

Let's Sync our Tech!

Work with a family member or friend to start using digital health technology together!

Why sync your digital health technology?

Digital health technology is a great tool to use to increase your exercise levels. Using the social connection features of digital health technology can help both you and your loved one work together to be more active and have fun while exercising.

Can you help your loved one set up social connection features on their activity tracker?

Name your activity trackers*:

Partner 1's activity tracker: _____ Partner 2's activity tracker: _____

General steps for setting up social connections on digital health technology**:	Check off:
<p>Step 1: Turn on all necessary devices.</p> <p><i>This includes the activity tracker and any phone/tablet/computer that is needed to run the desired fitness app or program.</i></p>	<input type="checkbox"/> Partner 1 <input type="checkbox"/> Partner 2
<p>Step 2: If necessary, download the shared fitness app you will use with your activity tracker.</p> <p><i><u>PAUSE:</u> Check that your fitness tracker/app has social connection features. You and your partners will need to be using the same app. IF your devices don't match, search for an app that allows you to connect with others.</i></p> <ul style="list-style-type: none"> • You can find these in app store • Some free options include: Strava, MyFitnessPal, WalkingSpree, Mapmyrun, and JEFIT 	<input type="checkbox"/> Partner 1 <input type="checkbox"/> Partner 2
<p>Step 3: Open the app and sync the activity tracker with the app.</p> <p><i>For example, to sync Fitbit activities to the Strava app, use the following steps: Open the Strava app and go to Settings > Applications, Services, and Devices > Connect a new device to Strava > Fitbit</i></p>	<input type="checkbox"/> Partner 1 <input type="checkbox"/> Partner 2
<p>Step 4: Go to the main dashboard of the activity tracker or app you are using to connect with friends. From here, follow device or app-specific steps to add friends.</p> <p><i>For example, here are some common pathways to adding friends on a device/app:</i></p> <ul style="list-style-type: none"> • <i><u>Fitbit:</u> tap the Today tab > tap your profile picture > tap your name > View All Friends > Add Friends</i> • <i><u>Strava:</u> open the activity you would like to add friends to > Add Friend</i> • <i><u>Myfitnesspal:</u> go to the Friends page > Add Friends</i> 	<input type="checkbox"/> Partner 1 <input type="checkbox"/> Partner 2

*An Activity Tracker is any device you will use to monitor your physical activity, exercise or steps. This might be a watch you wear on your wrist or some other monitoring device.

** Specific steps for connecting will differ based on the device/app being used. These steps provide a general outline of the process.