**Anthem Foundation/USABA National Fitness Challenge**   
**Fitbit Flex 2 Set Up**

Welcome the Anthem Foundation/USABA National Fitness Challenge. Below are instructions on how to set up your Fitbit Flex 2 activity tracker.

Upon opening your Fitbit Flex 2 box, you will find 4 items. On one side of the box will be two wristbands, one small and one large. We suggest you try each wristband on to see which the best fit for you is. If you choose to use the large wristband, you will need to remove the two-pronged clasp from the small wristband and snap it into the large wristband. Push the clasp out from the inside of the wristband. There is a round peg and a rectangular peg on the clasp; the round peg goes in the hole on the outside edge. If you are having difficulty inserting the clasp you may have the pegs lined up backwards. The Fitbit Flex 2 default set up is for the tracker to be worn on your non-dominant wrist. Instructions to change this can be [found in the Flex 2 user manual.](https://staticcs.fitbit.com/content/assets/help/manuals/manual_flex_2_en_US.pdf)

Also, in the box is the Fitbit Flex 2 tracker and a USB charger for your Fitbit tracker. Your tracker is an inch-long piece of plastic that will be inserted into your wristband to track your fitness. The top side of your tracker is completely smooth, while the bottom side has some small tactile grooves. A fully-charged Flex 2 battery can last up to 5 days, and Fitbit recommends charging it every 3-4 days. When you open the box, the tracker will be snapped into the USB charger and ready to charge once you plug the charger into a USB outlet. When you plug your tracker into the USB charger, your tracker will vibrate to indicate it is charging. Charge your Fitbit tracker for 20-30 minutes before you begin pairing it up with your mobile device (instructions below). Take the tracker out of the charger and insert into your desired wristband. On the bottom side of the wristband, you’ll notice an opening to insert your tracker. Insert the tracker with the top side (smooth) in first. Once inserted, you will be able to feel the bottom side (tactile side) of your tracker.

Before you put on your Fitbit tracker and get moving, you must connect Fitbit to your mobile device or computer. Connecting your tracker (also known as *pairing*) makes sure it can transfer data back and forth with Fitbit (known as *syncing*). Your tracker data syncs to your Fitbit dashboard, which is where you can access your stats, analyze historical trends, set goals, review your exercise history, log food and water, challenge friends, and much more.

Fitbit trackers can also be set up and monitored through a Bluetooth-capable Windows PC or Mac. However, screen reader users may find this difficult. Desktop Fitbit users will need to use the Fitbit website to navigate their dashboard and key fitness figures. While the Fitbit mobile app is highly accessible, the Fitbit website relies heavily on visuals and is difficult to navigate using screen reader software. Instructions to set up your Fitbit on your computer can be [found in the Flex 2 user manual.](https://staticcs.fitbit.com/content/assets/help/manuals/manual_flex_2_en_US.pdf)

The first step to setting up your Fitbit Flex 2 is to download the Fitbit application on your iPhone or Android device. Do so by going to the App Store (iPhone) or Google Play store (Android) and search for “Fitbit” in the search engine. Once you have located the free Fitbit app (simply titled “Fitbit”), install the app and wait for the download to complete.

Open the Fitbit app. The first screen that will come up will prompt you to either Join Fitbit or Login. If you already have a Fitbit login, go to the Login section. Otherwise, if this is your first time using Fitbit, select the Join Fitbit option. The next screen will ask “What Fitbit tracker are you setting up?” and a list of Fitbit devices will appear. Scroll down until you locate the Flex 2 option, and select the Flex 2. The next screen will show a large photo of the Flex 2 and a button at the bottom of the screen that reads “Set up your Fitbit Flex 2”. Select this option.

The following screen will prompt you with providing an email address and password for your Fitbit log in and you will need to agree to the terms of use for Fitbit by selecting a check box. Make note of your email and password, as you will need this to join the Fitbit activity groups as part of the National Fitness Challenge. After you have completed that, select the “Create an account” button to move to the next step and create your account. You will provide your information on the next screen, entitled “About You”. Ater hitting the “Save” button upon completion of providing your information, Fitbit may ask you to provide permission to access your phone’s Bluetooth connection. By agreeing to this, this will allow the tracker to connect to your mobile device.

Next, you’ll be asked to agree to the terms of use and privacy policies of Fitbit, and an “I agree” button to select at the bottom of the screen. The proceeding screen will be a “Meet Your Flex 2” visual which shows you the pieces included in your Flex 2 (covered above). The next 3 screens will demonstrate how to charge your tracker and put your wristband on. You may be prompted to grant Fitbit permission to access your location through your phone.

The next screen will ask you to tap your tracker to verify the set up and pairing. Double tap your tracker (in the wristband) several times until you feel the tracker vibrate. Once you feel the vibration, congratulations-your Fitbit is now connected to your mobile device. You will then be direct to the Anthem Foundation/USABA National Fitness Challenge program “Join” screen. Click Next at the bottom of the screen to advance to the Data Sharing notification. This notification will ask for your permission to share the data from your Fitbit to the Anthem Foundation/USABA National Fitness Challenge. To agree to sharing your data click Next at the bottom of the screen. The next page will ask you to “Introduce Yourself” by requesting you enter your First and Last name, city and select from a drop-down list which Group you belong to. The drop-down contains a list of cities participating in the Anthem Foundation/USABA National Fitness Challenge. Please select the city associated with the agency you are participating in the program with. Once you have selected the appropriate city, click Join at the bottom of the screen. You will see the Welcome to the Anthem Foundation/USABA National Fitness Challenge screen signifying you are done setting up your tracker.

The following screen will be your Dashboard. Your Dashboard will be your default screen when you open the Fitbit app, and will contain all your relevant fitness data. The fitness data displayed will include steps, miles, calories burned, and active minutes. With your phone’s Bluetooth on, go to your Fitbit app and locate the Dashboard section. If your Bluetooth is on and your Fitbit is currently syncing, the top of this section will read “Flex 2, Syncing Now”. If your Bluetooth is off, it will read “Flex 2” followed by the last time you synced. For screen reader users, your screen reader program will verbalize this information as well. You can turn on your Bluetooth through the Fitbit app by going to the button to the right of the “Flex 2” section. Unfortunately, this button is unlabeled on screen readers, but by selecting the button, you will be prompted to turn on your Bluetooth. For syncing purposes, users have fond that it is best to turn your Bluetooth on before opening the app. While turning the Bluetooth on through the Fitbit app can work, it does not sync as consistently as turning your Bluetooth on outside of the Fitbit app does.

To actively track your progress, you should sync your Fitbit several times throughout the day to see if you need to get moving more. The Fitbit Flex 2 can store up to 3 days of data but to ensure data is not lost, it is recommended you sync every evening. Fitbit restarts their trackers automatically at 12 midnight.

For further details on the Fitbit Flex 2, [refer to the Flex 2 user’s manual.](https://staticcs.fitbit.com/content/assets/help/manuals/manual_flex_2_en_US.pdf)