Apps / Devices You Can Connect:

• Fitbit Devices
• Extracon’s Health Tracker App
• Apple Watch
• Myzone Belt
• Any Device You Can Connect to Apple HealthKit
• Any Device You Can Connect to Google Fit
Data Types Other than Steps:

- **Minutes of Physical Activity**
  - **Apple Watch.** The Apple Watch will send minutes into Apple Health. Minutes are shown in the “Circles” on your Apple Watch. Please note that your iPhone will not send activity minutes into Apple Health.
  - **Google Fit.** Move Minutes are the type of minutes that will come over into Extracon. If your minutes do not show accurately, please check that your Time Zone setting within Extracon matches the Time Zone on your phone.

- **MEPS (Myzone Effort Points)**
  - Myzone Belts can measure MEPS and send them into Extracon.
Every time participants sync their Fitbit device to the Fitbit website, the Fitbit website sends Extracon a copy of the participant’s data.

Participants must get their data from the Fitbit device up to the Fitbit website. This is usually via the Fitbit App. Up to 90 days of past data can arrive on the first synch.

Please note that the Extracon Tracker App is not needed or used in this approach. Fitbit steps are not back-fed to the Extracon App from the web.
Connect Your Fitbit

- Get your Fitbit set up and synching with the Fitbit website first.
- Check the Fitbit website to be sure you are seeing your steps appear on the Fitbit website.
- Log into Extracon.com and click the Devices button on the left
- Click “Link My Fitbit Account”
Fitbit Permissions

There are two steps in setting up the data Fitbit will send to Extracon.

In the first step (shown here), you have to enable permissions for all of these:
• Sleep
• Fitbit Devices and Settings
• Activity and Exercise
• Food and Water Logs
• Profile
• Weight

In the next step, you will be able to select which of these Extracon will receive and store. For example, you could limit Extracon to receive and store your Steps data only.

Once you have the permissions and data types set, get some new steps and synch your Fitbit.
Check to see your Fitbit steps

After you have linked your Fitbit account to Extracon, and then synched your Fitbit device, check to see your steps on the “Report My Progress” page.
Extracon App - Android

• Directions and links to get the Extracon Tracker App are on the Devices page. You can find the app on Google Play by searching for *Extracon Health Tracker*.

• The Extracon Tracker App takes the steps counted by your Android phone and sends those steps to the Extracon website. This is a ONE WAY send.

• The totals shown in the Extracon Tracker App are only what the App itself has collected.

• Think of the Extracon Tracker App as “just one more device” that feeds data to the Extracon website.

• Make sure you open the Extracon Tracker App and look at your steps at least once a week. Once a day is even better! This gives the App a chance to synch with the Extracon website.

• The Extracon Tracker App uses Google Fit. When you first run the Extracon Tracker, you will be prompted to select your Google account. This allow the Extracon Tracker App to collect steps through Google Fit.
  • You do not need install Google Fit on your phone for the App to work.
Extracon App - iOS

- Directions and links to get the Extracon Tracker App are on the Devices page in Extracon. You can find the app on the Apple App Store by searching for *Extracon Health Tracker*.

- For iOS, make sure you give the Extracon Tracker App both Read and Write permissions to Apple Health.

- Your steps must be accumulating in Apple Health on your phone before the Extracon Tracker App can read them.

- Make sure you open the Extracon Tracker App and look at your steps at least once a week. Once a day is even better! This gives the App a chance to synch with the Extracon website.

Your steps accumulate in Apple Health on your phone

Extracon App reads steps from Apple Health on your phone

When you open Extracon Tracker App and look at / refresh your Steps page, it sends your steps to the Extracon Website
Apple Watch

• Set up your Apple Watch and verify that your data is getting into Apple Health on your phone.

• Make sure you give the Extracon App both Read and Write permissions for steps in Apple Health.

• The Extracon App for iOS reads steps and minutes from Apple Health.

• The Extracon App sends those steps to the Extracon website. This is a ONE WAY send.

• Make sure you open the Extracon App and look at your steps at least once a week. Once a day is even better! This gives the App a chance to synch with the Extracon website.

• You may be able to link other popular step-counters to Apple Health instead of Apple Watch. This works in the same way, but Extracon is unable to provide technical support to help you do this.

Watch sends steps and minutes to Apple Health on your Phone

Exstracon App on your Phone reads data from Apple Health

When you open Extracon App and look at / refresh your Steps page, it sends your steps to the Extracon Website
Google Fit

- Google Fit is an App for your Android phone that can connect to a variety of devices.
- Your data will go from your wearable, to Google Fit on your phone, to the Google cloud, then to Extracon.
- You can also use just the Google Fit app on your phone to track your steps and minutes without a wearable.
- You do **NOT** need the Extracon App to make this work.
- You do need to first **install and run Google Fit** on your phone
- You also need to **link your Google Fit** account to Extracon (see next slide)
- It’s sometimes possible to link a device to a 3rd party app, such as Strava, then link that app to Google Fit. This can work to link devices that don’t directly talk to Google Fit, but Extracon is unable to provide technical support for linking or using 3rd party apps.
Link Your Google Fit account

Go to the Devices page, then click “Link My Google Fit account.”
Follow the directions onscreen.
Select your Timezone on the screen after linking your Google Fit account.
Myzone Belt

Your Myzone Belt tracks MEPS, “Myzone Effort Points”. You can link your Myzone Belt to Extracon to bring your MEPS into your Extracon Account.

If you have a new Myzone Belt that has never been registered yet:

Your Myzone belt will come with instructions to download the Myzone App and register the belt. **Use the Facility Code: CHUS001**

When you’ve completed registration with Myzone, [log into the Extracon website](#) and click the Devices button at left.

Look for the Myzone section of the page, enter your Myzone Belt ID, and click Save.

You must complete both steps to have your MEPS appear in Extracon.

If you have a Myzone Belt that has been registered before, to a different facility code:

Email Myzone at [support@Myzone.org](mailto:support@Myzone.org) and ask to change your Facility to **Facility Code: CHUS001**

When this is complete, [log into the Extracon website](#) and click the Devices button at left.

Look for the Myzone section of the page, enter your Myzone Belt ID, and click Save.

You must complete both steps to have your MEPS appear in Extracon.
Extracon Website Is the Aggregator

• The Extracon website takes in data from various sources, and saves it all.

• If there is more than one source of steps for a given day, the website gives you credit for the largest number of steps out of all your source(s). It does not add the sources together.

• So if you have 8500 Fitbit steps and 2500 steps from the Extracon App today, you get credit for 8500.