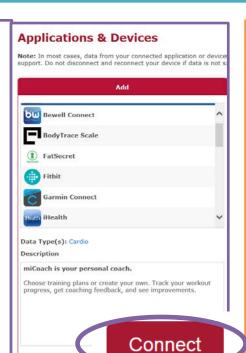
## How to Connect Your App/Activity Tracking Device to Wellness at Work



**Step 2:** From the Wellness at Work dashboard, scroll down. Along the right-hand side, click *"Connect Your Apps & Devices."* 



**Step 3:** From the **"Applications & Devices"** page, select your app or device from the list. Then click **"Connect."** 



## Step 4: You

will be prompted to log in to your app or device account to grant it permission to connect with Wellness at Work. For example, if you are connecting your Fitbit, you will enter your Fitbit account user name and password.

Log in	
Email	
Password	
Remember Me	Forgot password?
This is the page	•

This is the page you will be prompted to log in to when connecting a Fitbit to Wellness at Work. Each app/device will have its own login page.