



WALKFIT HEALTH
N A T I O N

JOIN THE NATION.

www.WalkFitHealth.com

Getting Started

This Quick Start guide will help you get started using WalkFitHealth products. Registering is easy, and takes just 3 short steps:

Step 1 Register your account and each of your devices.

Step 2 Install the software.

Step 3 Attach your MiniPed, then take a quick walk!

Step 1: Register your Account and Devices

A. Register your Account

Begin by entering your email address and defining your PIN or username and password.



Next, on the registration page, enter your name, gender, height, etc.



Don't worry, WalkFitHealth will never share your personal information! If you have any questions, please contact your program provider.

B. Register Each of Your Devices

After you have finished creating your account, you will need to register your devices using the serial numbers located on the back.

1. Register your MiniPed



The serial number is located on the clip attached to the back of the MiniPed

HMFF-00123-45678

Back of the MiniPed

Important!

You **MUST** register the MiniPed before use - not registering will result in loss of all activity data collected prior to registration.

2. Register your MiniLink



Back of the MiniLink

HMFF-00123-45678

The serial number is located on the back of the MiniLink

Step 2: Install the Software

Once installed, the software can be used to see whether a device is currently awake, asleep, or syncing data. The system icon appears in the user's Windows system tray or in the Mac Dock.

The Software Status Icons



Visible in the Windows system tray...

The software is Windows PC and Mac compatible!



... or the Mac OS Dock

The software icon will indicate the current status.



Good Status:

Everything is working properly and devices can offload.



Warning Status:

The software does not currently detect an Internet connection.



Error Status:

The software does not detect a MiniLink inserted.

Step 3: Attach Your MiniPed

The MiniPed must be placed securely on the top of your shoe.



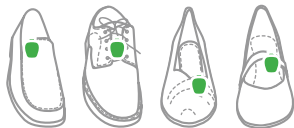
Front of the MiniPed

The open end of the MiniPed clip should be pointing towards your toes, if your footwear allows



Snug to footwear

It is important that the MiniPed be attached to your footwear properly to maintain its accuracy.



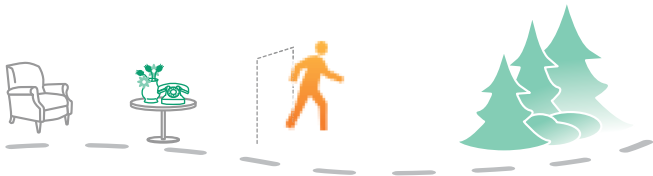
GOOD locations for the MiniPed



BAD locations for the MiniPed

Then Take a Quick Walk!

To conserve battery life, the MiniPed is shipped in “factory mode” and will not become active until after you register it and take 200 steps of continuous activity data.



The MiniPed works equally well indoors and outdoors, so take your first 200 steps anywhere you like, every step counts!



200 steps

System Checklist

Below are some helpful tips to ensure that everything is working properly:

- ☑ The computer is powered on and not in Sleep, Suspend or Hibernation mode.
- ☑ With the MiniLink, make sure it is plugged into the computer's USB port.
- ☑ Make sure the software icon is **blue** and visible in your Windows system tray or Mac Dock.
- ☑ If you still do not see your data, try taking another short walk of 200 steps or more without stopping and return to your computer.
- ☑ The MiniPed will offload data when it is "awake" and in range of an Access Point - simply take a few steps while wearing it or tap it a few times against a hard surface to wake up the device.

To check the status of any device, right-click on the software icon and locate your device in the Registered Devices list. There are 3 status levels:

- **Sleeping** - the MiniPed is not detecting activity and has gone to sleep to save battery life.
- **Awake** - the MiniPed is detecting activity, but is not offloading data.
- **Syncing** - the MiniPed is actively offloading data through the software to the data center.

Live actively.





MiniPed



Place Serial
Number Label
Here If Included

MiniLink



Place Serial
Number Label
Here If Included

This device complies with Part 15 of the FCC rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference and (2) this device must accept any interference received, including interference that may cause undesired operations. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the devices.

This device is covered by one or more of the following patents: 6018705, 6052654, 6298314, 6336365, 6493652, 6536139, 6560903, 6611789, 6876947, 6882955, 7187924, 7466979, 7927121 and patents pending.

European Wireless EU Declaration of Conformity: This wireless device complies with the specifications EN 300 440-2, EN 301-489, and EN 60950 following the provisions of the R&TTE Directive.

Specifications subject to change without notice.

