

How to Authorize Your WEARABLE FITNESS DEVICE

Tracking your steps is easy! This guide will take you through the authorization and device syncing process step-by-step.

By authorizing your device with the **Grande Health & Wellness** portal, your steps will automatically be recorded. Once your device is authorized, your data will automatically transfer on a nightly basis. Any data manually entered will not be overwritten by the nightly data pull from your device.



Get Started

Log in to www.assethealth.com/grandehealth on your desktop or mobile device. If you're logging in for the first time, your credentials are as follows:

Username: First Initial + Last Name + Last four digits of your Social Security Number

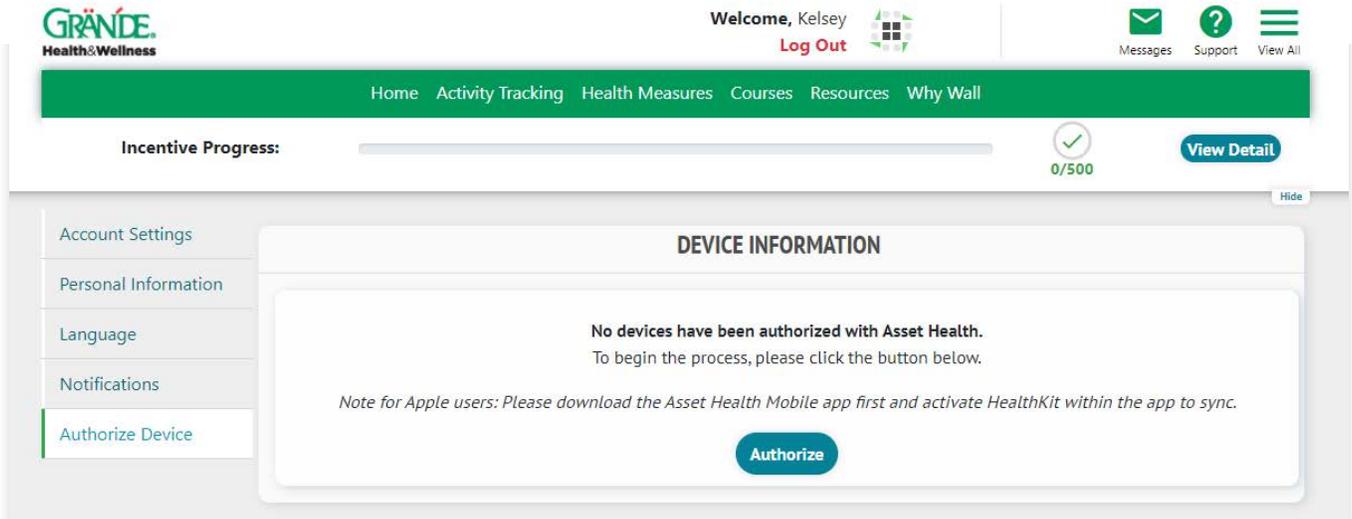
Password: DOB (mmddyyyy)

A screenshot of the Grande Health & Wellness login page. The page features the Grande Health & Wellness logo at the top. Below the logo are two input fields: 'Username*' with the placeholder 'username' and 'Password* (Case Sensitive)' with a masked password '*****'. A note below the fields states '* All fields are required.' There is an orange 'Log In' button. Below the button is a link 'Having trouble logging in?'. Under the heading 'First-Time Logging in?', there are two numbered instructions: 1. You must first log in with your default credentials. These credentials are for first-time use only. Don't remember what they are? Click here to get more information. 2. After first log in you will be asked to set your own unique account credentials and contact information for accessing the site in the future. At the bottom, there is a section for 'Returning User?'.

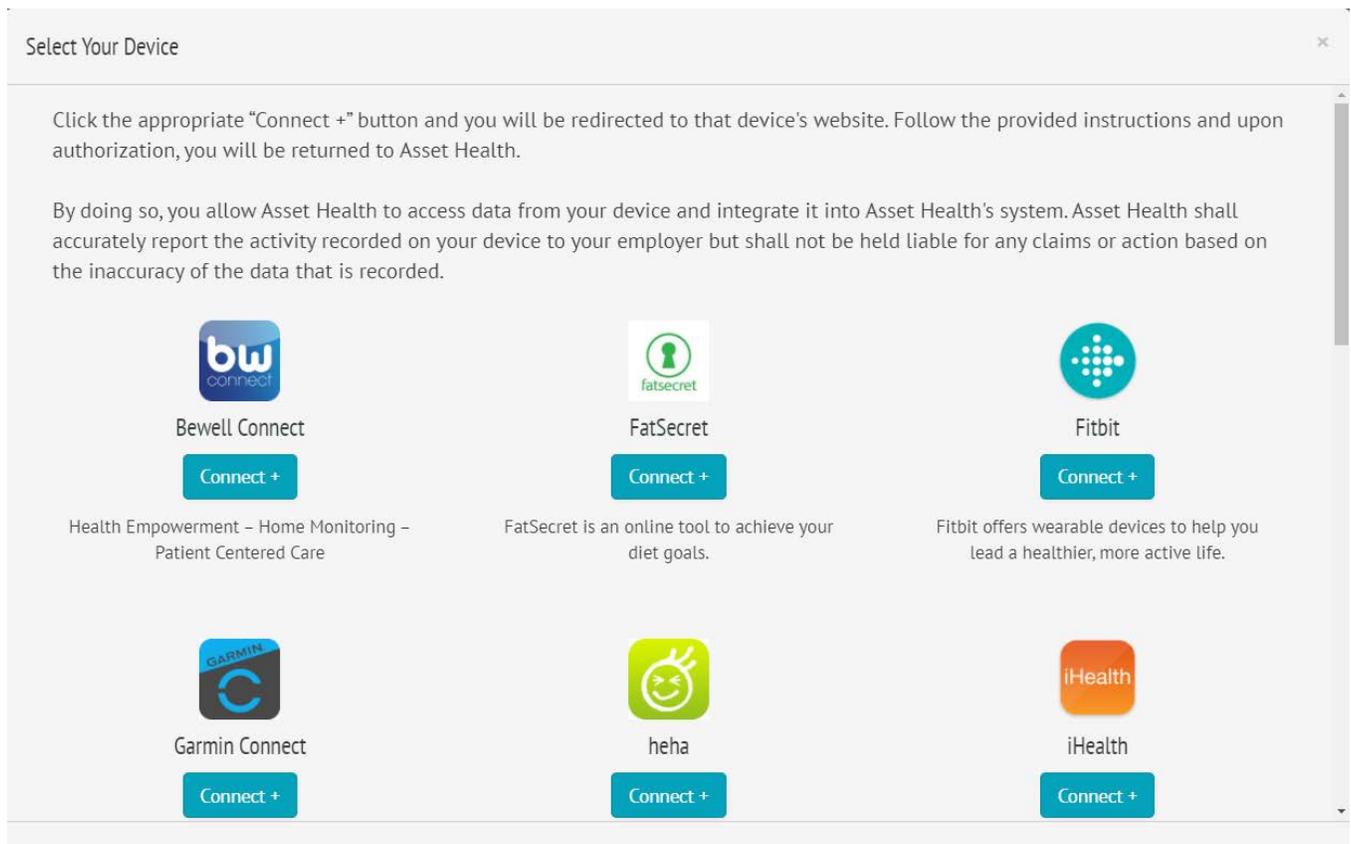
Device Setup

You may only authorize one device. To authorize your device on the Grande Health & Wellness portal, please follow the instructions below.

1. Once you are logged in, click the menu in the upper righthand corner, and select **Settings**.
2. Once on the Settings page, click **Authorize Device** on the left side of the page. Then click the blue Authorize button.

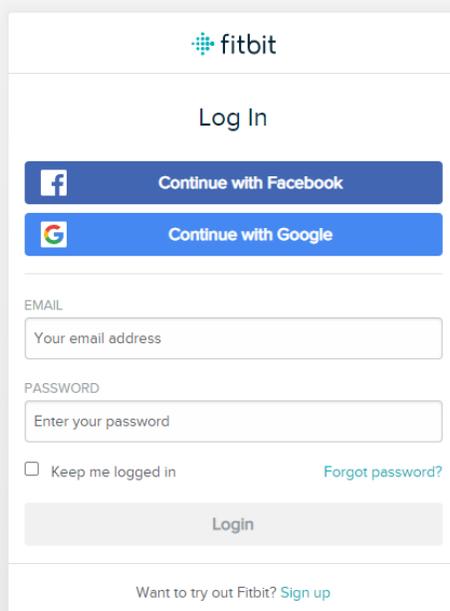


3. Scroll through the list of approved devices until you find yours. Then, click **Connect** below your device.



4. You will now be taken to the device account login page. Here, you must log in using the username and password you created during the setup of your device. This device account username and password are not associated with the **Grande Health & Wellness** portal.

Example for FitBit



fitbit

Log In

Continue with Facebook

Continue with Google

EMAIL

Your email address

PASSWORD

Enter your password

Keep me logged in [Forgot password?](#)

Login

Want to try out Fitbit? [Sign up](#)

5. Please verify that you are logged in to the correct account (not the account of your spouse or another family member), then click **Allow*** to give Asset Health permission to pull activities from your device. You will be directed back to the **Grande Health & Wellness** website, where you will see that your device is successfully authorized.
6. Now that your device is authorized, be sure to sync your device often with its parent app to ensure your data is up to date. (Ex. sync your FitBit device with the FitBit app)

***Attention Fitbit Users:** Please do not uncheck any of the boxes before clicking Allow. Although Fitbit requires all boxes to be selected in order for your device to properly sync, **Grande Health & Wellness** only receives minutes of physical activity and steps.



Sync Your Apple Watch With the Grande Health & Wellness Portal!

If you have an Apple Watch, please download the **Asset Health Mobile app** first and activate HealthKit within the app to sync.

Questions? Contact us at support@assethealth.com.