



Arlington
INDEPENDENT SCHOOL DISTRICT
More Than a Remarkable Education

1 MILLION STEP CLUB

Come join the club! Sync your compatible fitness device by following the instruction for your device below. Once synced, go to **Well-Being > Activity > Available Challenges > 1 Million Step Club > Let's Do This!** to register and track your steps. Registration is open all year and you can join whenever. The goal is reach 1 Million Steps by 8/31/2019.

HOW TO CONNECT YOUR DEVICE

1. Download the SimplyWell mmobile app, or go to www.aisdwellnessprogram.com, and login using your username and password.
2. From mobile app, hit the menu button (purple circle with white small squares, and select the **Preference** (person) icon (web browser: top right corner)
3. Select **Apps & Devices**
4. Click on the “+” located to your right
5. Select the compatible fitness device you'd like to connect and follow the instructions

*Apple Health can only be connected via SimplyWell mobile app

Visit www.myappsanddevices.com to see the full list of compatible fitness apps or devices.

TIP: Login to the SimplyWell mobile app at least once every 30 days to sync your device. If more than 30 days passes without a log in, only the previous 30 days of data will sync.

Questions?

Contact us at 888-848-3723
www.aisdwellnessprogram.com