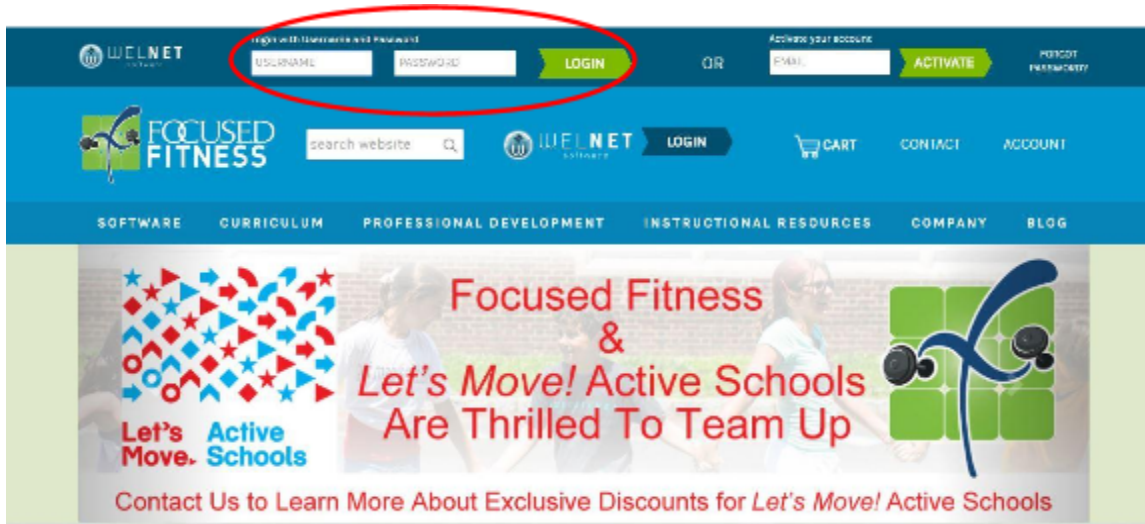


# How to Upload MovBand Information to WelNet

**NOTE:** This tutorial is a step-by-step (in the most detail that I could possibly do) for those who have their MovBand's ***already set up*** and connected to their computers. If you do not have your MovBand already set up, follow the instructions that are on the WelNet / Focused Fitness website in the "Logs" tab under "Wearables".

**Step One:** Open up the WelNet / Focused Fitness Website and log in with your corresponding login information. Link to the site can be found here: <https://www.focusedfitness.org/index.php?id=20&title=welnet>



**Step Two:** Click on the “Online Learning” menu tab in the left hand menu bar as shown below:

**WELNET**  
software

DASHBOARD  
FITNESS  
ASSESSMENTS  
BEHAVIOR LOGS  
MOTOR SKILLS  
**ONLINE LEARNING**

### Welcome to WELNET

WELNET is an internet based software system used to gather longitudinal data of students regarding fitness, assessments and behavior logs. This software allows students to reflect on their habits and history to improve their fitness and health.

As a student you have the ability to take assessments, complete logs and enter goals for fitness measurements. Use the buttons on the navigation bar on the left to go to each module. Or you can use the shortcut links below to go to any task assigned from your teacher.

Then, click on the course title:

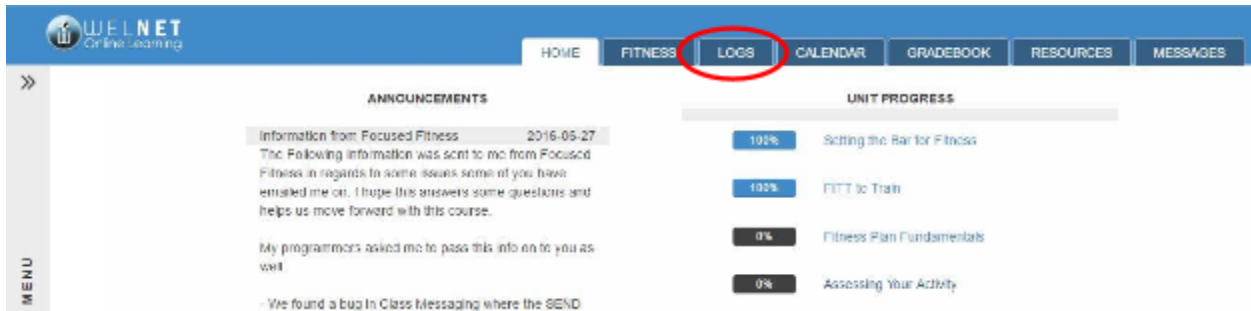
**WELNET**  
software

DASHBOARD  
FITNESS  
ASSESSMENTS  
BEHAVIOR LOGS  
MOTOR SKILLS  
ONLINE LEARNING

### Your Online Learning Classes

Course	Completed	School	Teacher
<b>Physical Education Level 1 (1793900)</b>	23.90%	Mukwonago High School	Butalla, Staci

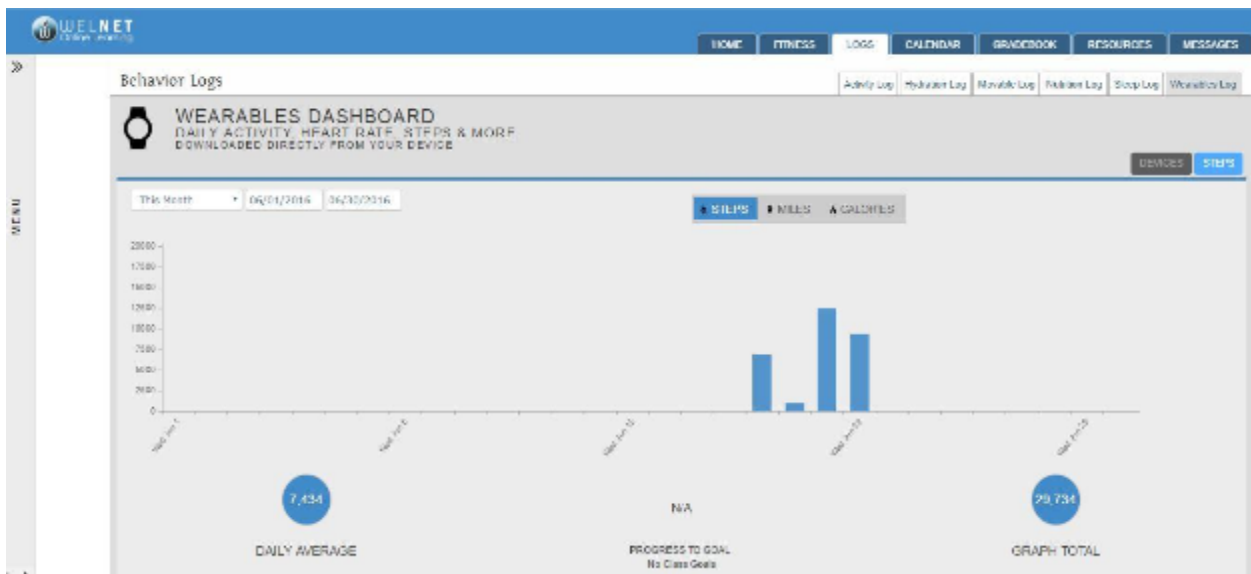
**STEP 3:** You should then get a screen that is shown below, click on the “Logs” tab on the toolbar at the top of your screen:



From there, you will get the following screen. Click on “Wearables” on the far right side of the “Logs” page:



If you already have had your MovBand connected to the WeNet site, you should have a screen that looks like this. (You may or may not have any bars on your graph depending on when you set up your MovBand):



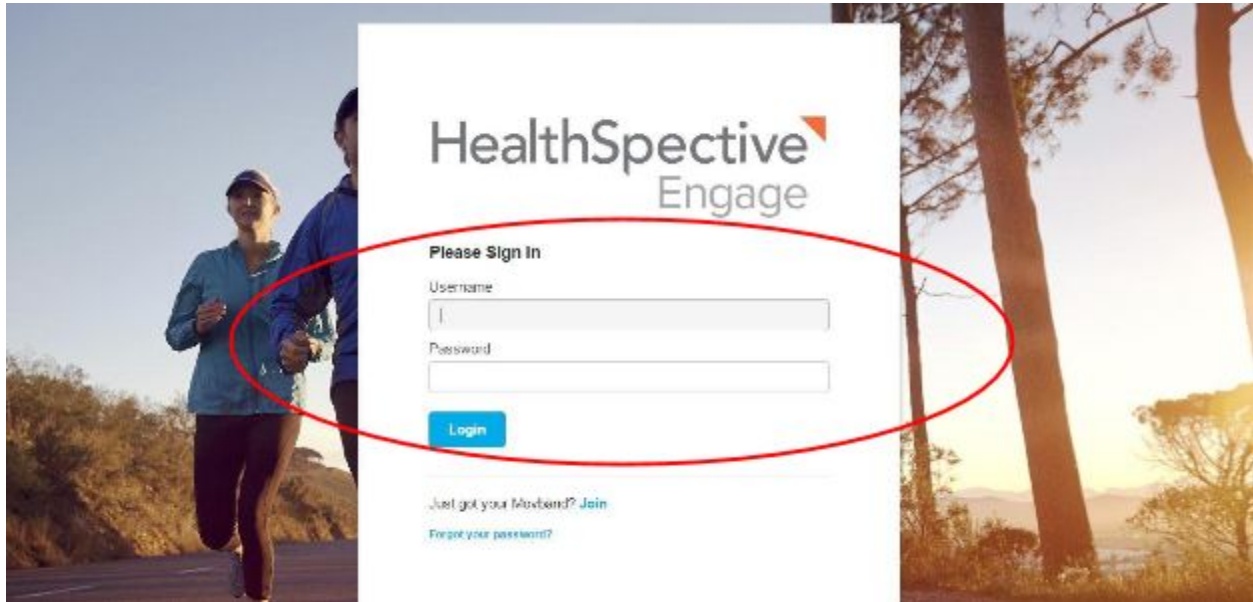
**Step Four:** This is the time you plug in your MovBand. Make sure that the ‘golden bars’ on the MovBand’s tab are on the same side as the gold bars within the USB cord. **MAKE SURE** that you do not plug it in the other way as you may damage or break your MovBand (See Picture Below). When you plug in the MovBand correctly, you will know it is working when you see the words “USB” on the screen of your MovBand. The MovBand will then prompt the words “SYNC” on its screen, signifying that your MovBand is successfully syncing to your computer.



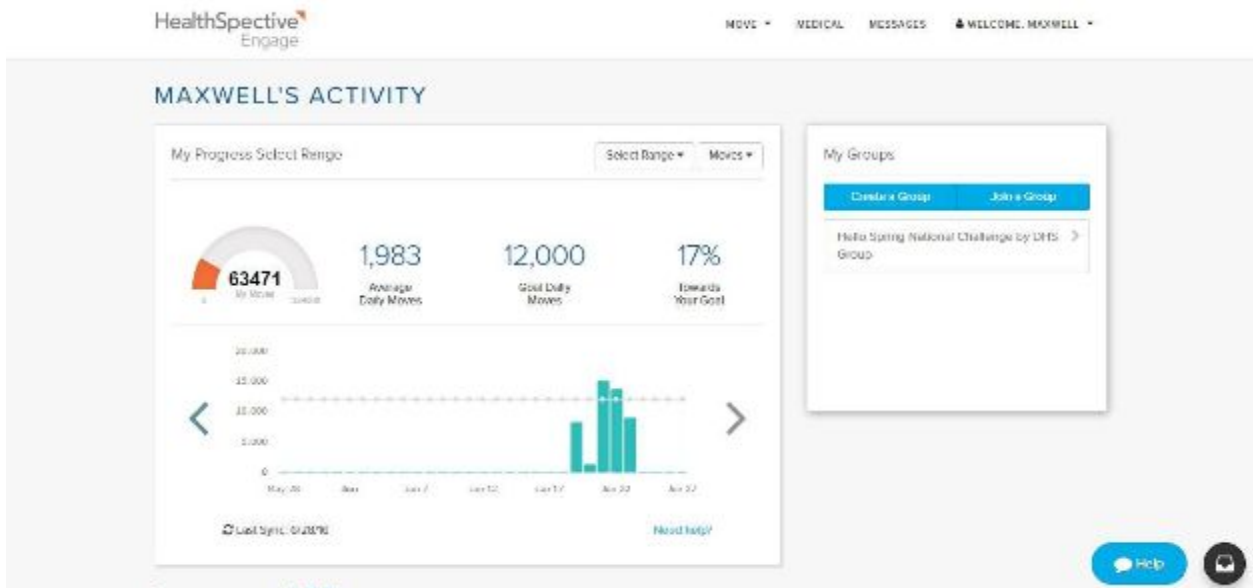
Once your MovBand is syncing to the computer, your browser should automatically open the screen on the next page. Log into this with the username and password that you initially set up your MovBand with on HealthSpective’s page.

**NOTE:** The username and password for this site is DIFFERENT from your WelNet / Focused Fitness account. If you have never set up your MovBand before, you will have to create an account accordingly.





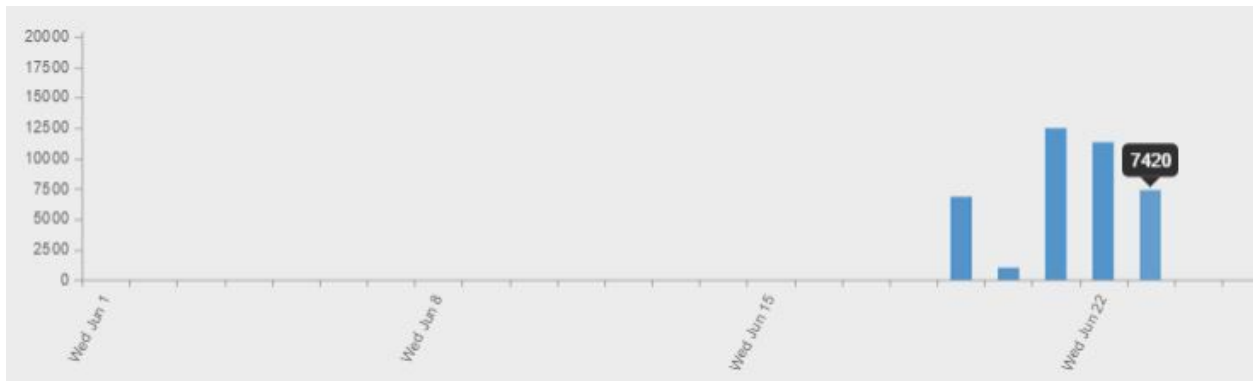
**Step Five:** After logging into your account, you will see a screen that has all of your MovBand's data that it has collected so far:



If you go back to the graph in Step 3 on WelNet's website, you will notice that that one only has 4 bars. This one contains 5. The 5th bar is the newest data that is being put onto my fitness graph and was just synced. Notice that the numbers on WelNet's page and HealthSpective's page are going to be different as WelNet takes your "Steps" data and HealthSpective takes your total "Moves" and graphs them accordingly.

**Step Six:** Due to the fact that WelNet and HealthSpective are two different companies that work together, time must be given to allow the data to convert between the companies servers. Upon talking with a Customer Service Representative at WelNet, he stated that it can take up to **1-3 hours** for the data to transfer over to their server from HealthSpective. Therefore, give yourself time before due dates to upload your MovBand information. If after roughly 3 hours you do not see your data on WelNet's site, call this number and a representative from WelNet may be able to help you: (509) 327-3181

Below is a picture of my data loaded into WelNet. It took roughly 1 ½ hours for the data to finally transfer over.



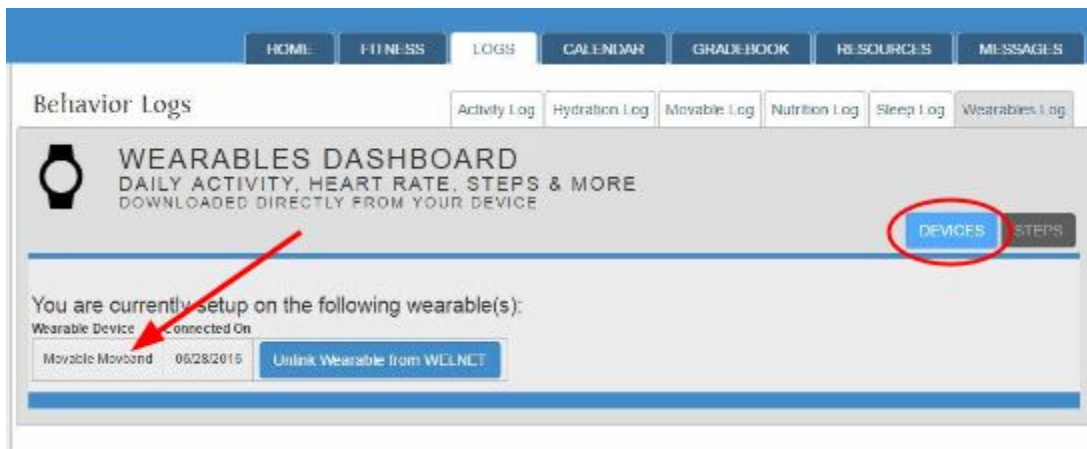
## THINGS TO CHECK:

(This section is not a mandatory step, but if you are having problems, check the following to make sure all of your connections are correct)

- Check To Make Sure Your Device is Connected to **WelNet**

In order for your device to sync, it needs to say that you have a device connected to Welnet. Go to the “Logs” tab again and click on “Wearables”. From there, click the “Devices” button right next to “Steps”. Your page should look like the one on the next page:

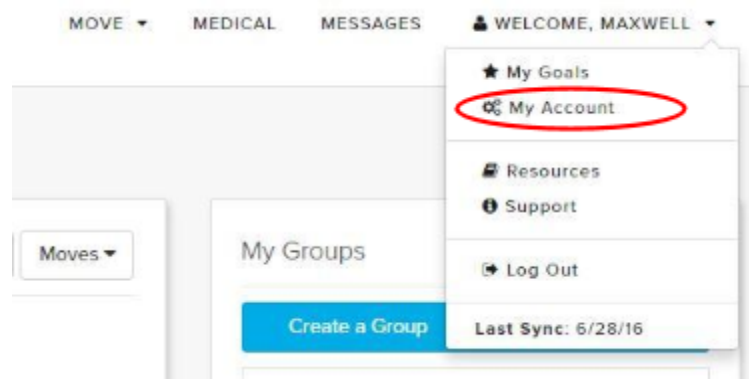
DO **NOT** CLICK “UNLINK WEARABLE FROM WELNET”. If your device is listed there, you have nothing to worry about and you are all good there!



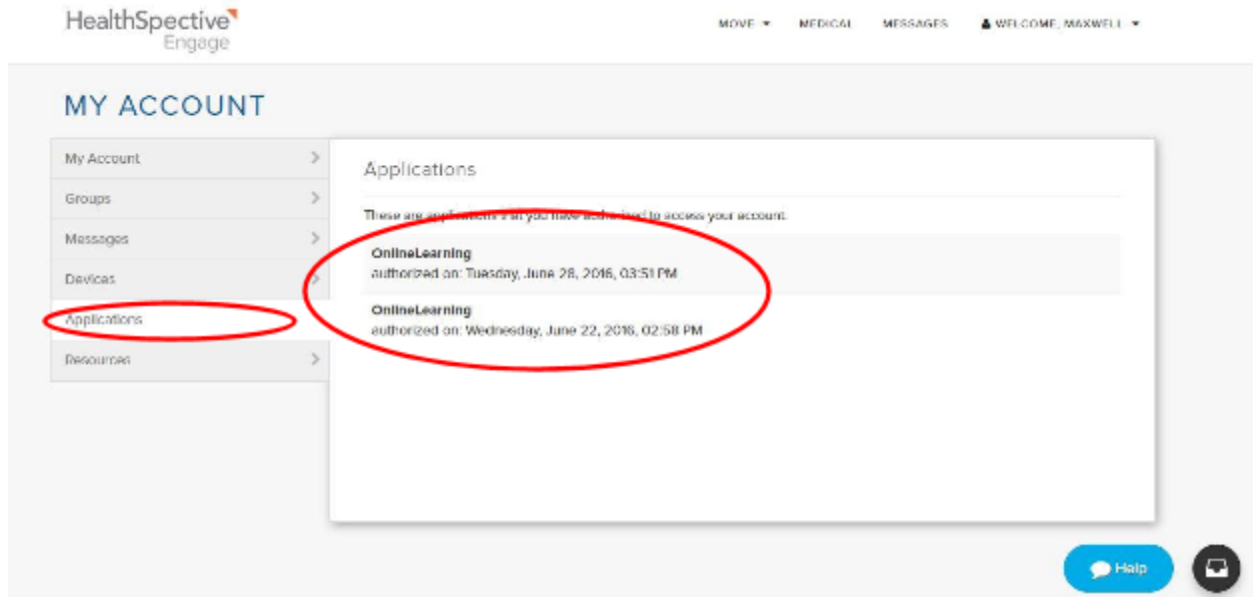
- Check To Make Sure Your Device is Connected to **HealthSpective**

If you are still having troubles with transferring your information over, try looking to see if you have your HealthSpective account linked with WelNet.

In the upper right hand corner, click where it says “Welcome, <Your Name>”. In the dropdown menu, click where it says “My Account”:



From there, click on the “Applications” tab and then review the screen available. It should give a timestamp of some sorts that your information was transferred to your other account. If it has no timestamps, you may need to contact WelNet via phone number or email address.



**WelNet / Focused Fitness Contact Information:**

Phone #: (509) 327-3181

**HealthSpective Contact Information:**

Link to Email: <https://help.healthspective.com/customer/portal/emails/new>

(You can also use the blue chat bubble in the bottom right hand corner when you are logged into HealthSpective’s site)