



The Complete Pedometers Guide for the 100 Day Dash

Updated May 7, 2013

This guide covers the following topics (click the links to read more):

- [How to Get Your Pedometer](#)
- [How to Sync Your Pedometer with Your HumanaFit Account](#)
- [How to Connect your HumanaFit Account to Your HumanaVitality Account](#)
- [How to Upload Steps to HumanaFit](#)

How to Get Your Pedometer

If you do not own a pedometer, you can get one through the HumanaVitality Mall using Vitality Bucks or a credit card if you do not have enough Vitality Bucks. You can also buy a Fitbit at just about any electronics retailer (i.e. Best Buy).

If you've taken the Vitality Health Assessment and never redeemed any points, you should have enough Vitality Bucks to get a g1.0 pedometer.

Eligible devices are pictured below. Actual price for devices is dependent on your Vitality status.



Humana Gear Pedometer g1.0

1,250 Vitality Bucks
\$14.99



Humana Gear Pedometer g2.0

2,000 Vitality Bucks
\$24.95



Fitbit Zip

4,055 Vitality Bucks
\$59.95



Fitbit One

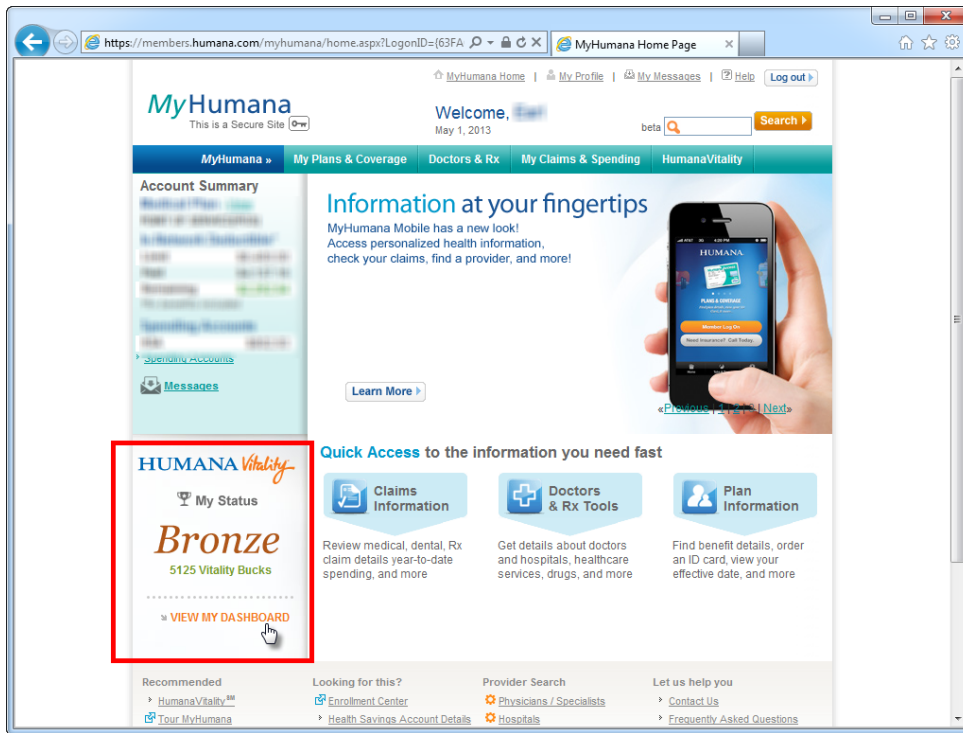
7,085 Vitality Bucks
\$99.95

You can follow the steps below to get your pedometer from the Vitality Mall:

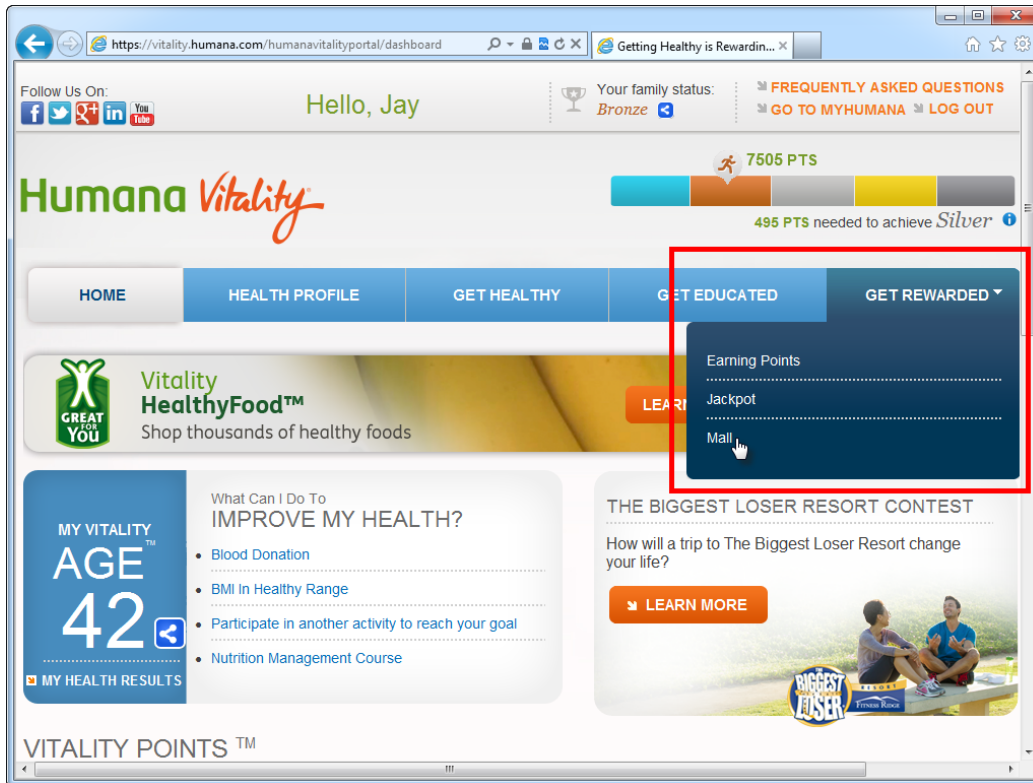
1. Log in to the MyHumana member portal at www.myhumana.com.

*Having pedometer issues? Contact HumanaVitality support at 888.461.7782.
Any questions not involving a pedometer should be directed to 100DayDash@humana.com.*

2. Click the “View My Dashboard” link in the bottom left corner of your screen (highlighted below).



3. Click on the “Get Rewarded” menu option and then choose “Mall” from the drop-down.



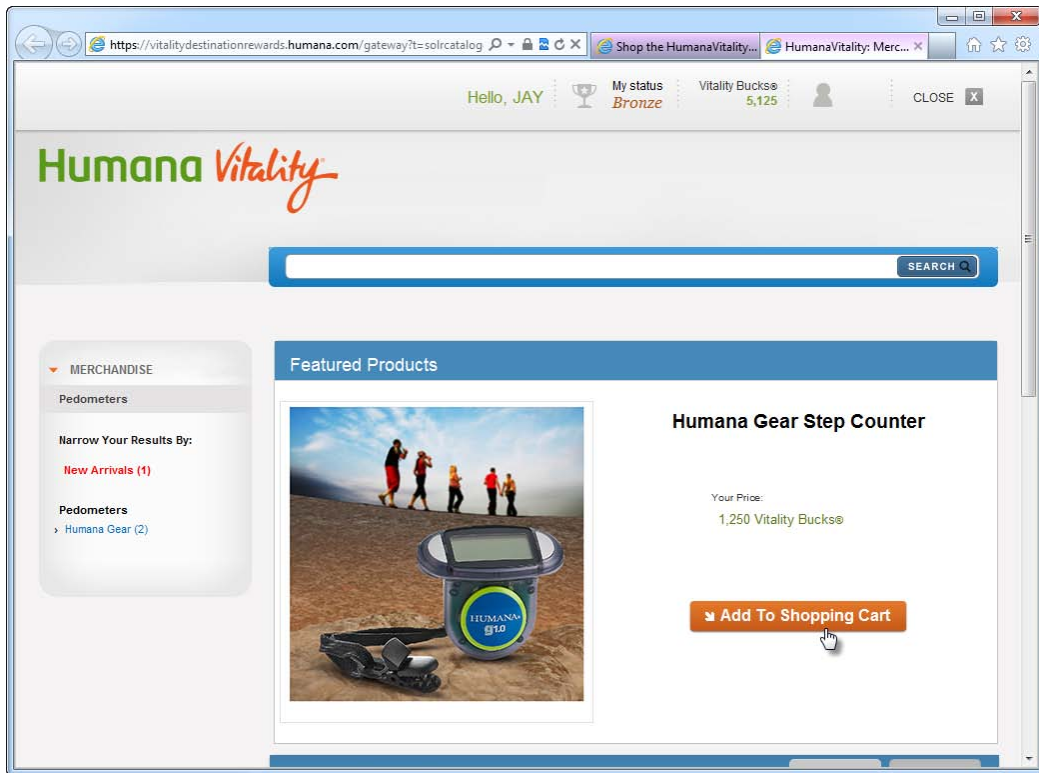
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- You should your Vitality Bucks balance on the left side of the screen along with your Vitality Status. You'll need a minimum of 1,250 Vitality Bucks to get a pedometer. You can choose whether or not you plan to purchase using your Vitality Bucks, Vitality Bucks & Money, or Money, by clicking the checkboxes in the middle of the screen.
- Click on either the "Fitbit" or "Pedometers" tile depending on which device you'd like to get. Then choose whether you want to use Vitality Bucks or Money (to pay with a credit card).

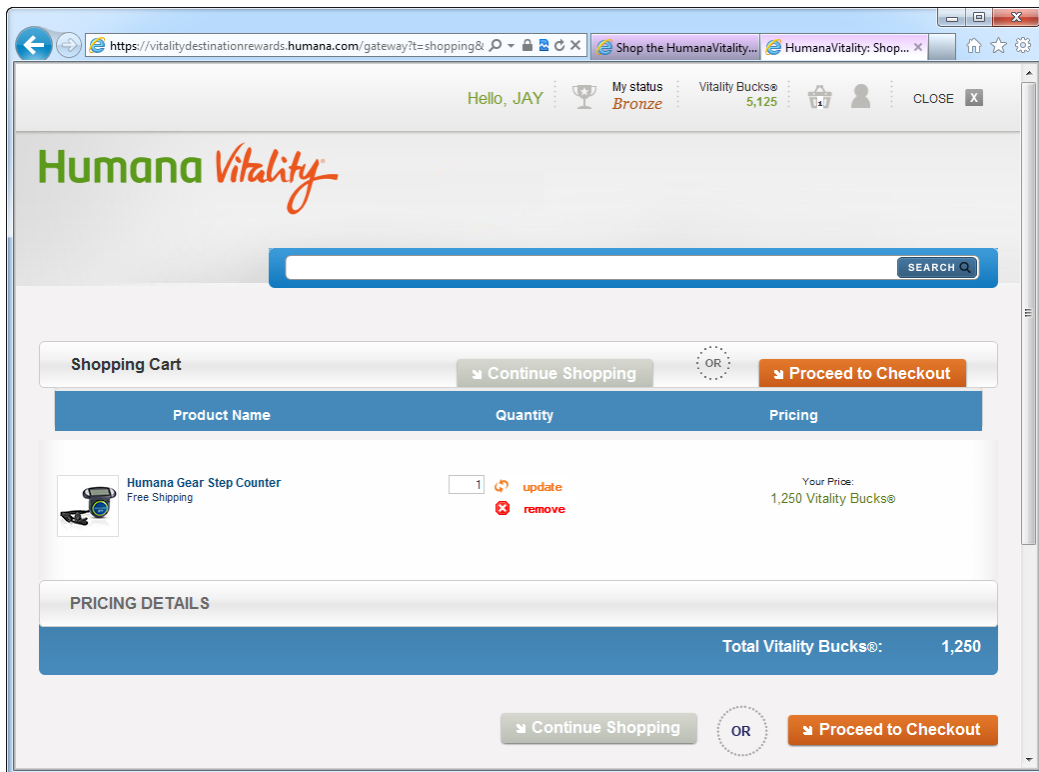
The screenshot shows the Humana Vitality website interface. At the top, there are social media links, a greeting "Hello, Jim", and family status information: "Your family status: Bronze". A progress bar shows "7505 PTS" and "495 PTS needed to achieve Silver". Navigation tabs include HOME, HEALTH PROFILE, GET HEALTHY, GET EDUCATED, and GET REWARDED. Below the navigation, there's a "GET REWARDED > HumanaVitality® Mall" section with links for ORDER HISTORY and CUSTOMER SERVICE. A central banner features a family playing soccer and text: "Welcome to the HumanaVitality® Mall. Visit our stores below to choose from thousands of rewards." On the left of the banner, a box displays "My Vitality Bucks® 5,125" and "My Vitality Status™ Bronze". Below the banner, a section titled "Three ways To Reward Yourself" allows users to select payment methods: Vitality Bucks, Vitality Bucks & Money, and Money. A grid of product tiles includes Amazon.com Gift Card, Apple, Fitbit, Under Armour, HumanaVitality Apparel, HumanaVitality Gear, and a "Devices to track your steps" tile with options to shop with Vitality Bucks or Money. A red box highlights the Vitality Bucks balance/status box, the payment method selection area, the Fitbit tile, and the "Devices to track your steps" tile.

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6. Click the “Add to Shopping Cart” button to add the pedometer to your shopping cart.



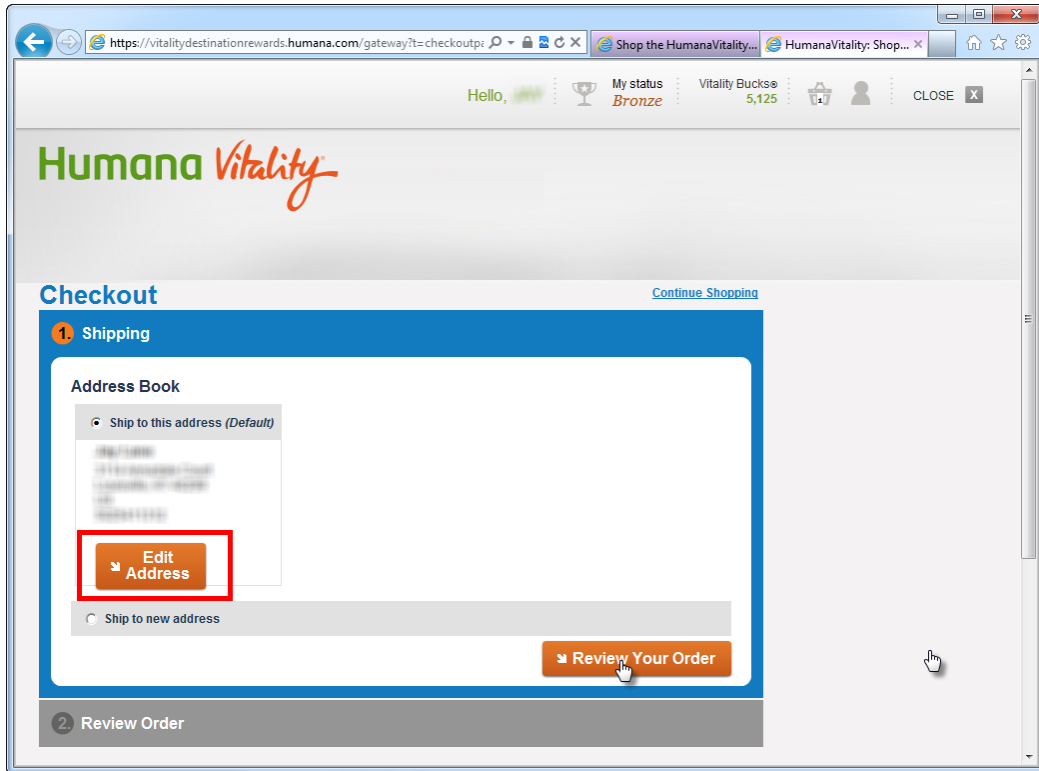
7. Click the “Proceed to Checkout” button



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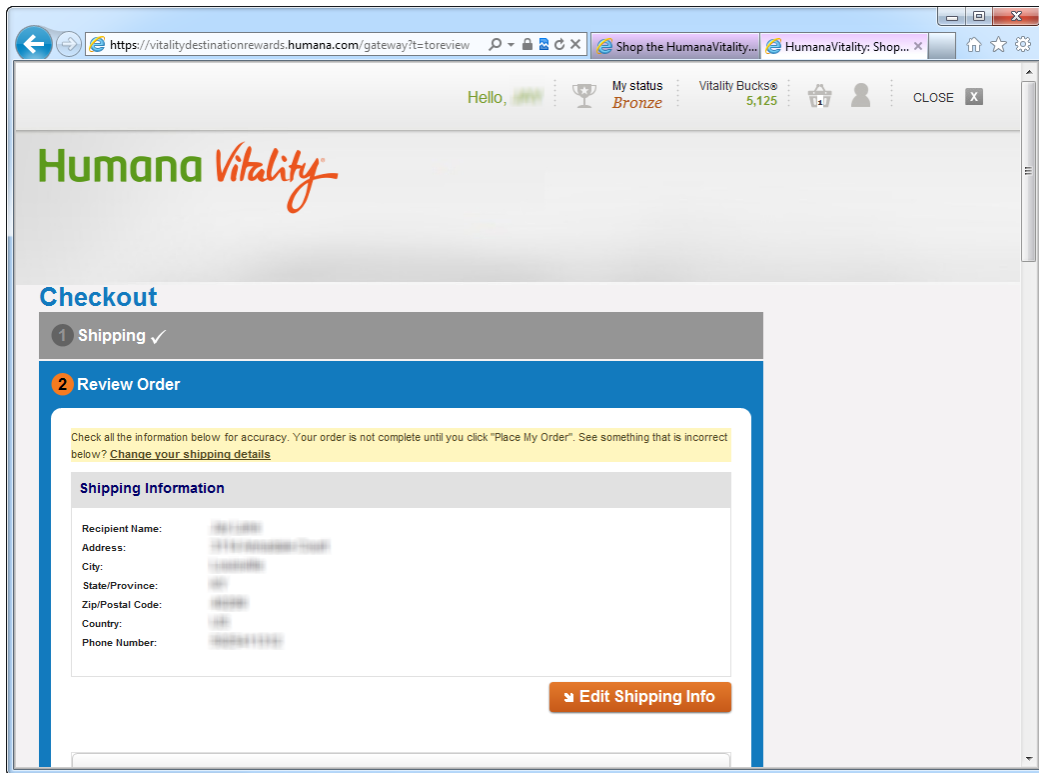
8. Verify that your mailing address is correct. You can click the “Edit Address” button to change where you want the device shipped.

Click the “Review Your Order” button.

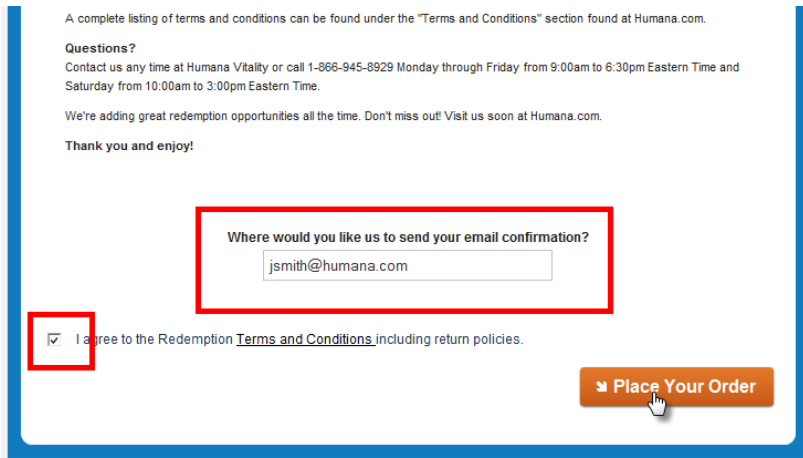


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9. Review your information and make sure everything is correct. Scroll to the bottom of the page.



Enter your email address for confirmation of your order. Click the "Place Your Order" button.



10. Wait patiently for your new pedometer to arrive.

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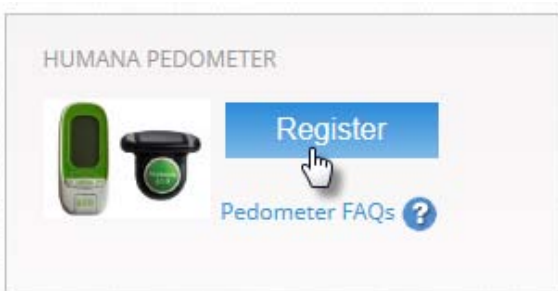
How to Sync Your Pedometer with Your HumanaFit Account



Humana g1.0 Pedometer

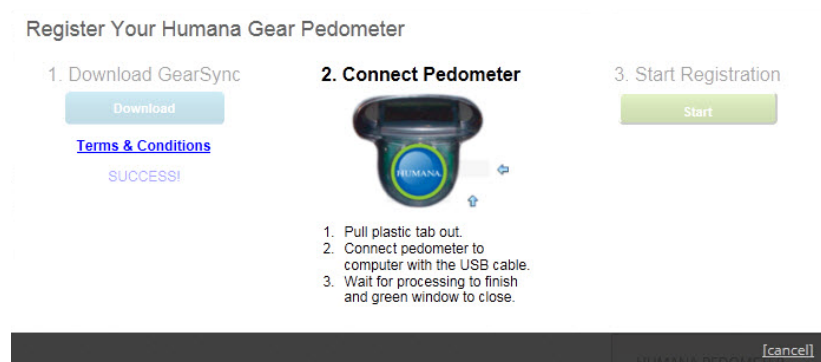
The following instructions work for both the g1.0 and g2.0 pedometers.

1. Log in to your HumanaFit account
2. On the right side of the page, you will see the following box:



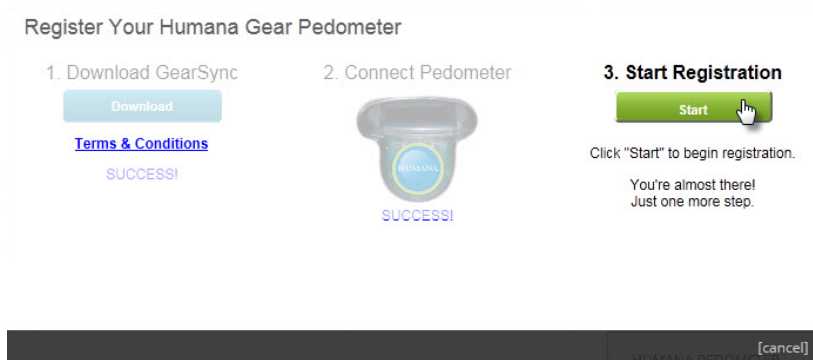
Click the “Register” button

3. The “Register Your Humana Gear Pedometer” dialog box will appear. If you haven’t already downloaded the GearSync software (this is how your steps are uploaded to HumanaFit), click the “Download” button. (This sequence is grayed out in the screen shot below).
4. Follow the directions on screen and then connect the USB cable to your computer.

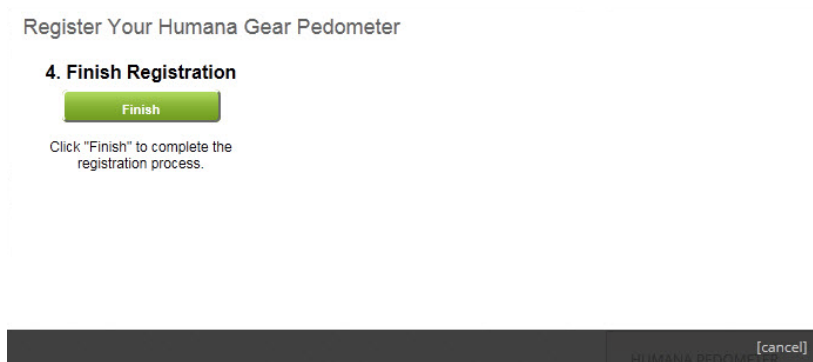


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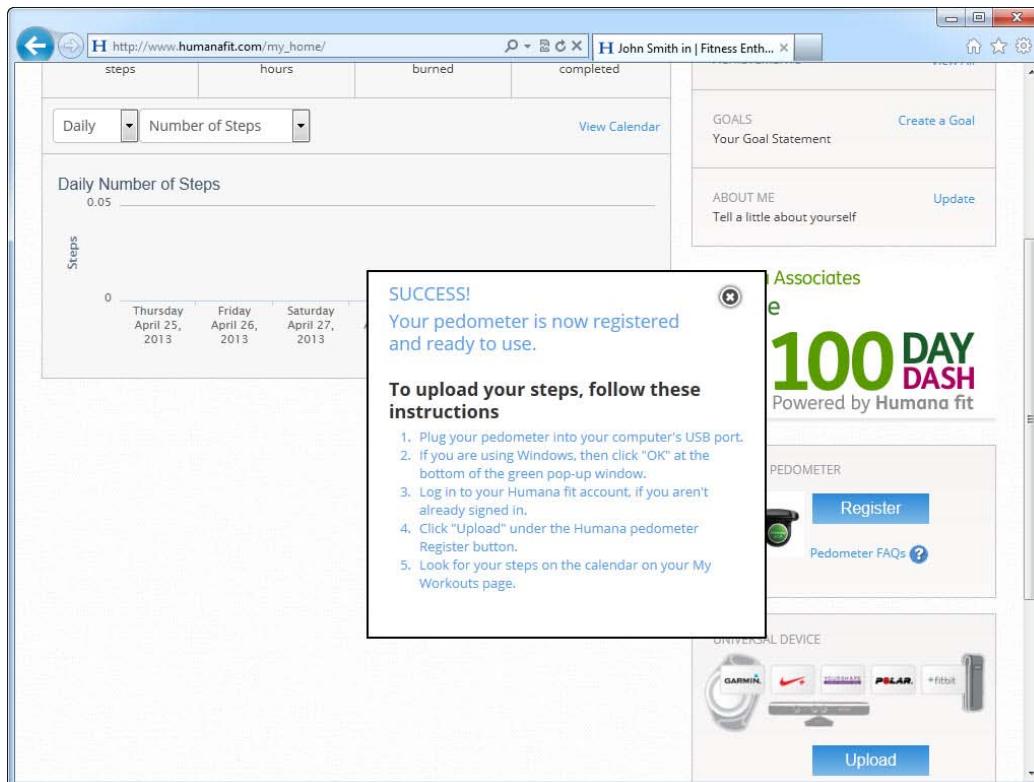
5. Click the green "Start" button.



6. Click the green "Finish" button.

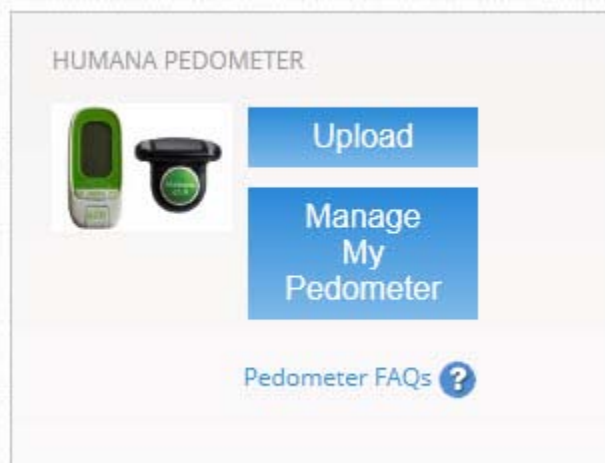


7. A success message should popup letting you know that your device is registered and ready to use.



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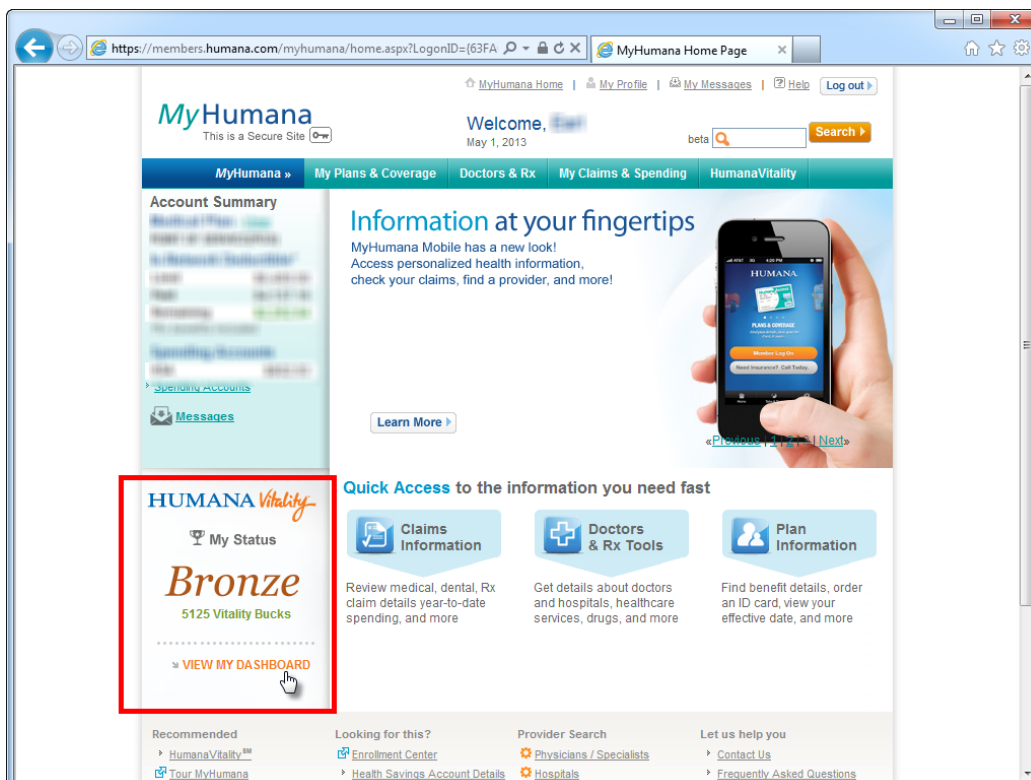
- After closing the “Success” confirmation window, you should now see the following box on the right side of the HumanaFit screen. The box now includes an “Upload” button for uploading your steps and a “Manage My Pedometer” button.



How to Connect your HumanaFit Account to Your HumanaVitality Account

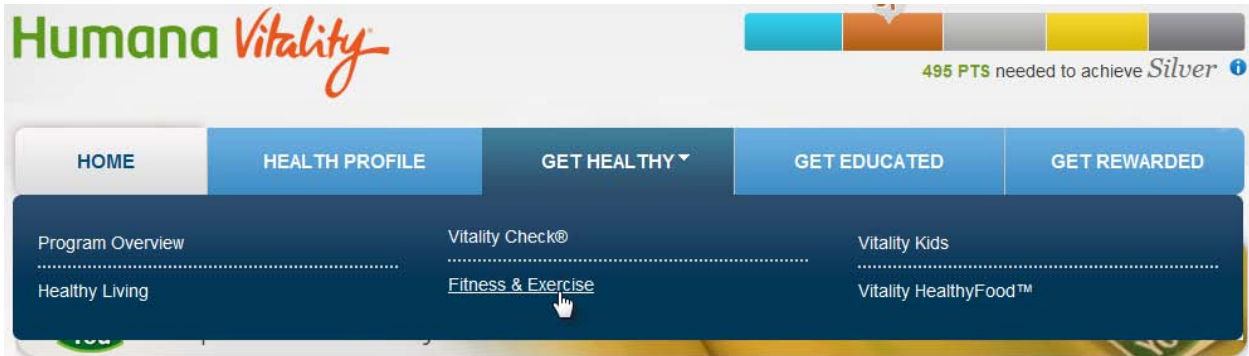
If you would like to earn Vitality Points for logging steps during the Dash, you’ll have to connect your HumanaFit account to your HumanaVitality account. Follow the instructions below.

- Log in to the MyHumana member portal at www.myhumana.com.
- Click the “View My Dashboard” link in the bottom left corner of your screen (highlighted below).

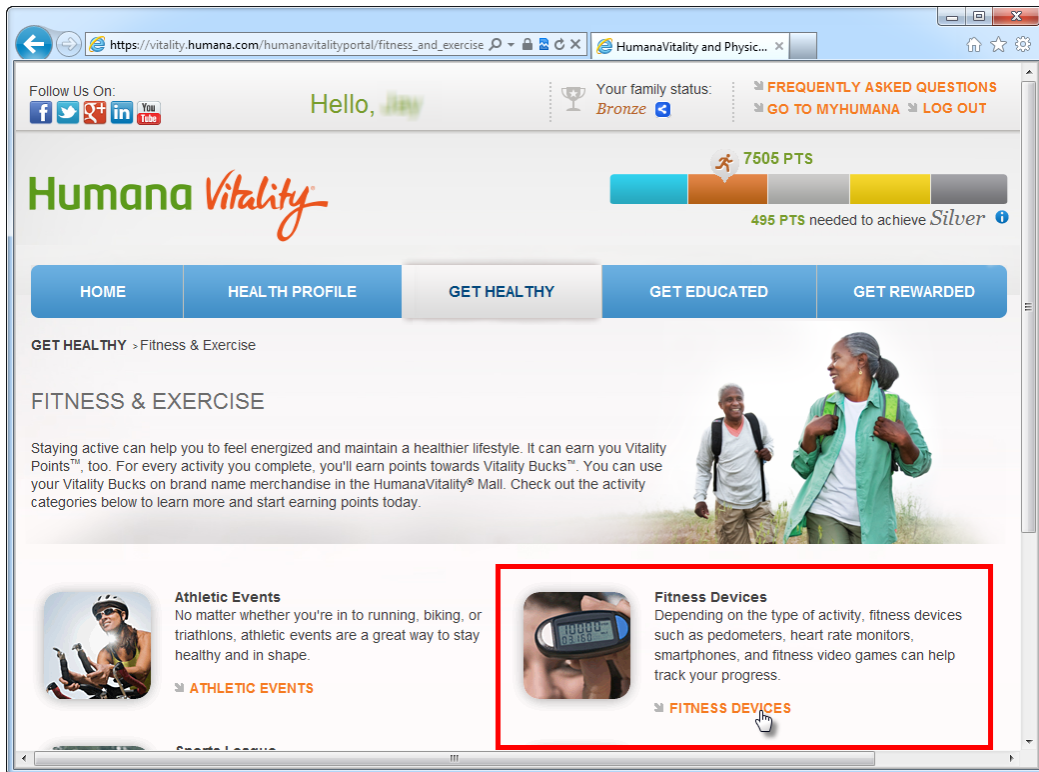


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3. Click on “Get Healthy” in the navigation and choose “Fitness & Exercise” from the drop-down.



4. Click on “Fitness Devices.”



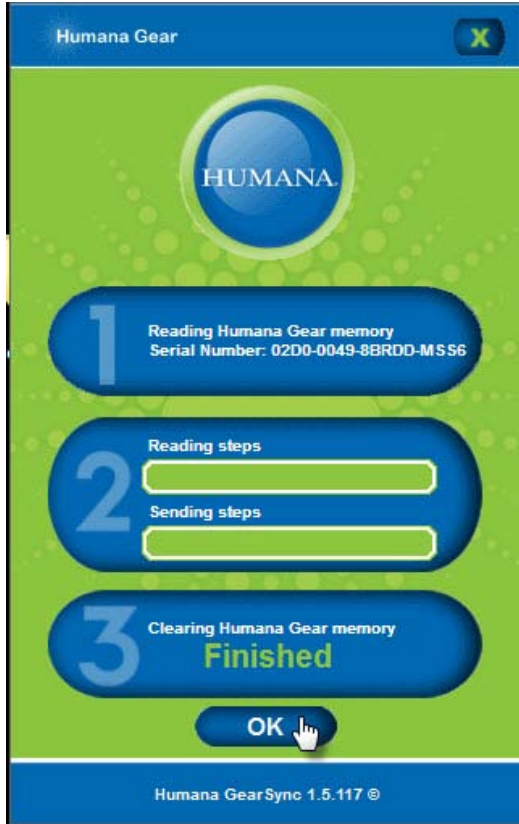
5. Enter your HumanaFit information below the “Connect Your Account” section.
6. You’ll see a “You’ve Successfully Registered Your Account” message after entering your HumanaFit credentials.

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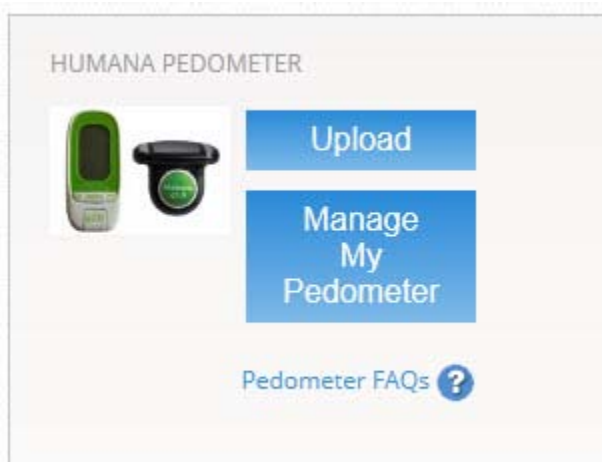
How to Upload Steps from Your Pedometer

Your steps are uploaded into HumanaFit and then automatically synced with the 100 Day Dash leaderboards.

1. Plug your g1.0 or g2.0 into your computer.
2. The following dialog box should automatically pop up.



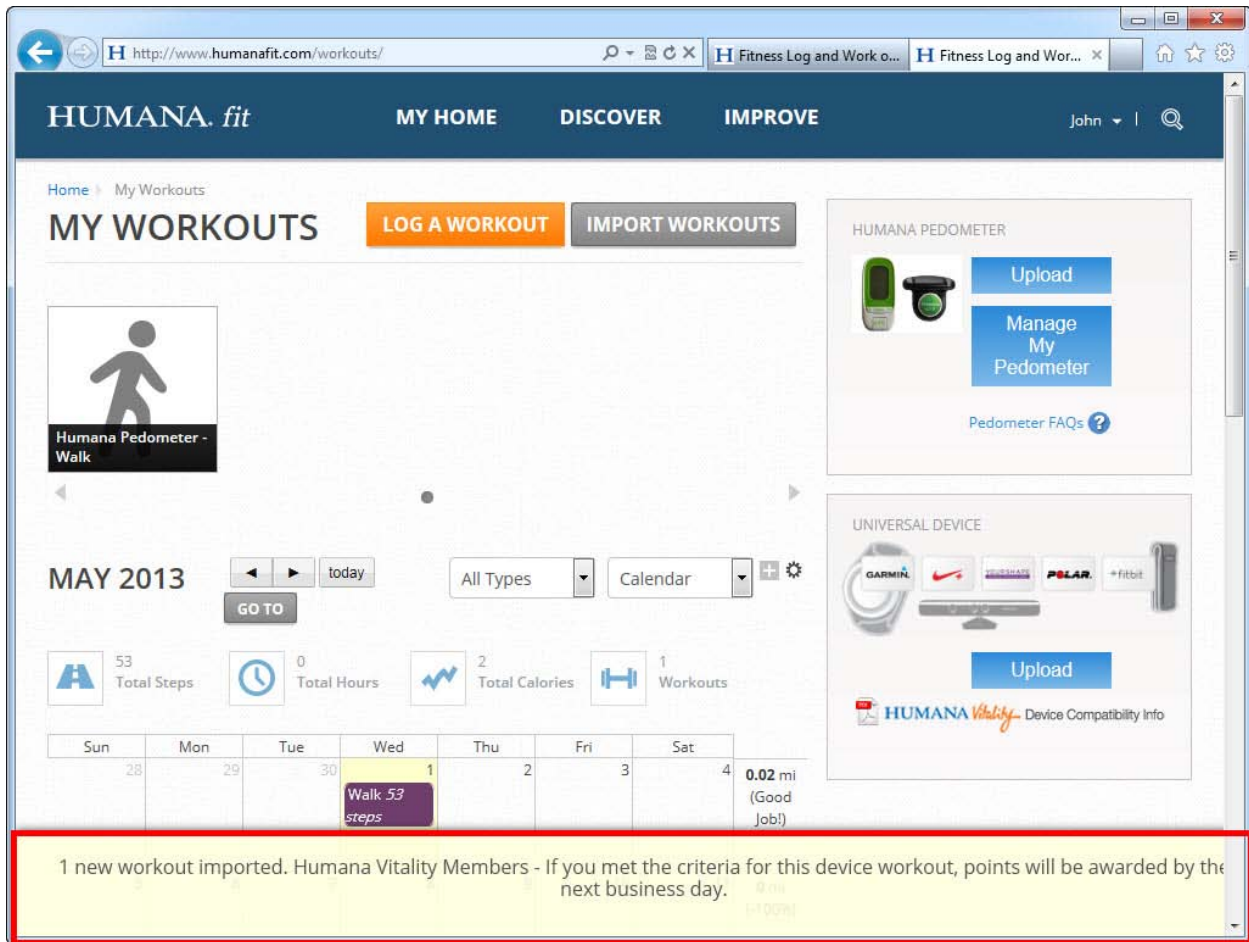
If the downloading dialog box doesn't appear, you can click the "Upload" button in the "Humana Pedometer" box (see below) on the right side of the HumanaFit page.



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3. After your steps are finished uploading, you should see two things:

- The number of steps you've walked should be displayed within each day. In the example below, I walked 53 steps on Wednesday, 5/1
- A message at the bottom of the screen confirming how many workouts (days) were uploaded



The screenshot shows the Humana.fit website interface. At the top, there's a navigation bar with "HUMANA. fit", "MY HOME", "DISCOVER", and "IMPROVE". Below this, the "MY WORKOUTS" section features a "LOG A WORKOUT" button and an "IMPORT WORKOUTS" button. A sidebar on the right includes "HUMANA PEDOMETER" and "UNIVERSAL DEVICE" sections, both with "Upload" buttons. The main content area displays a calendar for May 2013. The calendar shows a workout entry for Wednesday, 5/1, with "Walk 53 steps" and "1" workout. Summary statistics show 53 Total Steps, 0 Total Hours, 2 Total Calories, and 1 Workouts. A message at the bottom of the page, highlighted in yellow, reads: "1 new workout imported. Humana Vitality Members - If you met the criteria for this device workout, points will be awarded by the next business day."

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