

# COK MY HEALTH PORTAL

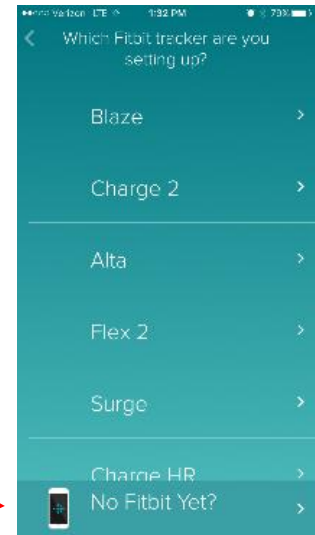
## Connecting your Android

### 1. USING YOUR **Android** AND **Fitbit** TO RECORD PHYSICAL ACTIVITY

If you take your Android along with you when performing physical activity, you can record the activity and sync it with the COK My Health Portal. Here are steps to making this connection:

#### Step 1: Create an account on **Fitbit.com** if you don't already have one.

- Go to <https://www.fitbit.com/login> from a computer browser and not from a phone
- Either login if you already have an account or scroll down just below the login box and click the link that says to “**Sign up for a free account**”
- Enter an email address and create a password to be used to access the Fitbit account OR use Facebook or Google to sign up.
- Click the box if you agree to Fitbit terms and then click the **Continue** button.
- You now have a Fitbit account and can logout of Fitbit by clicking the gear symbol in the top right corner of the screen and selecting **Logout**



#### Step 2: Add the **Fitbit app** to the **Android**.

- Go to the Play store on your Android and search for the Fitbit App
- Select to download the app to your Android
- This process will require you to select which Fitbit tracker you are using, to which you must select “**No Fitbit Yet?**”

#### Step 3: Connect **Fitbit** to **Propel**

- Ensure you are logged in to the Portal at <https://www.COKMyHealth.com>
- Click on the **Track** tab in the main navigation bar of the homepage
- Then, under **Integrate Devices and Applications**, Fitbit will be one of the options.
- First check the box that says “Check to agree” on the left if you agree to the Device and App Integration Policy, and then click the blue button to **Connect to Fitbit**. A new screen will open where you may enter your Fitbit login information. Once you have done this, Fitbit will ask if you approve the COK My Health Portal being connected by Propel Wellness (our Portal provider). Once you select **Allow**, your Fitbit will be connected and you'll see a “Congratulations!” acknowledgment. Select the **Close** button on the Congratulations screen and you'll notice that your Fitbit status on the Portal has changed to “Connected.”
- You may want to select **Refresh Data** to manually update your data.

You're all set. Now turn on your device's Bluetooth and periodically open the Fitbit app to sync and transfer your data to My Health.