UP® BY JAWBONE GETTING STARTED

Your UP is a fun and easy way to track daily steps in *HealthTrails*. Wear it throughout the day, then sync it with your computer or mobile device, and it automatically populates your *HealthTrails* account.

Wearing Your UP

Designed for 24/7 comfort and use, the UP band can be worn during workouts, showers, naps, and more. For best results, wear the wristband on your non-dominant arm. While the UP is rain-, splash-, sweat-, and shower-resistant, it's not waterproof. Do not wear swimming, in hot tubs, or submerge in liquid.

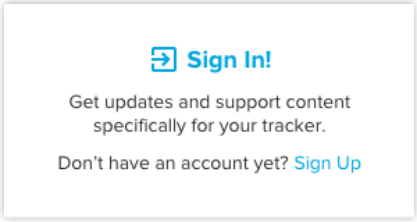
Questions About Your UP

If you're having problems syncing your Jawbone with your *HealthTrails* account, use the Contact link at the bottom of the *HealthTrails* web page. A *HealthTrails* representative will respond within 1 business day.

Syncing Your UP

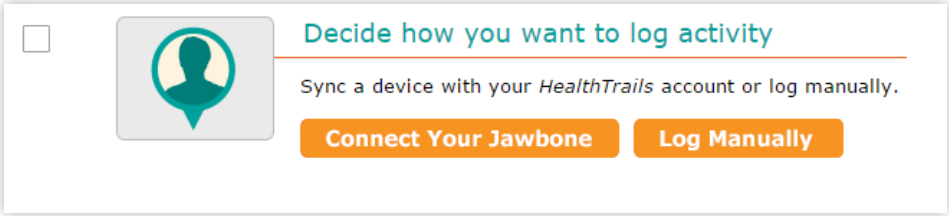
1. Create a Jawbone Account, Download the UP App

Go to *Jawbone.com/support* and select Sign Up to create an account. Then download the UP app to your mobile device (be sure to select the correct app for your Jawbone product) and sync it to your account.



2. Connect to Your *HealthTrails* Account

A. Click Connect Your Jawbone on the Getting Started page.



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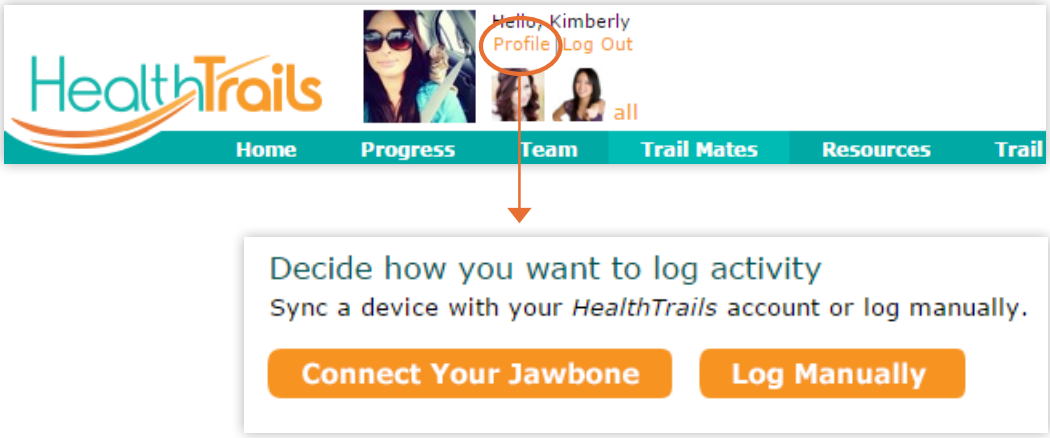
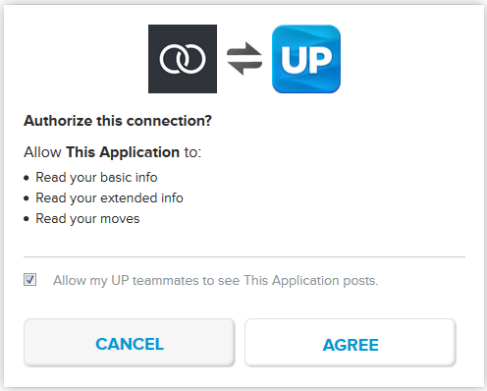
UP by Jawbone Getting Started continued

B. Or go to Profile at the top of the site, then click Connect Your Jawbone.



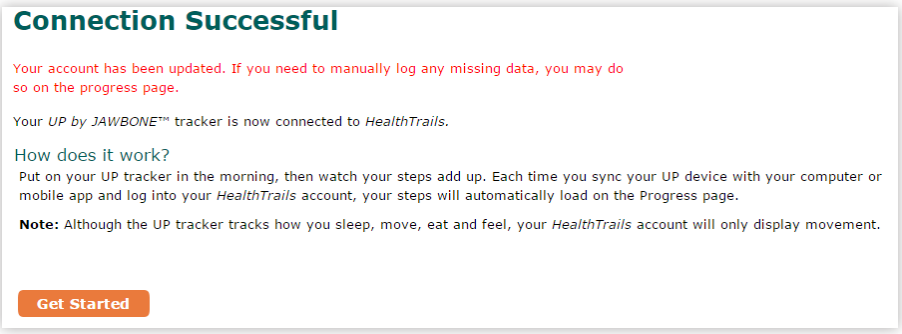
3. Authorize the Connection

Once you click Connect, you'll be taken to the Jawbone site. You'll be asked to authorize the connection; click Agree.



4. Begin *HealthTrails*

After clicking Agree, you'll be brought back to the *HealthTrails* site. Click Get Started or just begin exploring other fun features.



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