# USING YOUR iPHONE TO RECORD PHYSICAL ACTIVITY

If you take your iPhone along with you when performing physical activity, you can record the activity and sync it with Propel.

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 iPhone.

- Go to the App store on your iPhone and search for the Fitbit App
- Select to download the app to your iPhone
- This process will require you to select which Fitbit tracker you are using, to which you must select "**No Fitbit Yet?**"
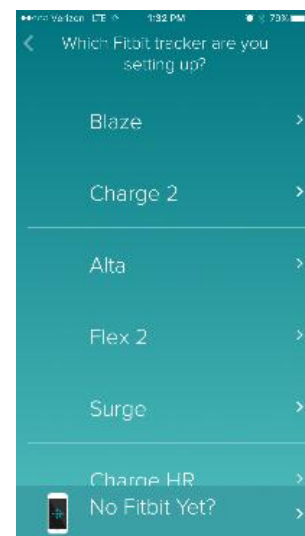
Step 3: Connect FitBit to Propel

- Ensure you are logged in to your wellness platform
- Click on the appropriate link on the home page that takes you to the Integrate Devices page. The link is often under a Track tab or callout.
- Then, under **Integrate Devices and Applications**, Fitbit will be one of the options.
- First check the box 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, your Fitbit will be connected. You should see that the status has changed to "Connected."
- You may want to select **Refresh Data** to manually update your data.

USING YOUR APPLE WATCH TO RECORD PHYSICAL ACTIVITY

An Apple Watch will transfer minutes of activity to Propel and not steps. An Apple Watch can only be paired with one iPhone. The Apple Watch records activity on the accelerometer that is built into the watch. To get the activity on the watch to transfer to Propel, you must use the Runkeeper App.

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

- Go to https://runkeeper.com/signup from a computer browser.
- Either use Facebook to create an account or enter your name, email address and create a password and click the **Sign Up** button.
- You can fill out the profile information as requested or just click the **Done** button.
- Logout of the Runkeeper application by clicking the image of a gear in the top right corner of the screen and clicking **Log Out**.

Step 2: Download the Runkeeper App to your Apple Watch

- Once the Runkeeper App is downloaded onto your watch, start the App and login.
- In order for your Apple Watch to record your activity on the Runkeeper App, you will need to set the Runkeeper App to be running under "**walking**" mode (even if your activity is running/jogging). Only turn this mode on before you are doing activity that you want to record and then turn the mode off when you are done, otherwise this setting may drain the Apple Watch battery pretty quickly.

Step 3: Connect Runkeeper to Propel

- Ensure you are logged in to your wellness platform
- Click on the appropriate link on the home page that takes you to the Integrate Devices page. The link is often under a Track tab or callout.
- Then under "**Integrate Devices and Applications**" Runkeeper will be one of the options.
- First check the box on the left if you agree to the Device and App Integration Policy, and then click the blue button to **Connect to Runkeeper**. A new screen will open where you may enter your Runkeeper login information. Once you have done this, your Runkeeper account will be connected. You should see that the status has changed to "Connected."
- You may want to select **Refresh** to update your data. Sometimes you will need to repeat this Refresh to ensure the latest data recorded on the watch is pulled into Propel.