

How to Sign-Up & Connect Your App/Activity Tracking Device to Wellness at Work

Step 1: Log on to Wellness at Work and sign-up for the Race to a Million Step Challenge. This is an individual challenge (**max team members = 1**) so 'create your own team'.

BetterHealth One Million Step Challenge ×

Join the One Million Step Challenge

Description
Challenge starts July 4. Participants in this challenge aim to walk approximately 10,000 steps a day for approximately 100 days - one million steps or 500 miles!

Goal
41,667 steps per week. 1,041,675 steps total

Start/End
7/4/21 - 12/26/21

Sign Up Period
5/27/21 - 7/10/21

Concurrent
Yes - can be taken with other concurrent challenges

My Team (Maximum members per team = 1)

Select your team:

Honay (my current team) ▼

Create your own team: i

Liz Q

Primary challenge on dashboard i

Make Primary Challenge

Sign Up Now Close

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

The screenshot shows the Wellness at Work dashboard with several challenge cards. A blue circle highlights the 'Connect Your Apps & Devices' button on the right-hand side. Other visible elements include a 'BetterHealth One Million Step Challenge' card, a 'COVID-19 UPDATE' card, a 'POSITIVE PSYCHOLOGY ACADEMY' webinar card, and a 'Good MORNIN' 6 HABITS' card.

Questions? Contact [wellness@phs.org!](mailto:wellness@phs.org)

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

Applications & Devices

Note: In most cases, data from your connected application or device support. Do not disconnect and reconnect your device if data is not s

Add

- Bewell Connect
- BodyTrace Scale
- FatSecret
- Fitbit
- Garmin Connect
- iHealth

Data Type(s): Cardio

Description

miCoach is your personal coach.

Choose training plans or create your own. Track your workout progress, get coaching feedback, and see improvements.

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?](#)

LOG IN

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.