



MDXMoves

How to use your mobile phone as a fitness tracker

1. Go to the iTunes or Google Play store and download the app 'Withings Health Mate'
2. Press 'Sign up' and register an account. Click 'No device yet' (This will ensure you are using your phone as a tracker)
3. Click the profile tab and scroll down to **apps**. Click the apple or Samsung Health tab and turn all categories on
4. Go to the Withings timeline tab and pull the screen down to refresh
5. Create an MDXMoves account online at www.himotiv.com/signup/mdxmoves
6. Follow the steps to the connections page. **Connect Withings Health Mate**. (You can also connect at My account / Settings/ Connections). It will ask you to log back in to your **Withings app**, click **Allow**
7. Go to the **Points Tab in MDXMoves** and press **sync tracker**