

# Fitbit Alta Instructions

## Getting Started with My Alta

What is in the Box? .....	2
About My Alta.....	2
Wearing My Alta .....	3
Using My Alta Display .....	3
Battery Life and Charging .....	4
Care.....	<b>Error! Bookmark not defined.</b>
Download Fitbit Connect .....	5

## Syncing Rewards Account

Syncing My Alta to My Rewards Account.....	5
--	---

# Getting Started with My Fitbit Alta

## What is in the Box?

The Fitbit Alta includes the following items:

Fitbit Alta tracker  
Charging cable  
Wireless Synch Dongle



## About My Fitbit Alta

Your Fitbit Alta contains the following sensors and motors:

- A MEMS 3-axis accelerometer, which tracks your motion patterns
- A Bluetooth 4.0 radio transceiver
- A vibration motor, which allows Alta to vibrate for alarms, goals, notifications, and reminders

## Materials

The wristband that comes with Alta is made of a flexible, durable elastomer material similar to that used in many sports watches. It does not contain latex. Accessory wristbands are available in genuine leather and stainless steel. The clasp and housing on Alta are made of surgical-grade stainless steel. While all stainless steel contains traces of nickel and can cause an allergic reaction in someone with nickel sensitivity, the amount of nickel in all Fitbit products meets the European Union's stringent Nickel Directive.

## Battery

Alta contains a rechargeable lithium-polymer battery.

## Memory

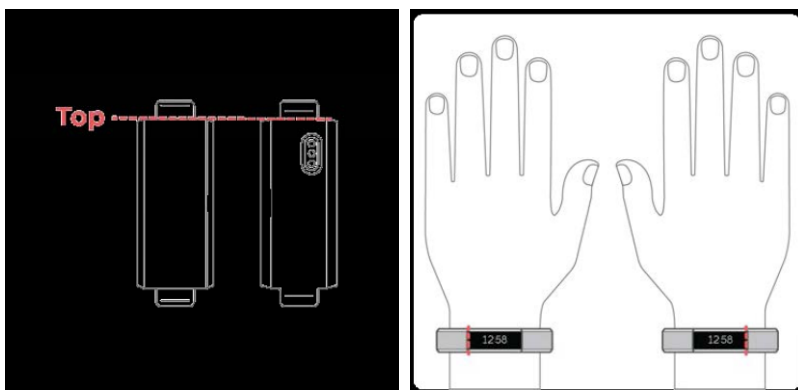
Alta stores detailed minute-by-minute information for five days, sleep data for seven days, SmartTrack data for two days, and summary totals for 30 days. Stored data consists of steps taken, distance traveled, calories burned, active minutes, hourly activity, SmartTrack exercise, and sleep.

## Display

Alta has an OLED tap display.

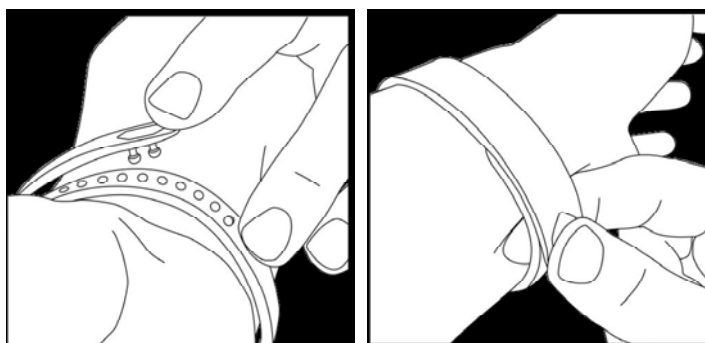
## Size

Wristband sizes are shown below. Note that accessory wristbands sold separately may vary slightly. Metal wristbands are one size fits all.



## Wearing My Alta

1. Place your Alta around your wrist. The top of the tracker is the side with the charging port. The top of the tracker should be on the outside or top of your wrist.
2. Align both ends of the wristband so they are directly overlapping each other with the clasp over the two holes that best fit your wrist.



3. Squeeze both the clasp and the wristband between your thumb and forefinger until you feel it snap into place.

You'll know your Alta wristband is securely fastened if both pegs on the clasp are fully inserted. Do not wear your Alta too tightly. **TIP:** If you're having trouble, try securing the wristband off your wrist to get a feel for how it securely clasps and then try again on your wrist.

## Using My Alta Display - Navigation

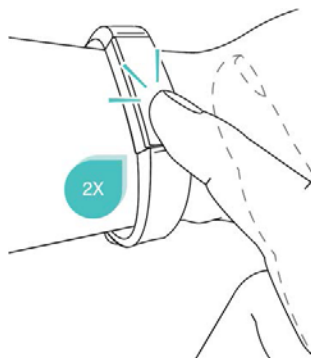
Alta has an OLED tap display that can be oriented horizontally or vertically. You can choose from several clock faces, each with a unique design.

When you're not using Alta the display is off. To wake it up:

- Double-tap your tracker.
- Turn your wrist towards you. This behavior, known as Quick View, can be turned off in your tracker settings.
- Single-tap to flip through your stats. Stats include steps taken, distance covered, calories burned, and active minutes.

## Tapping Your Tracker

For best results, tap your tracker where the display meets the band as shown below. To wake up your tracker, double-tap it; to flip through your stats, single-tap it. Alta doesn't respond to swipes; it must be tapped.



## Battery Life and Charging

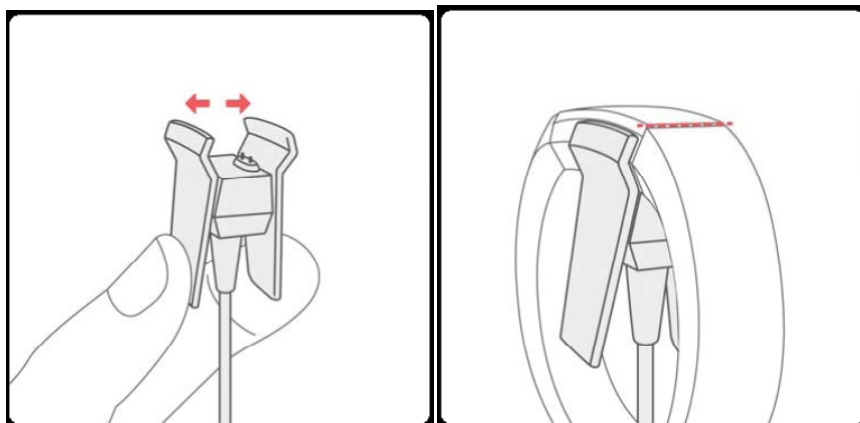
Your fully charged Alta has a battery life of up to 5 days. Note that battery life and charge cycles vary with use, settings, and many other factors. Actual results will vary

### Determining your current battery level

When you tap your Alta to flip through your stats, the first screen will show a low battery icon if your battery is low. If you see a critically low icon you'll be unable to flip through your stats. You can also check your battery level on your Fitbit dashboard.

### Charging your tracker

To charge your Alta, plug the charging cable into the USB port on your computer or a UL-certified USB wall charger, then clip the other end into the port on the back of the Alta. The pins on the charging cable must be lined up with the charging port on the Alta and securely locked into place. You'll know the connection is secure when you see a battery icon on Alta's display.



## Care

It's important to clean and dry your Alta regularly. For instructions and more

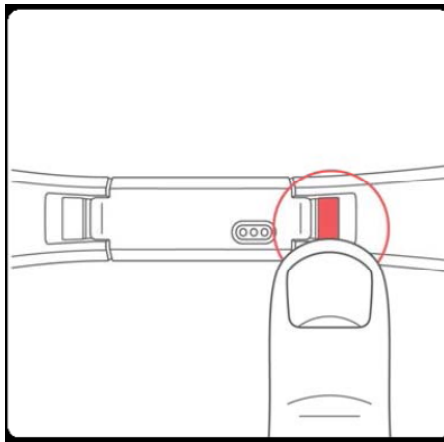
information see <http://www.fitbit.com/productcare>.

**Important Safety Instructions:** Prolonged contact may contribute to skin irritation or allergies in some users. Substances in this product and its battery may harm the environment or cause injury if handled and disposed of improperly.

Consult your doctor before beginning or modifying any exercise program. Consult your doctor before use if you have any preexisting conditions that might be affected.

## Removing a Wrist Band

1. Turn over your Alta and find the band latches—there's one on each end where the band meets the frame.
2. To release the latch, press down on the flat metal button on the strap.
3. Slide the band up to release the tracker.



## Download Fitbit Connect

Getting started with your Fitbit® tracker requires connecting it to your compatible mobile device or computer. After setup your tracker can sync its data to your Fitbit dashboard, which is where you'll see your stats, analyze historical trends, set goals, log food and water, challenge friends, and much more.

In your computer's browser, navigate to [www.Fitbit.com/setup](http://www.Fitbit.com/setup). Choose the appropriate devices. If you have a mobile device, download the Fitbit connect program from Google play, the Apple App Store, or the Windows Store. If you have a Windows PC or Apple Mac, click the "Download for Windows" button. The software will automatically be downloaded to your computer.

If you don't have a compatible mobile device, you can set up your tracker with a computer. To use this setup method you'll first install a free software application called Fitbit Connect that lets your tracker sync its data with your [fitbit.com](http://fitbit.com) dashboard.

1. Go to <http://www.fitbit.com/setup>.

2. Scroll down and click the option to download. If the button does not correctly show your type of computer, choose the correct type, then click the button.
3. When prompted, save the files that appears.
4. Find and double click the file (FitbitConnect\_Win.exe). The Fitbit connect installer opens.
5. Click Continue to move through the installer.
6. When prompted, choose Set up a New Fitbit Device.
7. Follow the onscreen instructions to create a Fitbit account and connect your tracker. Note that the personal information you're asked for during account setup is used to calculate your basal metabolic rate (BMR), which helps determine your estimated calorie expenditure. This information is private unless you go into your Privacy settings and opt to share age, height or weight with Fitbit friends.
8. Once you've set up and started using your new tracker, you'll need to regularly transfer (sync) your tracker's data to Fitbit so you can see your activity history, earn badges, analyze your sleep logs, and more. You can sync your tracker using the Fitbit app on your compatible mobile device or Windows 10 PC, or by using a computer with Fitbit Connect installed.
9. Fitbit apps are available for iOS, Android, and Windows mobile devices as well as Windows 10 PCs. To find out if your device is compatible, see <http://www.fitbit.com/devices>.
10. The Fitbit app uses Bluetooth Low Energy (BLE) technology to sync with your Fitbit tracker. To initiate a sync, just open the Fitbit app.
11. You must have Bluetooth enabled on your mobile device or Windows 10 PC to sync your tracker with the Fitbit app. If your mobile device is in airplane mode, it will not sync until you turn off airplane mode or manually turn Bluetooth back on.

## 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.

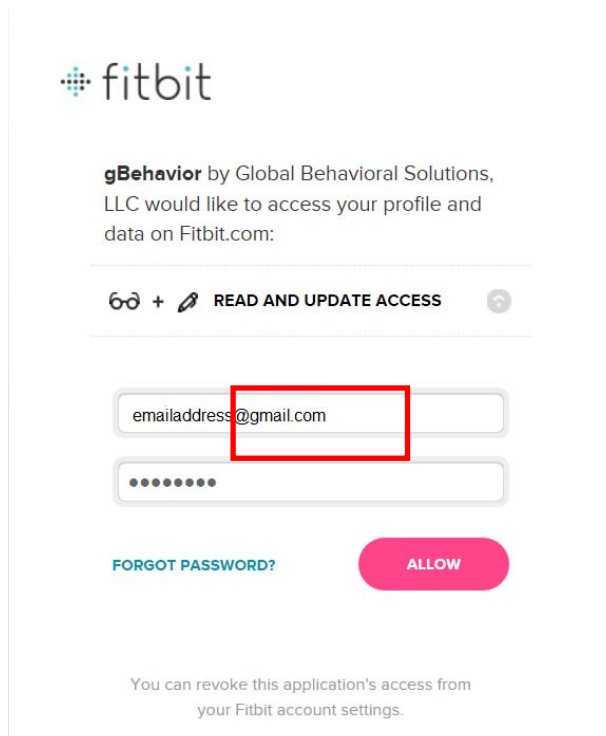
You must have a Fitbit Connect account before you can complete this process. If you have not registered your device, you must complete this step before you start the integration process.

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 17 below.



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.

You Have Successfully Registered your Fitbit or Jawbone

## You Did It!

Thank you for registering your wearable device. We will now begin pulling your activity data into your rewards account and systematically updating your steps.



The data from your Fitbit or Jawbone account authenticates your steps and awards points when you meet the program guidelines.

To view your Program Guide for details on ways to earn rewards, chose 'Program Guide' from the main menu on your home page.

Click the 'HOME' link to return to your home page.