

## **Installation and Configuration Instructions for the BodyMedia Armband**

- 1) Go to [www.bodymedia.com](http://www.bodymedia.com).
- 2) Click the **log in** button.
- 3) Enter in the unique email and password provided to you in your last email from the Fit for Life Project Team. Click **log in** again. Note: **DO NOT** click get started.
- 4) Complete the profile portion and click **continue**.
- 5) Select and click the **get active** goal and enter in any additional information the website asks for.
- 6) Download and install BodyMedia sync software by clicking on the **download now** button. Save this to your desktop or my documents folder.
- 7) When prompted, click on the **run** button. The application will install on your PC.
- 8) Accept the terms of the license agreement and click **next**.
- 9) The application will prepare for installation into a default location on your computer. Click **next**.
- 10) Click **install** to continue.
- 11) Make sure your BodyMedia device is not connected to the computer and click **next**.
- 12) When the application has completed installation make sure the “Launch BodyMedia SYNC now” box is checked and click **finish**.
- 13) Follow the prompts to continue with the setup process. If you have antivirus or firewall software on your computer you may get a prompt asking you some questions. Please allow this application access to the internet.
- 14) Enter in the unique email address and password provided to you in your last email from the Fit for Life Project Team and click **log in**. The device and the application will now sync.
- 15) Click on different categories to review different information on your daily statistics.
- 16) If something went wrong in the installation or setup process click the **support** tab on [www.bodymedia.com](http://www.bodymedia.com) or email the team at [FitforLifeProjTeam@kp.org](mailto:FitforLifeProjTeam@kp.org).

### ***Notes to remember:***

- Wear your armband as much as possible. It's ok to sleep with it on. You'll forget it's there after a couple of nights.
- Do not shower, bathe, or submerge your armband in any water. The device is water resistant, but not waterproof.
- If the fabric portion of your armband needs to be cleaned, use mild soap & water and allow it to dry completely before putting it back on.