



PATIENT & CAREGIVER EDUCATION

How To Setup And Use Your Fitbit® Inspire 2

This information will explain how to set up and use your Fitbit® Inspire 2

1. Download the Fitbit app from the iOS or Google Play Store (see Figure 1).

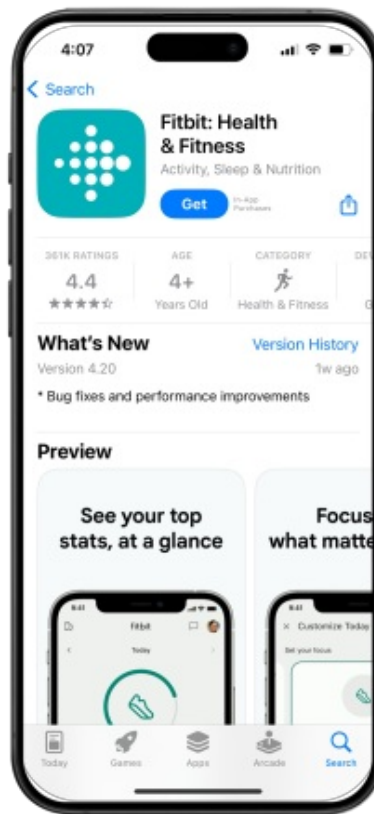


Figure 1. Fitbit app

2. Fitbit requires a Google account to use the app. Select “Sign in with Google” to create a new account. If you already have a Fitbit® account, you can sign in here (see Figure 2).

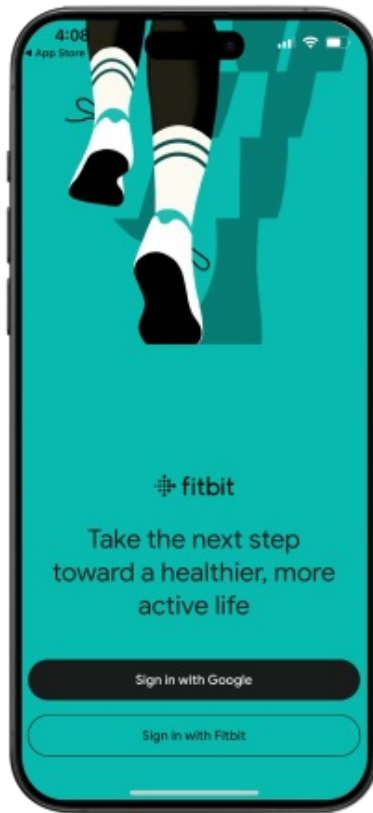


Figure 2. Sign in screen

3. If you do not have a Fitbit® account, select “Continue as a new user” (see Figure 3).

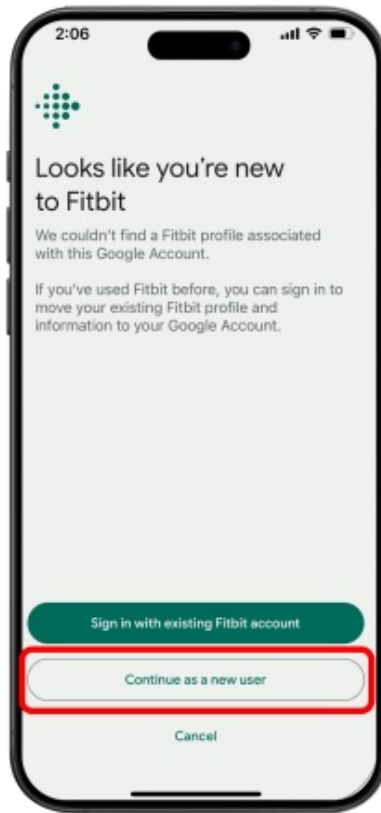


Figure 3. New user sign up

4. Read the Privacy Policy, then select the check boxes. Tap "Agree and continue" (see Figure 4).

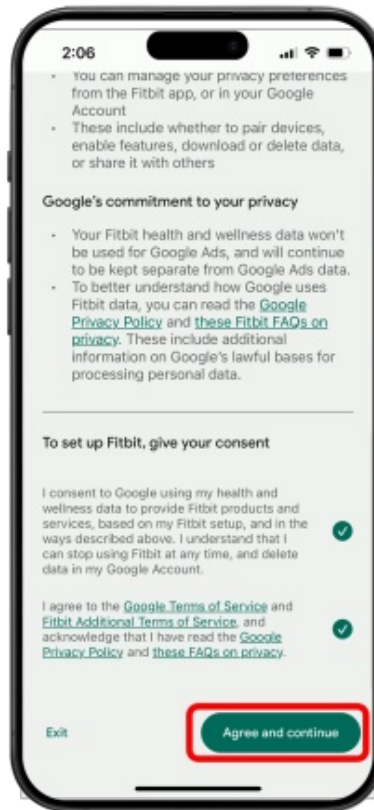


Figure 4. User agreement

5. Create your Fitbit® profile by entering your weight, height, and sex. Tap “Save & continue” (see Figure 5).

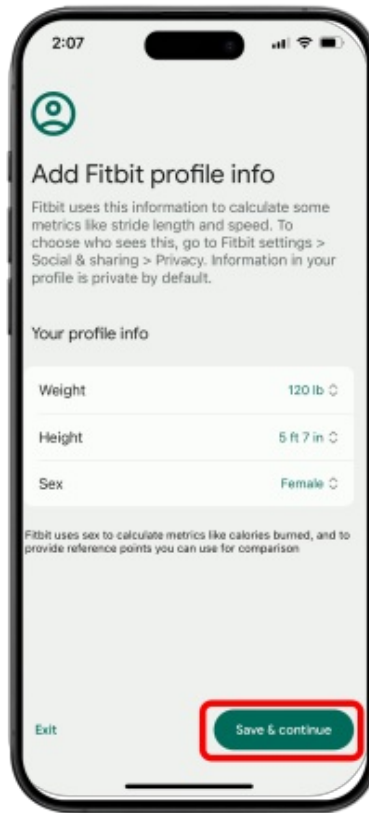


Figure 5. Profile info

6. Your Fitbit® account has now been created. Tap “Continue” (see Figure 6).

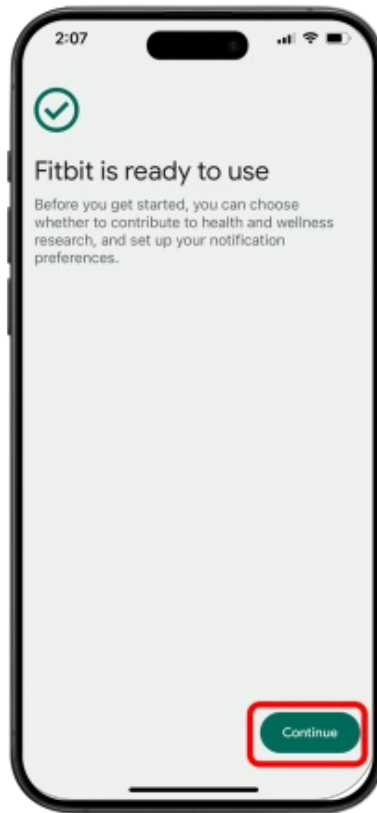


Figure 6. Ready to use

7. There is question about participating in Fitbit® research. Select “No thanks” (see Figure 7).

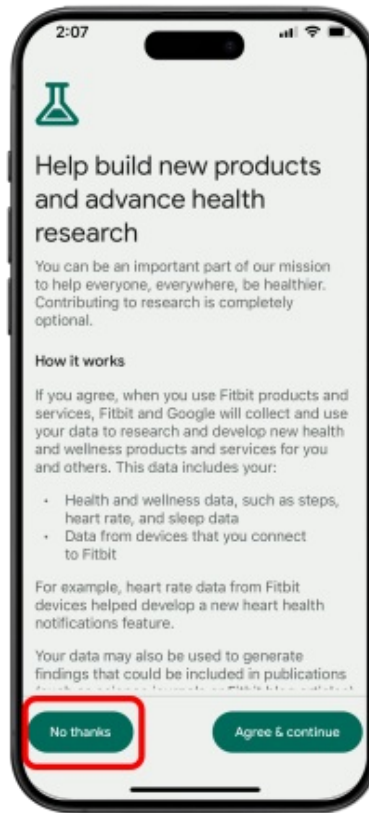


Figure 7. Research permission

8. Choose your email and notification preferences. Tap “Save & continue” (see Figure 8).

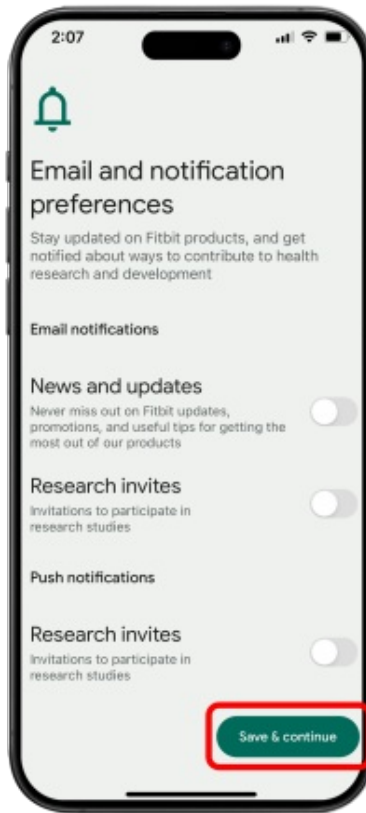


Figure 8. Select notifications

9. Tap “Add device” to setup your device (see Figure 9).

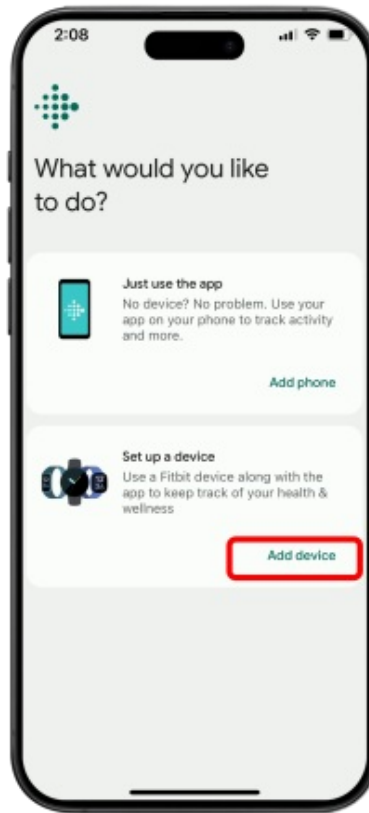


Figure 9. Add device

10. Select the “Inspire 2” (see Figure 10).



Figure 10. Select device

11. Select “Start setup” (see Figure 11).



Figure 11. Start setup

12. Review the Fitbit Privacy Policy and select “I agree” (see Figure 12).

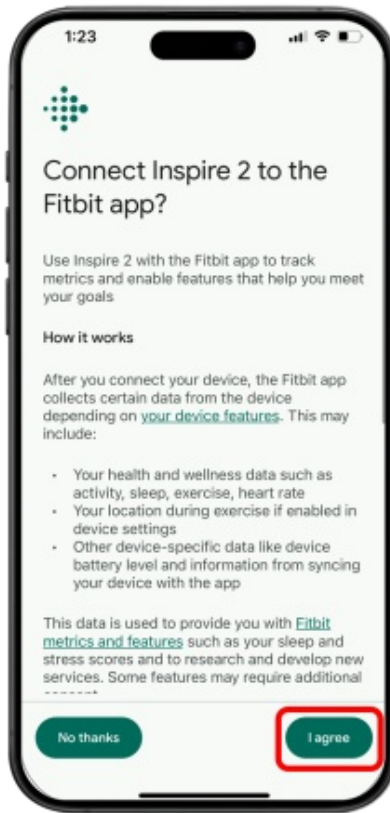


Figure 12. Connect permission

13. Connect your Inspire 2 watch to its charger and select “Continue” (see Figure 13).

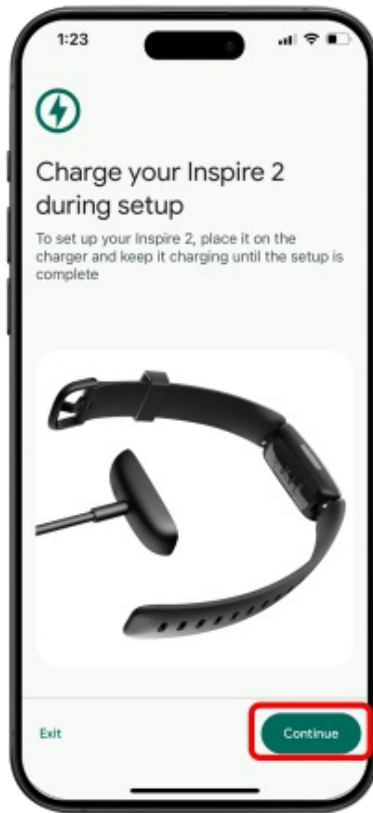


Figure 13. Charge device

14. The app will begin searching for the Inspire 2 watch (see Figure 14).



Figure 14. Searching for device

15. Enter the 4-digit code displayed on your Inspire 2 activity tracker screen into the Fitbit app (see Figure 15).



Figure 15. Enter code

16. Select “Pair” (see Figure 16).

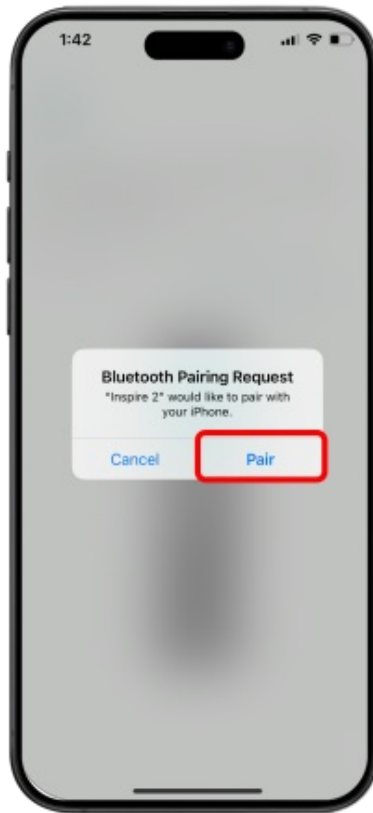


Figure 16. Pair device

17. Your watch has been set up and is now ready for use. Select “Continue” (see Figure 17).



Figure 17. Ready to use

18. Read the wear and care tips. Select “Continue” (see Figure 18).

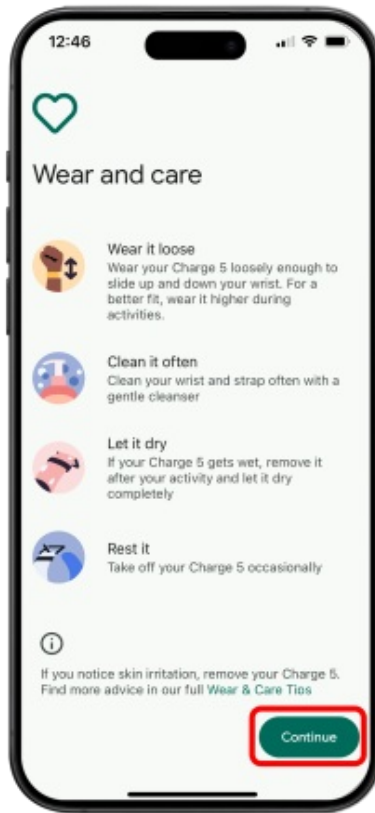


Figure 18. Wear and care

19. Fitbit offers a premium subscription that you do not need for your care at MSK. Select the “Not now” to remove the offer from your screen (see Figure 19).

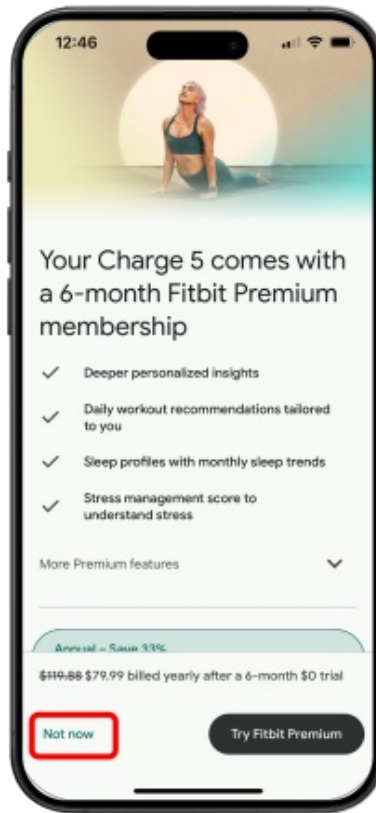


Figure 19. Subscription not needed

20. Wear your watch as instructed by your doctor. Make sure to open the Fitbit app occasionally to sync the data from the watch to be sent to MSK.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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Somewhat

No

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