



How to order and connect an activity tracker to WebMD®

A Fitbit activity tracker (or other tracking device) can be used to sync your steps to the BWell WebMD® walking program.

New Hires are eligible for a complimentary Fitbit Inspire. Spouses of New Hires can receive a device at a discounted rate. To request a Fitbit Inspire (or apply the credit to a different Fitbit model), complete the instructions below.

1. Order

- Login as a member at **bcbsm.com**
- Select the Health and Well-Being tab and WebMD® Health Services from the drop-down menu. Scroll down and click on GO TO WEBMD.
- Click on My Sponsor, at the top of the page, and Have you ordered your Fitbit? tile. Select the Fitbit model and color of your choice
- To place item in your cart, check the box and scroll to the bottom; click “add to cart”
- Verify your model and color is on stock. If it is back ordered, you might want to make another selection.
- Select shipping method (Free shipping is included. Expedited and overnight shipping is paid for by employee/spouse).
- Enter your shipping address; click “next”
- Review your order
- Check the box to agree to the terms of sale and privacy policy
- Select “place your order” to complete



2. Sync

Link your device to WebMD® platform

- Log in as a member at bcbsm.com
- Select the Health and Well-Being tab and WebMD® Health Services from the drop-down menu. Scroll down and click on GO TO WEBMD (you may need to accept terms and conditions and select preferences).
- On the My Health page (home page), click on DEVICES/APPS.
- Find your device and follow the steps provided to connect your account.



3. Connect

Upload your steps through the Fitbit App on a tablet or mobile device. Fitbit is available on iOS or Android devices. Download the Fitbit App at iTunes or Google Play. If you follow the steps to connect your Fitbit to WebMD®, your steps will upload from the App.

4. Track your progress

View your step and track your progress:

- Login as a member at bcbsm.com
- Select the Health and Well-Being tab and WebMD® Health Services from the drop-down menu. Scroll down and click on GO TO WEBMD.
- At the WebMD® home page, scroll down to the Health Trackers section and click on the Steps tile to see your step progress.

How do I set up a replacement tracker?

To set up a replacement device on your Smart phone:

Fitbit App for iOS

1. From the FitbitApp dashboard, tap the **Account** tab
2. Tap **Set Up a Device**
3. Choose your tracker and follow the onscreen instructions

Fitbit App for Android

1. From the Fitbit App dashbaord, tap the **Account** tab
2. Tap **Devices**
3. **Tap the + icon** in the top right
4. If you are replacing a tracker, tap the tracker you want to replace. If you are setting up a new tracker, tap **Add a New Device**
5. Choose your tracker and follow the onscreen instructions

NOTE: It is important to connect your Fitbit and WebMD® account as soon as possible as only steps posted at WebMD® will count towards your Blue Points rewards and BWell challenges.

Healthy *Blue Living*SM Members enrolled in WebMD® walking program: Steps synched from a single Fitbit device to the WebMD platform will count towards both the BWell Blue Points rewards program as well as your requirements for Healthy *Blue Living*SM. Please note the step criteria for BWell is 7,000 steps per day and the Healthy *Blue Living*SM requirement is 5,000 steps per day.

Questions? Contact the Engagement Center at 1-800-775- BLUE (2583) or BlueCrossHealthandWellness@bcbsm.com