

Healthy **UH**



Introduction

- This document contains instructions on ordering a Fitbit wearable fitness device through the Healthy UH platform and instructions on how to authorize your wearable fitness device with the Healthy UH wellness platform
- Please note that you must authorize a wearable fitness device with HealthyUH to have your daily active minutes exchanged
- For questions and assistance during this process please contact:
 - Fitbit for questions or issues related to ordering devices or questions about using a device: please email cwsupport@fitbit.com or access online at help.fitbit.com/cwsupport
 - Asset Health for questions or issues related to activities in the Healthy UH wellness portal: 855-444-1255
 - Questions or concerns about any areas of the Healthy UH program: please email HealthyUH@UHhospitals.org

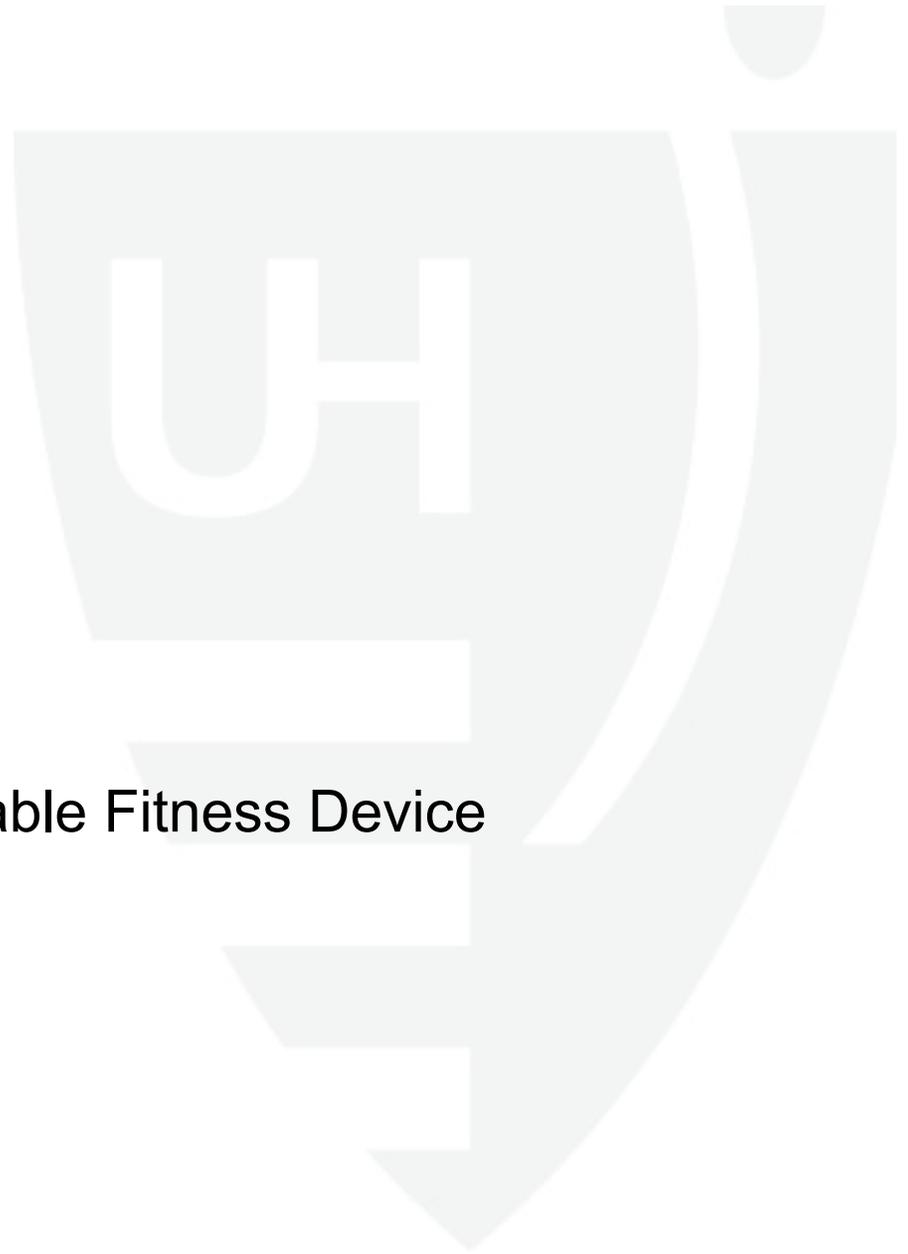
Healthy **UH**

Instructions On Purchasing A Wearable Fitness Device
through Healthy UH



University Hospitals

Cleveland | Ohio



Purchasing a Fitbit Wearable Fitness Device

Log in to Healthy UH (www.HealthyUH.org)

Login information:

- Username: first initial of first name and full last name
- Password: date of birth (mmddyyyy)



University Hospitals

Welcome to **Healthy UH**

To access this secure system, please log in using the username and password provided to you. To get your username and password or if you have any other issues logging in, please click the "Having trouble logging in?" link below, email support@assethealth.com, or call 855-444-1255.

For optimal portal performance, please do not use your browser's back button; use the navigation headings at the top of the site.

Please review the [Website Requirements](#) before logging in.

Username*

Password* (Case Sensitive)

* All fields are required.

[Log In](#)

[Having trouble logging in?](#)

[Privacy Policy](#)
[Notice of Privacy Practices](#)
[Medical Disclaimer](#)
[Website Requirements](#)

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If you created an account during the 2015 UHACO Know Your Numbers Campaign, you should use this same login and password.

Purchasing a Fitbit Wearable Fitness Device

On Healthy UH please click “Order Device.”

The screenshot displays the Healthy UH website dashboard. At the top, there is a navigation bar with links for Home, Activity Tracker, HRA & Know Your Numbers, Education, Events, and Resources. Below the navigation bar, there are four circular progress indicators with values 0, 50, 50, and \$100, each with a 'View details' button. The main content area is divided into several sections: 'ACTIVITY MINUTES' with a goal of 900 minutes and a '0' indicator; 'EDUCATION: ONLINE COURSES' with a goal of 2 courses per quarter and four course options: 'Managing Stress', 'Achieving a Healthier Weight', 'Begin a Simple and Healthy Fitness Program', and 'My Diet and Good Health'; 'EXERCISE: ACTIVITY TRACKING' which contains the 'Order Device' button highlighted by a red arrow; 'MY UHCare' with a 'My UHCare' logo and links for 'Physician form' and 'Read More'; 'HealthyUH EVENTS' with an 'Events calendar' button; 'HEALTH NEWS' with a link to 'Wearable technology holds the key to better performance'; 'PROMO CODES' with a field to 'Enter your Promo Code below!'; and 'HealthyUH UPDATES' with information about wellness incentives.

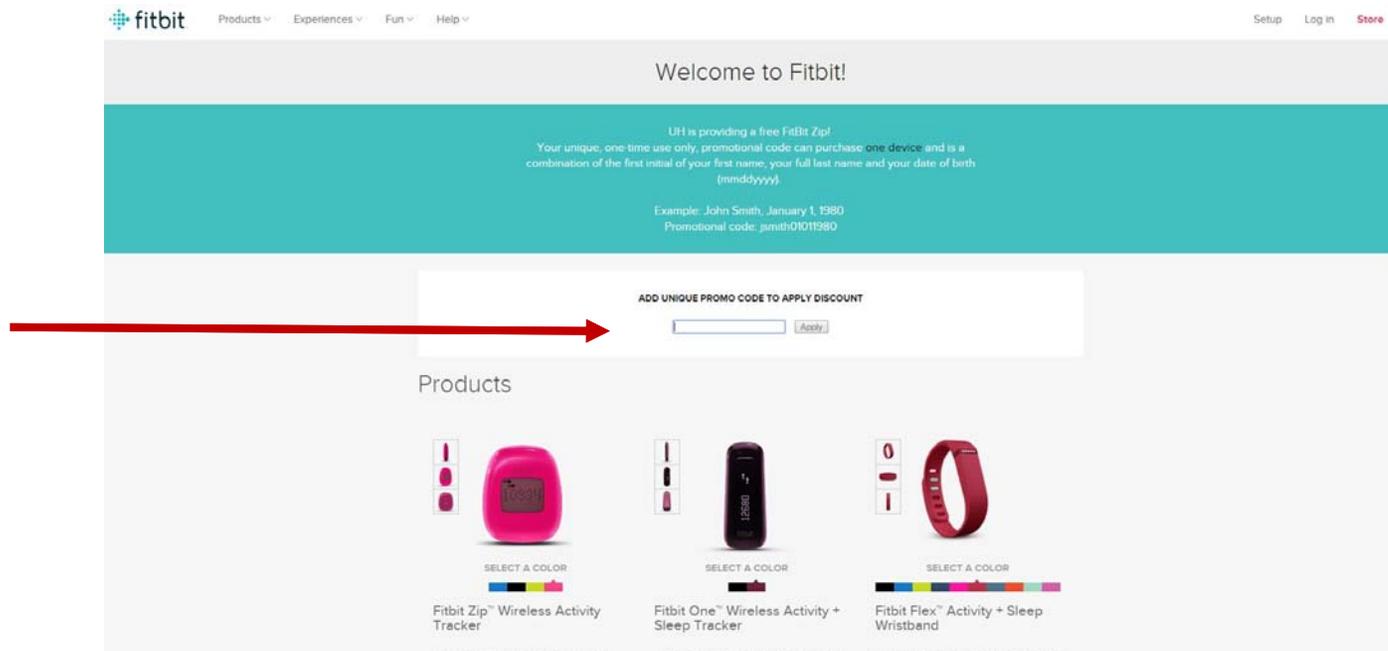
After clicking this you will be taken to the Fitbit storefront for HealthyUH

Purchasing a Fitbit Wearable Fitness Device

Once on the Fitbit storefront, you will see the a description and instructions for entering your promotional code.

The Fitbit promotional code is the first initial of your first name, the first 11 letters of your last name, followed by your date of birth.

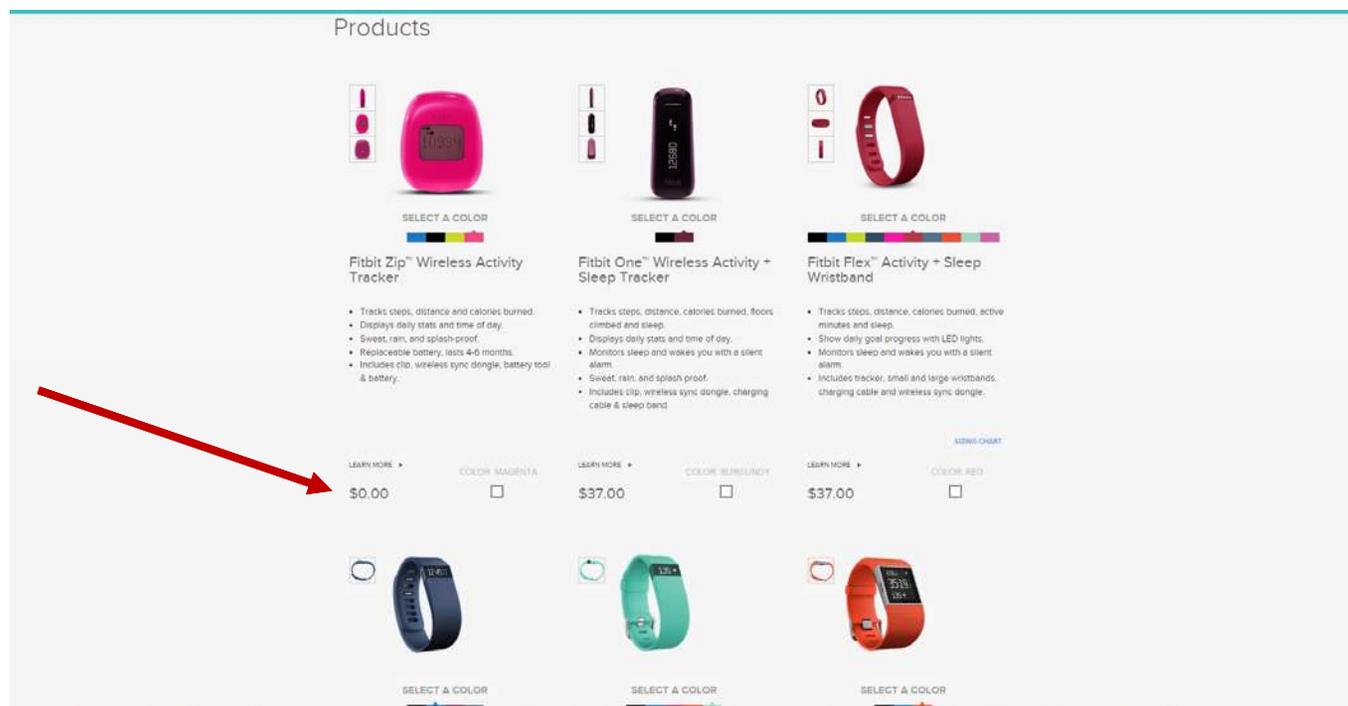
Please enter your promotion code in the text box and click apply.



For example, if your name is John Smith and your date of birth is January 1, 2000, then your Fitbit promotional code would be JSMITH01012000.

Purchasing a Fitbit Wearable Fitness Device

Once your promotional code has been entered you will see discounted prices on the Fitbit storefront. Click the box of the device you want to purchase and scroll down and click add to cart.



Purchasing a Fitbit Wearable Fitness Device

Once on the Shopping Cart page, you will see a bar along the top of your screen informing you that your discount has been applied. Follow the onscreen instructions to complete your Fitbit order.

The screenshot shows the Fitbit website's shopping cart interface. At the top, the Fitbit logo is on the left, and navigation links for Products, Experiences, Fun, and Help are in the center. On the right, there are links for Setup, Log in, and Store. A green notification bar at the top of the cart area states: "Your discount has been applied! Your order is not complete until you click 'Place Your Order' on the next page." Below this, the cart is titled "Shopping cart" and includes a "Continue shopping" button. The cart contains one item: "Zip (Magenta)", which is a Fitbit Wireless Tracker. The item details include a list of features: "Fitbit Wireless Tracker", "Clip for belt, pocket, bra etc.", "Battery and battery tool", "Wireless sync dongle", "Free iPhone, Android and Windows apps", and "Online tools at Fitbit.com". The item is marked as "In Stock". The cart table shows the item's color as "magenta", unit price as "\$0.00", quantity as "1", and price as "\$0.00". A "Subtotal: \$0.00" is displayed at the bottom of the cart. Below the cart, the "Shipping Method" section offers three options: "Free" for \$0.00 with 5 Business Days, "Expedited" for \$9.95 with 3 Business Days, and "Overnight" for \$19.95 with 1 Business Day. A list of shipping notes is provided on the right, including: "Orders ship Mon-Fri, most within one full day.", "Items in Back Order ship as they become available.", "All orders are only delivered Mon-Fri.", "Overnight orders placed by 11am PST ship the same day.", and "Overnight is not available for PO Box or APO delivery."

ITEMS	COLOR	UNIT PRICE	QUANTITY	PRICE
 Zip (Magenta) • Fitbit Wireless Tracker • Clip for belt, pocket, bra etc. • Battery and battery tool • Wireless sync dongle • Free iPhone, Android and Windows apps • Online tools at Fitbit.com • In Stock	magenta	\$0.00	1	\$0.00

Subtotal: \$0.00

Shipping Method

<input checked="" type="radio"/> Free	\$0.00	5 Business Days*
<input type="radio"/> Expedited	\$9.95	3 Business Days
<input type="radio"/> Overnight	\$19.95	1 Business Day

- Orders ship Mon-Fri, most within one full day.
- Items in Back Order ship as they become available.
- All orders are only delivered Mon-Fri.
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Purchasing a Fitbit Wearable Fitness Device

- After receiving your device please follow the instructions contained in the package to set up Fitbit
- Fitbit will require you to set up an account with a separate username and password.
- For a complete user manual on your Fitbit device, please email Fitbit support <http://help.fitbit.com/>

Using a Fitbit Wearable Fitness Device

- In the event you need don't have a smart phone or personal computer to utilize with the device, please email HealthyUH@uhhospitals.org
- If you are using a computer to track the information gathered by your Fitbit, please remember to place the wireless syncing dongle (pictured below) in the USB port of your computer to enable the information on your Fitbit to be sent to the Fitbit software on your computer



Healthy **UH**

Instructions On Authorizing Your Wearable Fitness Device
With Healthy UH



Authorizing Your Wearable Fitness Device with Healthy UH

Log in to Healthy UH (www.HealthyUH.org)

Login information:

- Username: first initial of first name and full last name
- Password: date of birth (mmddyyyy)



University Hospitals

Welcome to **HealthyUH**

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Password* (Case Sensitive)

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Authorizing Your Wearable Fitness Device with Healthy UH

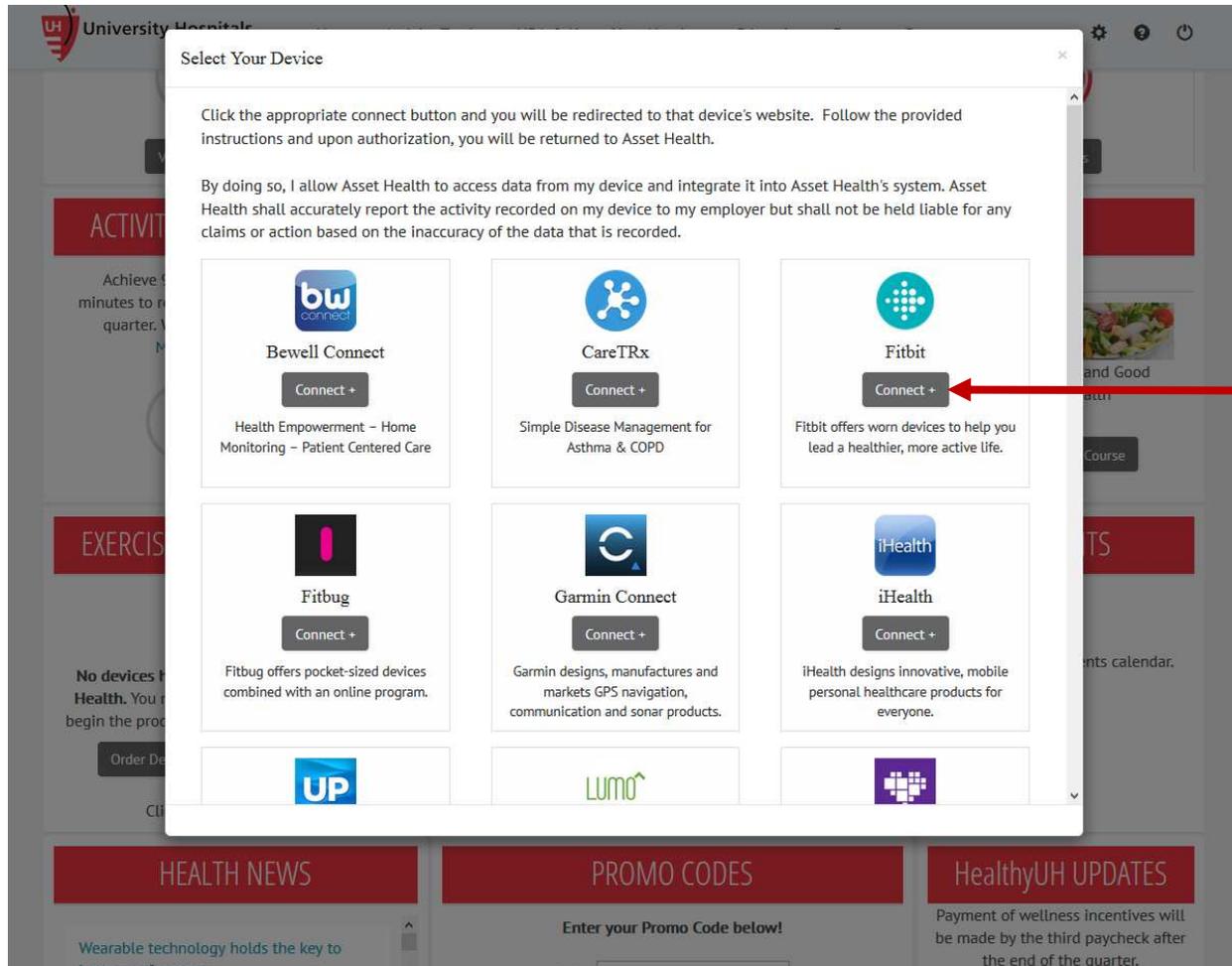
Log in to your Healthy UH portal and click on “Authorize Device.”

The screenshot displays the Healthy UH portal dashboard. At the top, there is a navigation bar with the University Hospitals logo and links for Home, Activity Tracker, HRA & Know Your Numbers, Education, Events, and Resources. Below the navigation bar are four circular progress indicators with 'View details' buttons. The main content area is divided into several sections:

- ACTIVITY MINUTES:** A section with a goal of 900 minutes and a current count of 0. It includes a 'View details' button.
- EDUCATION: ONLINE COURSES:** A section titled 'Complete 2 online courses per quarter' featuring four course cards: 'Managing Stress', 'Achieving a Healthier Weight', 'Begin a Simple and Healthy Fitness Program', and 'My Diet and Good Health'. Each card has a 'View Course' button.
- EXERCISE: ACTIVITY TRACKING:** A section with a heading 'No devices have been authorized with Asset Health. You may only authorize one device. To begin the process, please click the button below.' It contains two buttons: 'Order Device' and 'Authorize Device'. A red arrow points to the 'Authorize Device' button. Below the buttons is a link: 'Click [here](#) for instructions'.
- MY UHCare:** A section with the 'My UHCare' logo and text: 'Please click on Read more for more information about your medical record or on the Physician form to get your biometric screening form.' It includes 'Physician form' and 'Read More' buttons.
- HealthyUH EVENTS:** A section with a calendar icon and text: 'Please click here to view your events calendar.' It has an 'Events calendar' button.
- HEALTH NEWS:** A section with a heading 'Wearable technology holds the key to better performance' and a 'View details' button.
- PROMO CODES:** A section with the heading 'Enter your Promo Code below!' and a text input field.
- HealthyUH UPDATES:** A section with text: 'Payment of wellness incentives will be made by the third paycheck after the end of the quarter.'

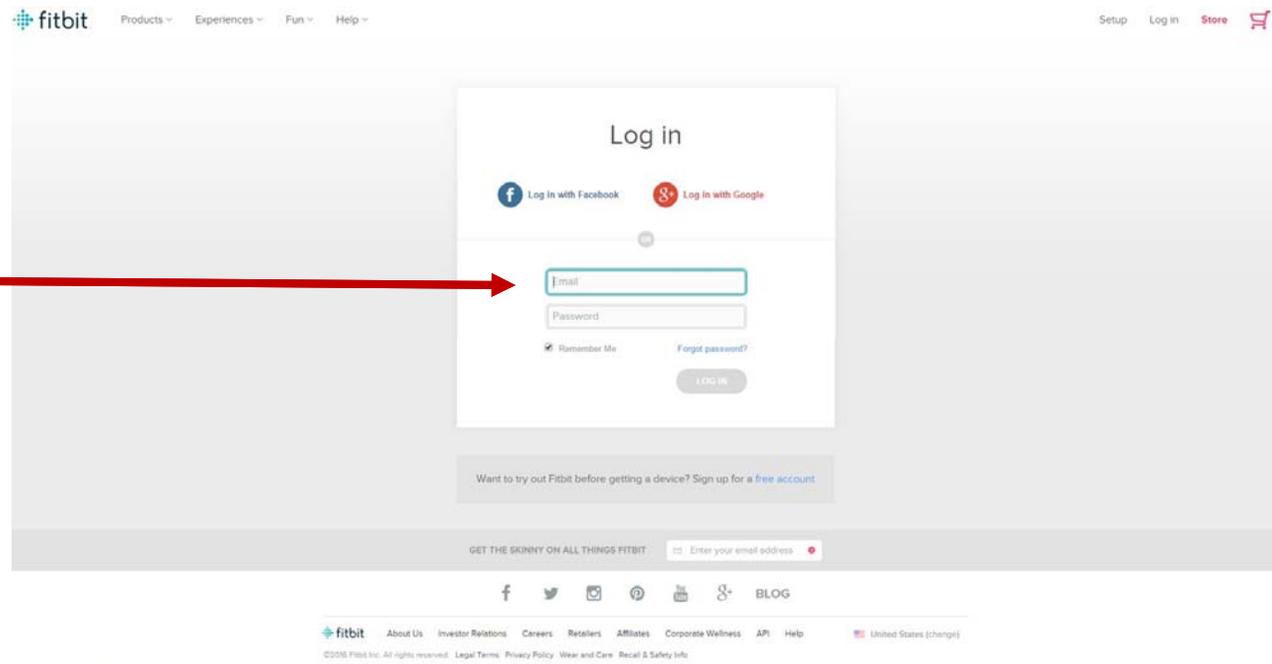
Authorizing Your Wearable Fitness Device with Healthy UH

Scroll through the list of approved devices until you find yours. Then, click “Connect.”



Authorizing Your Wearable Fitness Device with Healthy UH

You will now be taken to the device account login page. Here, you must log in using your device account username and password you created during the set up of your Fitbit device. This device account username and password are separate from your Healthy UH username and password



Authorizing Your Wearable Fitness Device with Healthy UH

Please verify that you are logged in to the correct Fitbit account, then click “Allow.”



[Asset Health](#) by [Asset Health](#) 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

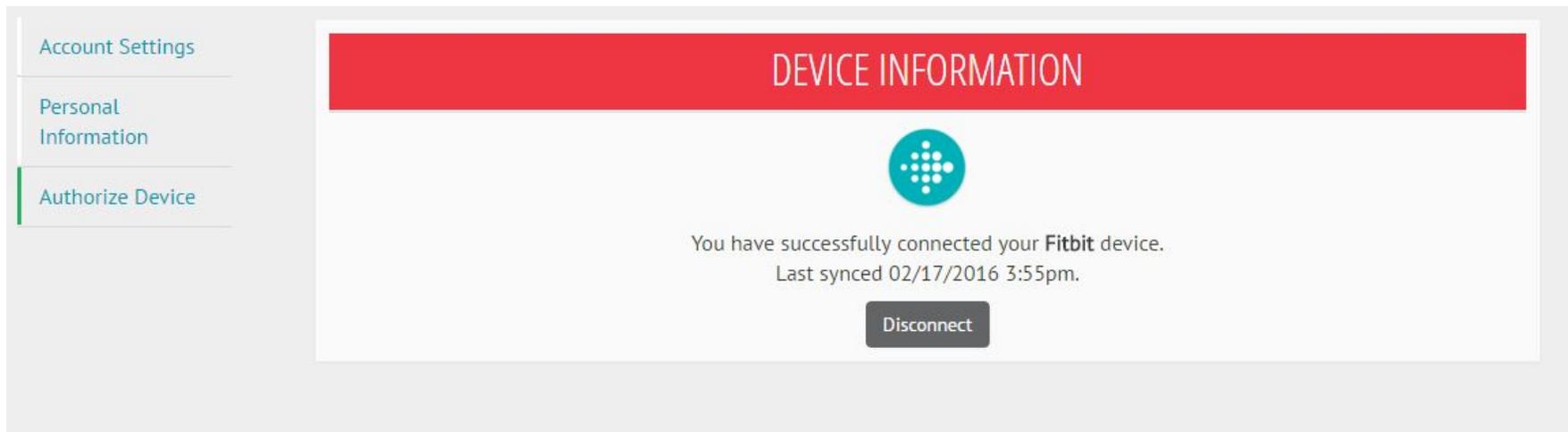
Deny

Allow

Data shared with Asset Health will be governed by Asset Health'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](#).

Authorizing Your Wearable Fitness Device with Healthy UH

If successful, your Healthy UH page will indicate that you have successfully connected your device.



Authorizing Your Wearable Fitness Device with Healthy UH

Active minutes are exchanged between Fitbit and HealthyUH on a nightly basis. Your Activity Minutes tracker will update each day with the latest information synched from your wearable fitness tracking device.

The screenshot displays the HealthyUH website dashboard. At the top, the navigation bar includes 'University Hospitals' and links for 'Home', 'Activity Tracker', 'HRA & Know Your Numbers', 'Education', 'Events', and 'Resources'. The main content area features a 'QUARTER 2 INCENTIVE PROGRESS' section with four metrics: 'Total Points for Exercise' (0), 'Total Points for Engagement' (50), 'Total Points for Education' (50), and 'Reward Earned' (\$100). Below this is an 'ACTIVITY MINUTES' section with a goal of 900 minutes and a current count of 0, highlighted by a red arrow. To the right is an 'EDUCATION: ONLINE COURSES' section with four course options: 'Managing Stress', 'Achieving a Healthier Weight', 'Begin a Simple and Healthy Fitness Program', and 'My Diet and Good Health'. The bottom navigation bar includes 'EXERCISE: ACTIVITY TRACKING', 'MY UHCare', and 'HealthyUH EVENTS'.



**University
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