



## ActiPed+

The ActiPed+ is a device that uses patented technology to accurately and objectively track a person's activity throughout the day. The ActiPed+ works across different activity types like walking, running and moving, and can measure the intensity level of a specific activity.

## FitLinxx access points

### ActiLink Personal Access Point

- A personal wireless access point that plugs into a computer's USB port
- Receives activity or health data from any ActiHealth device up to 50 feet away
- Requires a running computer with an Internet connection and a small software application

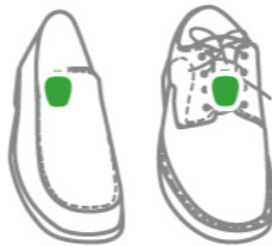


### Remote Access Point (RAP)

- A high-volume, stand-alone access point for worksite programs in large groups and offices
- Receives data from devices up to 200 feet away, making it ideal for large spaces
- Capable of accepting activity and health data from many devices at once
- Requires no dedicated computer to function

## Other Helpful Tips- FitLinxx

- **Pay attention to the wording of the challenge.** Is it tracking walking, running, biking, hiking, elliptical, skiing or exercise? These activities are tracked differently by FitLinxx devices and aren't interchangeable. For example, if it is a walking challenge, steps you accumulate running will not factor in. Exercise is the most general category and will cover any activity tracked.
- **For the most accurate tracking,** ensure that your ActiPed+ device is positioned on the top of your shoe rather than the side and the narrow tip of the ActiPed+ is pointing down toward your toes and not up toward your ankle.




**Questions? Email [support@worksitewellness.net](mailto:support@worksitewellness.net)**

## How to sync your FitLinxx:

- Log in to your wellness account.
- Click on 'Settings' in the upper right hand corner of your dashboard.
- Click on the 'Devices' Tab.
- Find 'FitLinxx', click 'Connect'.
- Follow the onscreen instructions to sync up your ActiPed (shoe device) and ActiLink (USB drive, if applicable).
- Clip your ActiPed to the top of your shoe and start moving. It takes 200 continuous steps before your device is active and will start tracking.

## Tracking in a Challenge

- To join challenges that utilize your activity device or app, look for the  symbol next to the challenge name. This symbol indicates that information from a connected device or app will be linked to that challenge.
- Currently, activity device-tracked challenges can only be created by your site's administrator. If you have a great idea for a tracking challenge and want to see it come to life, please email [support@worksitewellness.net](mailto:support@worksitewellness.net).

## Updating Data

- Each time you sign on to your wellness account and go to the 'My Plan' page, you will see that new activity from your device is gathered and loaded into challenges.