

# How to Turn Your Phone into a Pedometer

This brief guide will assist you in using your smartphone to participate in step challenges if you are without a BlueWellness compatible device. Not every app on this list is required; iPhone users may require at least two apps.

- **iPhone Apps**

- **Moves** : Moves is a free mobile app that easily connects to your Wellness Portal and tracks steps using your phone's GPS. This may require turning on your GPS if it is usually off.
- **Apple Health App** : This app comes pre-installed on all iPhones and must be connected using the Cerner **Healthy Now** app.
- **Healthy Now** : This app was created by Cerner to link directly to your Wellness Portal and is required if you decide to use Apple Health to track your steps.

- **Android Apps**

- **Moves** : Moves is a free mobile app that easily connects to your Wellness Portal and tracks steps using your phone's GPS. This may require turning on your GPS if it is usually off.
- **Healthy Now** : This app was created by Cerner to link directly to your Wellness Portal. For android users, this app tracks information other than steps and is optional.

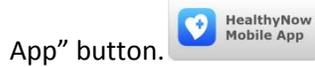
## **How to Connect your Mobile App to your BlueWellness Portal**

### **Using Computer:**

1. Sign in to your Portal at [www.bluewellnessla.com](http://www.bluewellnessla.com)
2. Under “Exercise” -> “Connect My Device”, use the list on the left to find your appropriate mobile app or fitness tracker.
3. For **Moves App**, click the green “Connect” button on the bottom-left.
  - a. A window will open providing you with a numeric code
  - b. Open the Moves app on your phone.
  - c. In the top-right corner press the menu button, then “Connected Apps”, then “Enter Pin”
  - d. Enter the code provided by the BlueWellness website, accept permissions to connect.

### Using the HealthyNow app and Apple Health:

1. On your computer, sign-in to [www.bluewellnessla.com](http://www.bluewellnessla.com)
2. On the right side of the page, under your “Health Profile”, click the large “Healthy Now Mobile



3. App” button.
3. Set up your portal to use the app by entering your phone number and creating a PIN. Be sure to save your settings.

4. Download the **Healthy Now** app on your mobile device from the App Store

5. Open the **Apple Health** App on your mobile device.

6. On the bottom of the app screen, press the “Sources” button.



7. You should see **HealthyNow** in the list of apps on the “Sources” page. Tap on **HealthyNow** and use the slider to allow **HealthyNow** to access Steps and/or Weight data from your **Health** app.
8. In the **Healthy Now** app, enter your phone number and PIN created on your computer to view your steps and other information.
9. Be sure to open the **HealthyNow** app before the end of the challenge to allow the information to be sent to your BlueWellness Portal and check your progress regularly.

Once your device is connected, you may now track your daily activities to meet personal fitness goals and earn progress towards challenges in your wellness program. For any questions or assistance, please contact your wellness coordinator below.

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