

Fitbit Charge HR Instructions

Contents

Getting Started with My Fitbit Charge HR	2
What is in the Box?	2
Wearing My Fitbit Charge HR	2
Charging My Battery	2
Wearing My Charge HR	3
Using My Charge HR	3
Set up My Fitbit Charge HR	4
Download Fitbit Connect	4
Install Fitbit Connect	5
Connect my Device to the Fitbit.com Dashboard	6
Synch My Device with My Rewards Account	9

Getting Started with My Fitbit Charge HR

What is in the Box?

The Fitbit Charge HR includes the following items:

Fitbit Charge HR™ tracker
USB Charging Cable
Wireless sync dongle



The Charge HR tracker is comprised of a 3-axis accelerometer, altimeter, optical heart rate monitor, vibration motor, and multifunction OLED display built into a wristband made of a flexible, durable material similar to that used in many sports watches. Charge HR also has a surgical-grade stainless steel clasp.

Charge HR is sweat, rain and splash proof. Charge HR is not swim or shower proof. We also recommend removing the device before showering, because it's best for your skin if the band stays dry and clean. If the band gets wet or if you sweat in it, remove and completely dry the band before putting it back on. Clean the band with a mild soap-free cleanser.

The Charge HR syncs automatically and wirelessly to tablets, computers and 150+ leading iOS, Android and Windows smart phones using Bluetooth 4.0 wireless technology. This syncing technology also powers the Charge HR's ability to link to and update your Rewards program.

The wireless sync dongle is the small USB device that comes with your Charge HR. The wireless sync dongle should be plugged into your computer's USB port to link your tracker with the Fitbit software called Fitbit Connect.

Once your tracker has been paired to your Fitbit account, the wireless sync dongle is used to sync your data to your online dashboard and update your tracker. The wireless sync dongle must be plugged in if you would like to sync using your computer.

Wearing My Fitbit Charge HR

Charging My Battery

Your Charge HR comes equipped with a rechargeable lithium-polymer battery. With normal use, your Charge HR should last about 5 days before needing a charge. You can check the level of your battery by logging into Fitbit.com and clicking the gear icon on the top-right corner of the page.

To charge your Charge HR, plug the charging cable into a USB port or UL-certified USB wall charger and plug the other end into the port on



the back of the Charge HR. A battery icon on the display will show the charging progress. Charging completely takes between an hour and two hours.

Wearing My Charge HR

Wearing your Charge HR could not be any easier. You wear it on your arm the same way you would any watch with a simple stainless steel buckle that provides an adjustable fit.

The arm on which you wear your Charge HR can affect the performance and accuracy of the device. You can adjust the device's settings to match the arm upon which you wear the device by changing the Dominant Hand setting on your Devices page, which can be found by clicking Settings under the gear icon in the upper right corner of your dashboard. Changing this setting to "Dominant" will decrease sensitivity of step counting and should reduce over counting of steps when your body is not moving. Using the "Non Dominant" setting will increase the sensitivity of step counting and can be used if your Charge HR is not counting enough steps

Using My Charge HR

Use of the Charge HR's built in display is activated by the use of a button located on the left side of the display itself. Simply press the button on your tracker to see the time and click through your daily:

- Time
- Heart Rate
- Steps taken
- Distance traveled
- Floors climbed
- Calories burned
- Set up My Fitbit Charge HR

The Charge HR will automatically record your activity. There are a few steps needed to automatically report it to the Fitbit Dashboard and report it to your Rewards system. These steps are:

- Download Fitbit Connect
- Install Fitbit Connect
- Connect to the Fitbit Dashboard
- Integrate with my Rewards Program

Setting Up My Fitbit Charge HR

Download Fitbit Connect

Fitbit Connect is the software application that connects your Charge HR tracker to your Fitbit.com Dashboard. It is available to download at no cost from Fitbit.com.

In your computer's browser, navigate to www.Fitbit.com/setup. Choose the appropriate operating system and click "Download Here" as shown in Figure1 below.

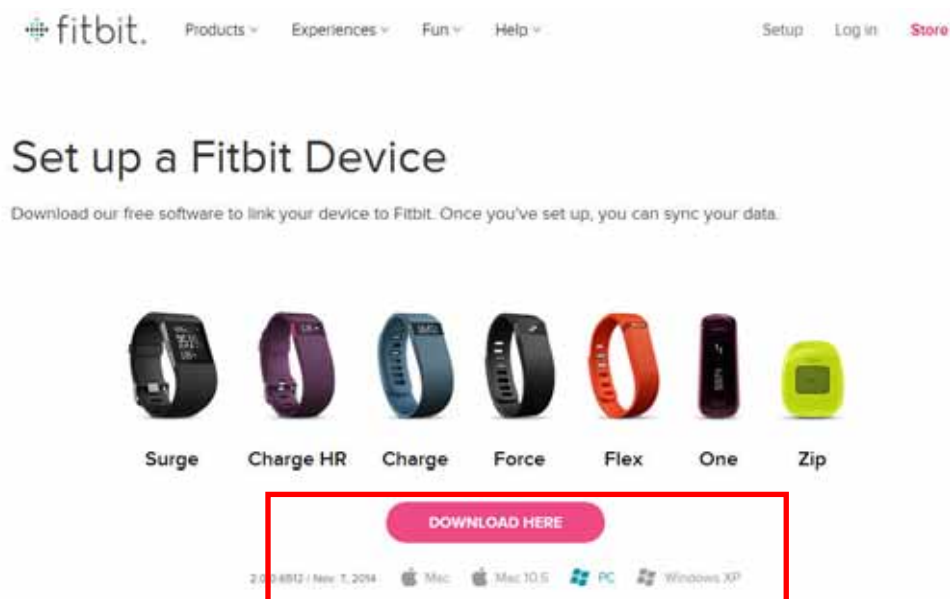


Figure 1

If you already have Fitbit Connect installed on your computer, you will need to download the latest version to set up your Charge HR.

The instructions and screenshots in this guide are based on Windows PC operating system. Apple operating systems will look different but the steps and behavior are similar.

Install Fitbit Connect

Go to your Downloads folder and double-click the FitbitConnect_Win.exe file as shown in Figure 2 below.

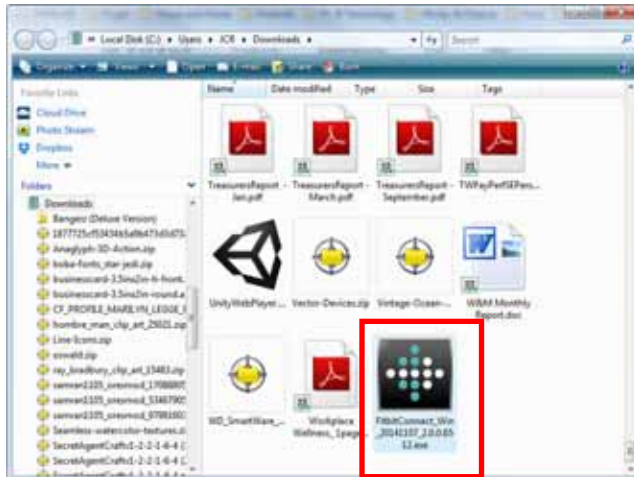


Figure 2

Confirm that you want to install the file by selecting Run when prompted and select the appropriate region to launch the Fitbit Connect Setup wizard as shown in Figure 3 below.

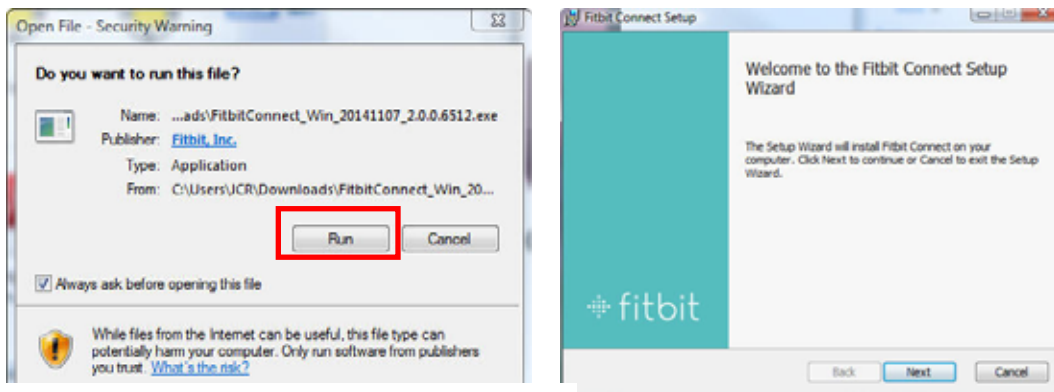


Figure 3

The Setup Wizard will lead you through the installation process, prompting you to accept the license agreement, accept the default installation location or specify a different location. As you finish the installation, you have the option to automatically run the Fitbit Connect application and set up your device, Fitbit Connect account and perform an initial sync of your device. If you do not select the option to run Fitbit Connect you can always launch the application manually at a later time.

Connect my Device to the Fitbit.com Dashboard

The Fitbit Connect will allow you to complete the setup of your device, establish a Fitbit account, sync your device and deliver results to the Fitbit dashboard, and learn more about your particular device. Connecting to Fitbit.com is necessary for your device to automatically report results to your Rewards program.

If Fitbit Connect was not launched at the conclusion of installation, launch it now and look for the welcome screen as shown in Figure 7 below. Be sure that the wireless sync dongle is plugged into an available USB port on your computer. If it is not, Fitbit Connect will provide a warning. The absence of the dongle will prevent communication between your device and your computer. Once plugged in, Fitbit Connect will update and prepare you to set up your new device as shown in figures 4, 5 & 6 below.

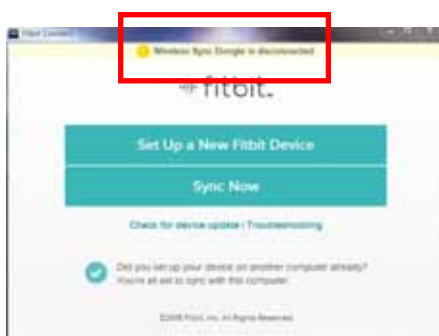


Figure 4



Figure 5

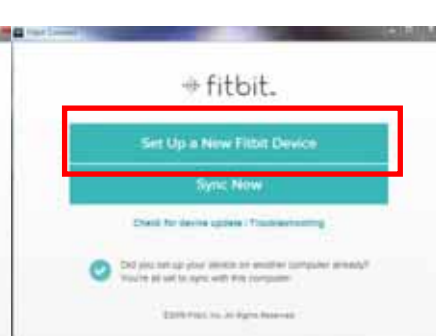


Figure 6

Choose "Set Up a New Fitbit Device." You will be given the option to create a new account or log into an existing account to update your device. We will be creating a new account for your device. Select "New to Fitbit" as shown in Figure 7 below. Set up your new account by entering your email address and password. You may also set up an account using your Facebook or Google+ accounts.

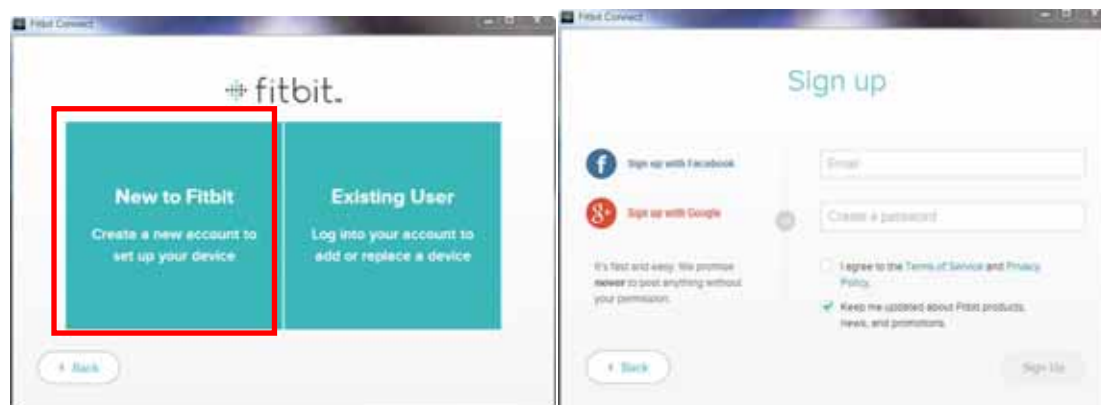


Figure 7

Once your account has been created, you will be prompted to tell Fitbit a few facts about yourself to help Fitbit customize your experience.

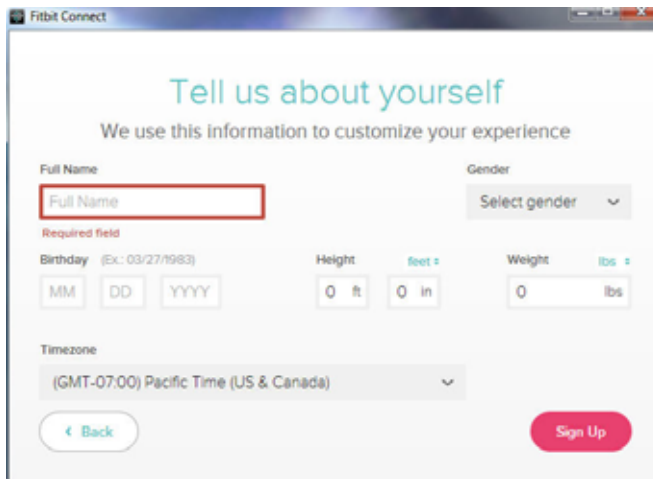
The image shows a web browser window titled "Fitbit Connect". The main heading is "Tell us about yourself" in a teal color, with a subtext "We use this information to customize your experience". Below this, there are several input fields: "Full Name" (a text box with a red border and a "Required field" error message below it), "Gender" (a dropdown menu labeled "Select gender"), "Birthday" (with an example "03/27/1983" and fields for MM, DD, and YYYY), "Height" (with units in feet and inches, showing "0 ft" and "0 in"), and "Weight" (with units in lbs, showing "0 lbs"). At the bottom, there is a "Timezone" dropdown menu set to "(GMT-07:00) Pacific Time (US & Canada)". Navigation buttons include a "Back" button with a left arrow and a "Sign Up" button in a pink oval.

Figure 8

Simply complete the fields and click “Sign Up” to establish your account and proceed to linking your specific device. Select your device from the screen illustrated in Figure 9 below.



Figure 9

Once selected, you will be prompted with device specific instructions to pair your device to your Fitbit account. The screens shown below illustrate the pairing of a Fitbit Charge HR. Depending on your particular device, your screen may appear a bit different.



Figure 10



Figure 11



Figure 12



Figure 13



Figure 14

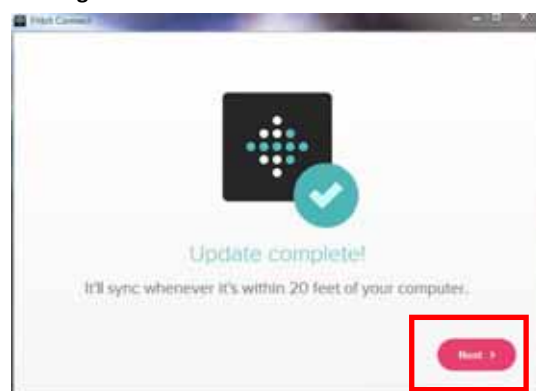


Figure 15

Your device is now paired to your Fitbit account. Click “Next” to learn more about the care and use of your device and to view your dashboard.

Synch My Device with My Rewards Account

Your Fitbit stats and dashboard can integrate with your rewards account to exchange your exercise and food diary records. When you link your Fitbit device to your rewards account, the program will automatically sync your exercise and food diary data with your activity profile (you will no longer need to self-report your exercise/steps). Integrating your Fitbit is easy. Just follow these steps to get started.

You must have a Fitbit Connect account before you can complete this process. If you have not registered your device, you must complete this step before you start the integration process.

Log in to your rewards account. From your home page menu, click on “Register Your Tracker” as shown in Figure 16 below



Figure 16

Click “Allow” to authenticate the connection shown in Figure 18 below.

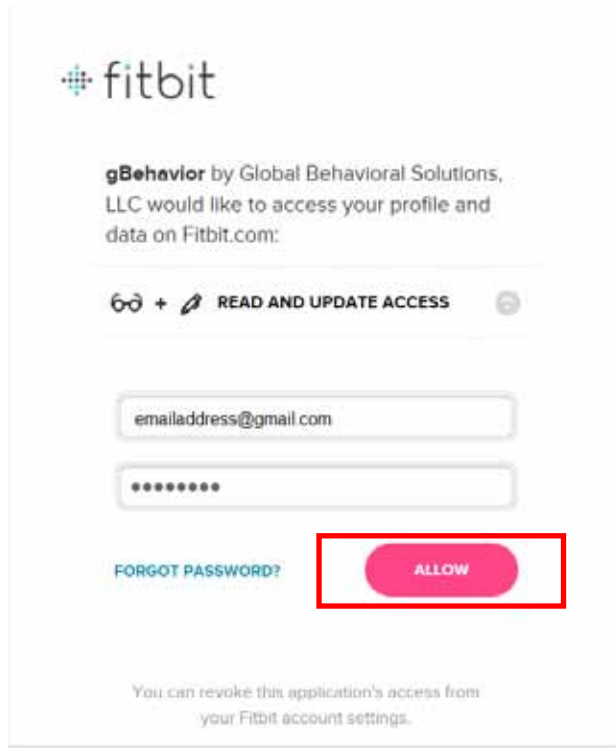


Figure 17

Once you click ‘Allow’ to integrate the two programs, you will receive the ‘YOU DID IT!’ message. Congratulations! Your device will automatically update your account with your exercise activity every 10 minutes. If you do not see this message, call customer service at 1-888-949-1001 for assistance.



Figure 18