

Congratulations on your decision to ***get moving, get connected and make a wellness difference in your conference.***

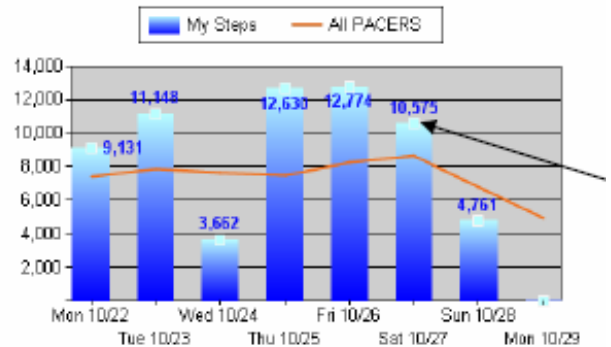
*With your Healthbux pedometer and web-based progress platform, every step counts for you, your team, and your conference. Enjoy!*

### Please follow these directions to activate and register your pedometer

- A. How to Activate and Register the Pedometer
- B. How to Wear the Pedometer and Safety Strap
- C. How to Upload your Steps
- D. Optional: Set Up includes Military Time and Calories Burned

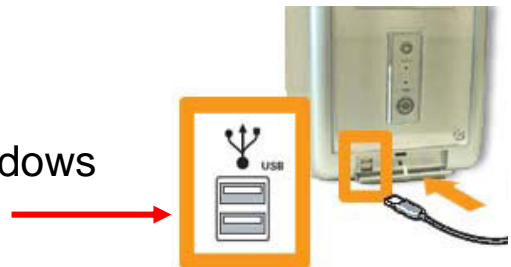


Your HealthBux Pedometer



Web-based Activity Progress Report

**Requirements:** Regular access to a computer with a USB port that runs Windows 98 or higher and an internet connection



Need help? Visit: <http://MNamazingpace.healthbux.com>  
**OR** email: [support@LifeBux.com](mailto:support@LifeBux.com)

# A. How to Activate and Register your Pedometer



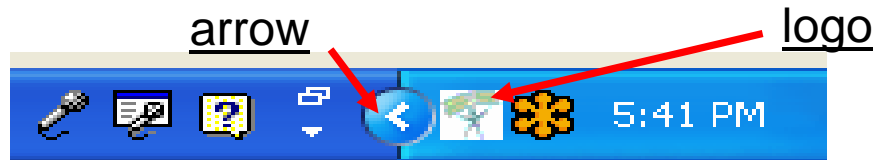
1. Plug the **USB cord** into the **USB port** on your PC computer. **Do not connect the pedometer yet.**
2. Click on your internet browser. (Ex. Internet Explorer, Firefox)



3. Go to <http://MNamazingpace.healthbox.com> and download HealthBux iSync exe software. You only need to do this once.



4. Look for the **HealthBux iSync logo** in the bottom right hand corner of your computer screen. If you do not see the logo, you may need to click the arrow to exposure the logo. If you don't see the iSync logo, re-install HealthBux iSync.

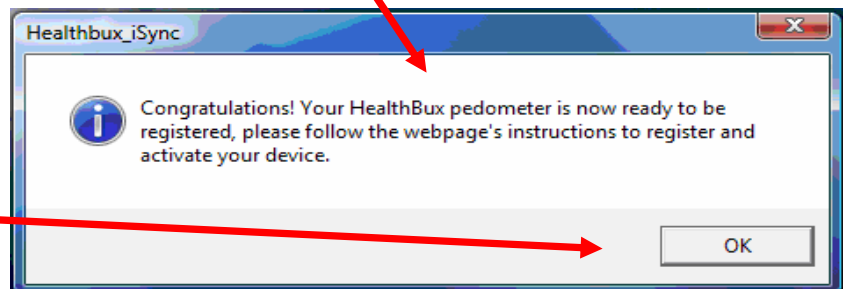


5. Next, remove the clear plastic tab from the side of the PACE pedometer. You will see **00000** on the display.



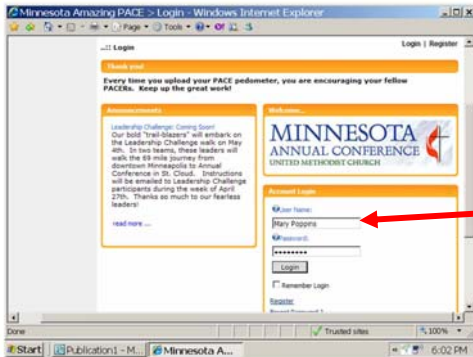
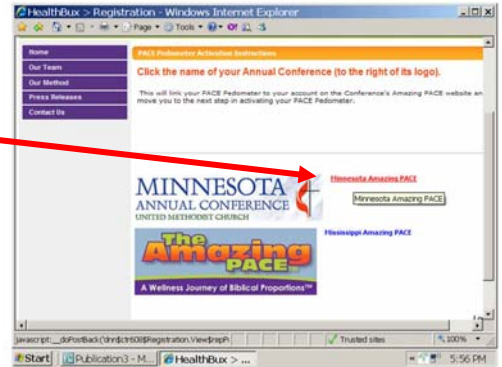
6. Plug the small end of the **USB cord** into the back of the pedometer and wait until you see this Registration message.

7. Click OK

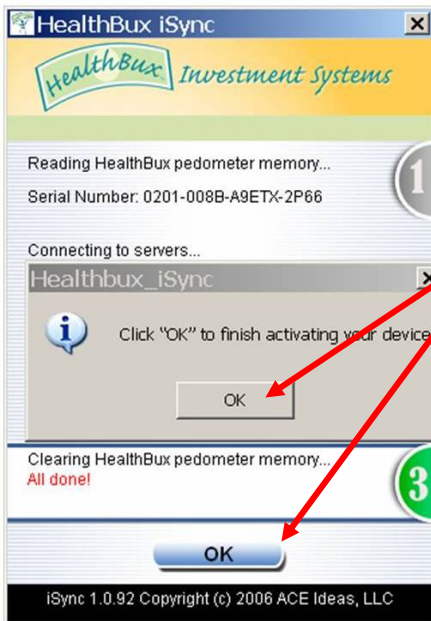


# A. How to Activate and Register your Pedometer

8. You will be taken to this HealthBux™ pedometer registration screen. **Click on the Minnesota program.**



9. When you see the login page of your program's website, **enter your Username and Password.** Your "Display Name" will appear at the top right hand corner of the screen after you enter your user name and password. (See your registration sheet included with your pedometer package to find your user name and password) For additional help email: [support@lifebux.com](mailto:support@lifebux.com).



10. **Click OK then OK again.** Your pedometer is registered and ready to use. Now unplug your pedometer from the USB cord. Shake your pedometer to ensure it is counting steps. If several steps do not appear, you will need to repeat steps 6 – 10.

Visit <http://MNamazingpace.healthbux.com> and login with your user name and password to see your step results

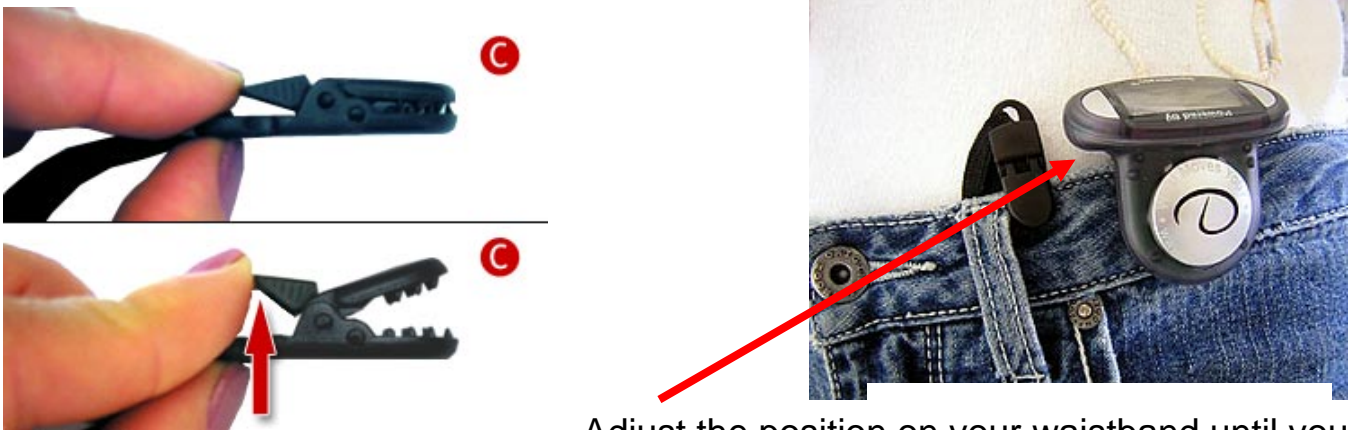
## B. How to Wear the Pedometer and Safety Strap



Thread safety strap as shown



How to Attach the Safety Strap to your PACE Pedometer



Adjust the position on your waistband until you pass the "100 step test."

### "100 Step Test" – Quick Start

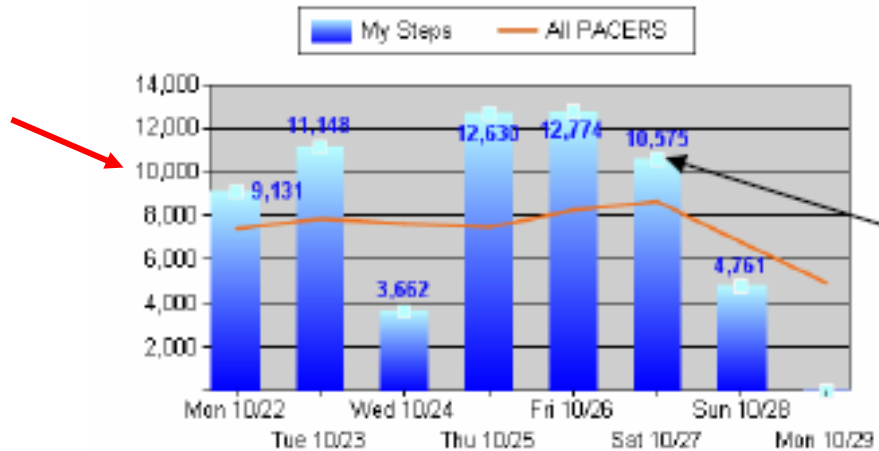
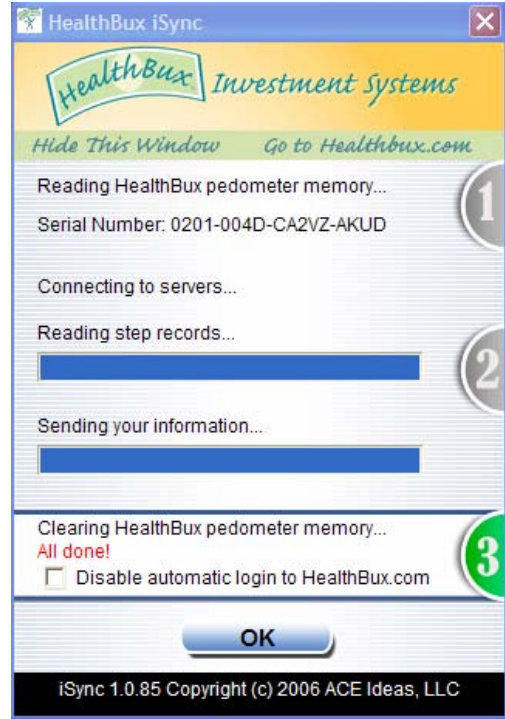
1. Press the left silver button (Mode) until you see 5 digits (ex. 00012.)
2. Press the right silver button (Reset) – it will reset to 00000.
3. Walk normally 100 steps and stop. The display should read between 90 and 110.



# C. How to Upload Your Steps

To upload your pedometer and check your progress.\*

- 1) Make sure your internet connection is live. Then plug the USB cord into the pedometer.
- 2) You will see the software reading your pedometer's memory.
- 3) When you see "All done!" your steps have been sent to your program and credited to you and any team you are a part of. You will be directed to the login page of your program's website.
- 4) Login to your program's website with your Username and Password to see your 7 day step chart and any other reports.



**\* Upload your steps regularly to ensure that all your steps get counted for your program.**

## D. Optional: Set Up Calorie, Time, Miles Measurements

*Your pedometer accurately tracks steps without any programming. Just start walking!*

*To set using a small flathead screwdriver, gently pry the battery cover off the pedometer.*



To program **Military Time**:

- 1) Press the Mode button until time is displayed.
- 2) Press the Red Programming button once.
- 3) Press the Reset button until the right hour appears.
- 4) Press the Red Programming button once to save hours.
- 5) Press the Reset button until the right minutes appear.
- 6) Press the Red Programming button once to save minutes.
- 7) Press the Mode button – time is now set.

To program **Calories Burned**:

- 1) Press the Mode button until “kcal” is displayed.
- 2) Press the Red Programming button once.
- 3) Press the Reset button to add your current weight in pounds.
- 4) Press the Mode button to save.