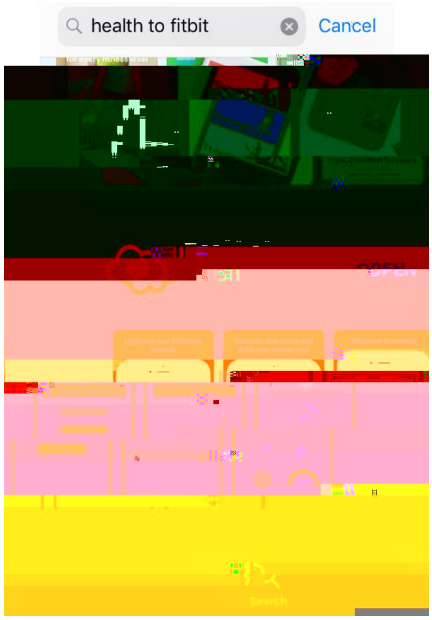
FITBIT OR GARMIN USERS

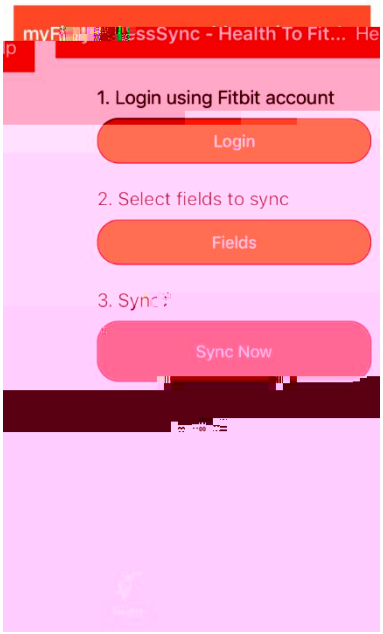
Login to your Personal Health Dashboard (PHD) at _____

Click on the Health Tracker tab

Click on Fitbit or Garmin tile to connect

Users must purchase an app “myFitnessSync Health to Fitbit” that allows syncing between Health App to Fitbit account (Fitbit device not required, but a Fitbit account is required)
Create Fitbit account then follow steps below.
Search “health to Fitbit” in the App Store or Google Play
Download the app “Health App to Fitbit Sync”
Select Login using Fitbit account
Select Field to Sync
Select source of data (choose Apple Watch for steps)
Click Home on bottom
Click Sync Now

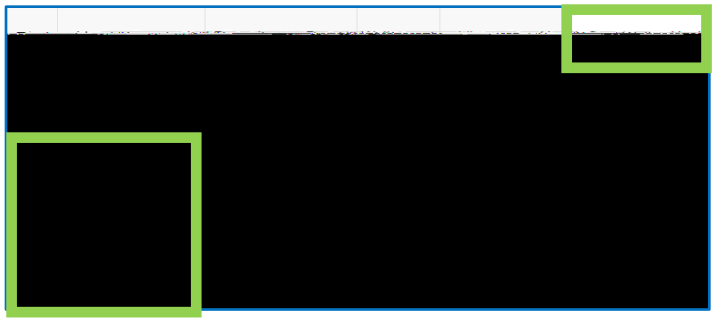




Login to your Personal Health Dashboard (PHD) at https://ushealthcenter.com
Click on the Health Tracker tab
Click on Fitbit tile to connect
Allow data to be synced from Fitbit to your PHD (at minimum, Fitbit devices and settings and activity and exercise must be selected). Click “Allow” as shown in Fitbit connection above.
Login to PHD if prompted
Allow an hour for data to be retrieved
Be sure to sync at least every 4-5 days on the app to ensure data is transferred to your PHD.

How to Track Steps OR Minutes If you do not have a Fitbit, Garmin or Apple

Enter your data on your Personal Health Dashboard.
Login to https://ushealthcenter.com

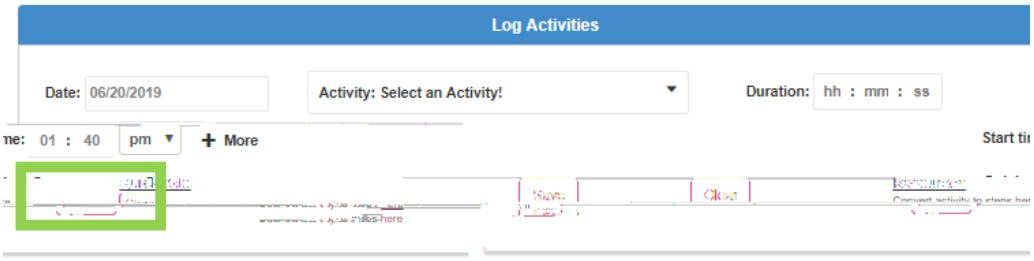


Click Health Tracker tab > Select Fitness tile

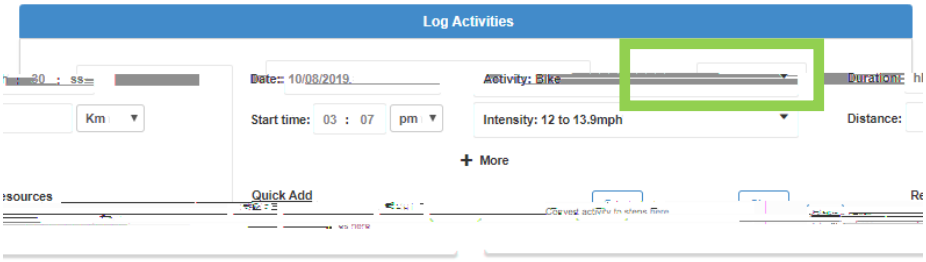
Select date for which you are recording steps or minutes > Select activity *(i.e. walk, run, hike, etc.) > Select intensity. Your tracker will not permit adding historical activity older than 5 days old, so login often.

For Steps: Activities that allow step tracking are Bike, Rowing Machine, Run, Treadmill, Treadmill 10% Incline, Treadmill 15% Incline, Treadmill 5% Incline, Rowing, Swimming, Cross Country Skiing, Hike and Walk. In distance box, enter total steps for the date selected > Select steps from drop-down box > Save.

Quick Add Steps: If you are using a pedometer that doesn't sync or tracking steps in another way, you can simply enter in your steps through the Quick Add feature (highlighted below).



For Minutes: Enter Number of Minutes in Duration Field > Save



Once you have successfully saved your activity, it will be displayed on a graph and chart on the Health Tracker tab. If you make a mistake when logging your activity, scroll down to the chart (shown below) and click the trash can icon on the activity you would like to delete. You can then re-record the activity.

FOR ALL USERS: To View the Steps that you have Recorded

Login to your PHD and click on the Health Tracker tab > blue Fitness tile.

From the fitness tracker tile, you will see a chart and table that display the steps you have recorded for each day. To view data for a specific date range, change the start and end date > select Update Chart.

Don't see your activity?

Make sure you sync your device and allow time for it to show up on your PHD.
LOG IN OFTEN! TRACKER WILL NOT ALLOW ACTIVITY DATA OLDER THAN 5 DAYS

Questions? Contact US HealthCenter at help@ushealthcenterinc.com
or call 1-