Be Well UC  
educate • support • empower

University of Cincinnati

How to Connect Your Fitbit

1. On the homepage, scroll down to find the My Devices and Apps block.

2. Click on the Connect button in that block.

3. After you click on Connect, a new screen will open. Click on the green Connect button here and a new window will open where you will see all of the apps you can connect. Find Fitbit and click Connect.

4. Login to your Fitbit account and check the Allow all box for data to be shared from your Fitbit account to your well-being portal. Then click the Allow button at the bottom.

*You will know your Fitbit was successfully connected if you see "Fitbit" showing up in your Devices and App block. Please note it may take up to 24 hours for your data to sync to the portal.

CONGRATULATIONS!  
You have successfully set up your Fitbit.

If you would like to reach a member of the Be Well UC Team, please email wellness@uc.edu.
If you need assistance or help with using the Alyfe Wellbeing portal (bewelluc.alyfewellbeing.com) please contact Alyfe via email at bewelluc@alyfewellbeing.com or by phone (844) 384-0500.

© Alyfe Wellbeing Strategies. All rights reserved.