

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

Step 1: Log on to Wellness at Work.

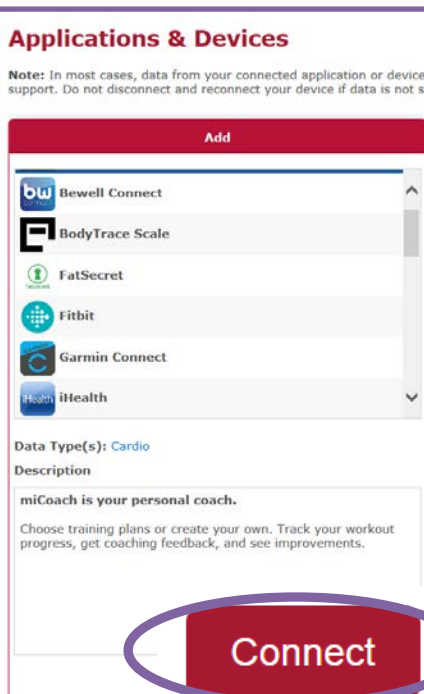


Step 2: From the Wellness at Work dashboard, scroll down. Along the right-hand side, click **“Connect Your Apps & Devices.”**



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.

