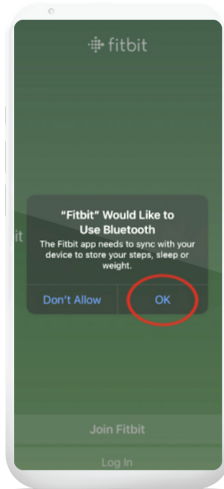


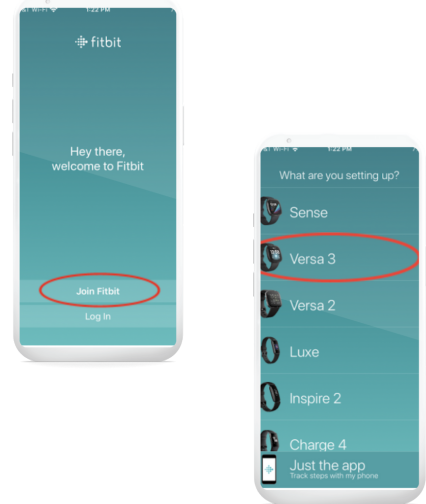
Download and log in to the Fitbit app

1



If you have an account, log in. Otherwise, open the Fitbit App. Tap Ok. A notification will pop up requesting you to allow the Fitbit App to use Bluetooth to connect to your device. This is how the Fitbit App tracks data from your Fitbit Versa 3 device.

2



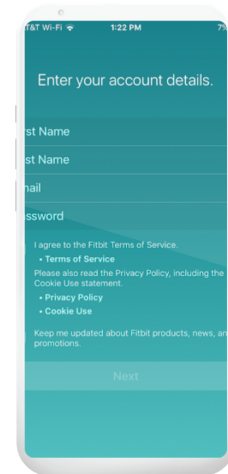
Tap Join Fitbit and create a new account. Then, tap Versa 3.

3



On the next screen, tap Set Up.

4

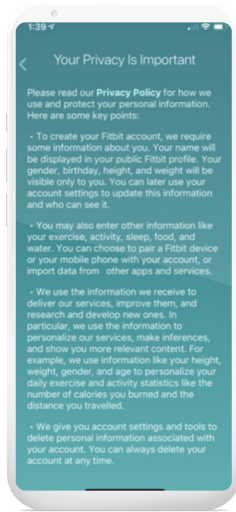


Enter your account information to create an account and agree to the Terms of Service. Then tap Next.

(If you are creating a new account, please note you will receive an email from Fitbit to verify your email address).

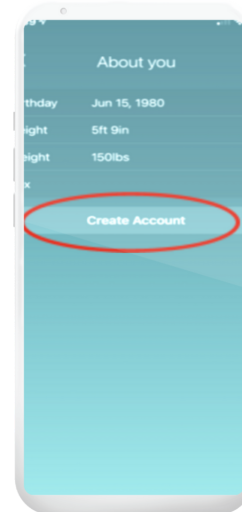
Download and log in to the Fitbit app

5



Read and scroll down through the Privacy Policy. Tap I Agree.

6



Input the requested information (birthday, height, weight and sex). After you have entered this information, tap Create Account.

Your Fitbit account has been created! If you would like to continue to set up your device, you will be directed to a second Privacy Policy. Please turn on your Fitbit device and go to Step 3 under “Setting up the Fitbit” below.

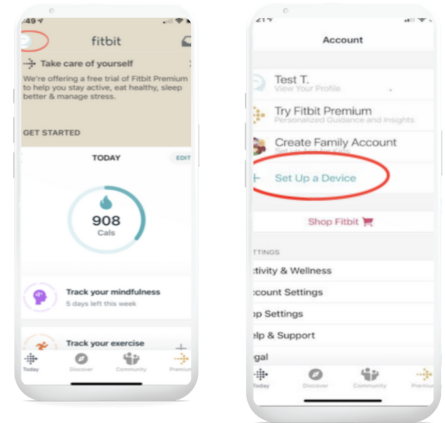
Setting up the Fitbit

1



Turn on your Fitbit by pressing the button on the side of your Fitbit.

2



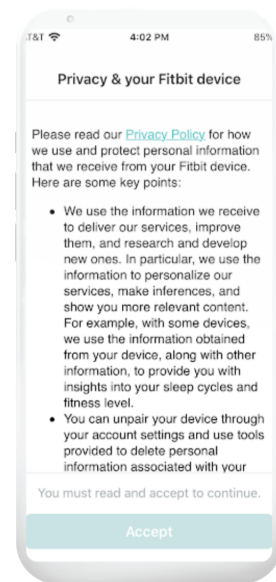
Go back to the Fitbit app. Tap your profile picture (the little icon that looks like a head or your photo) in the upper left corner to access your account settings, and tap Set Up a Device.

3



Next, tap Versa 3. Tap Set Up on the next screen.

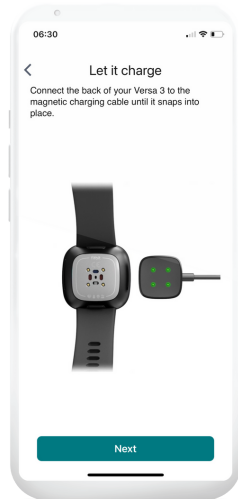
4



Read and scroll down through the Privacy Policy. Then, tap Accept.

Setting up the Fitbit

5



Pair the Fitbit device to your phone. This will allow your Fitbit data to sync with your phone. The next screen will prompt you to let your device charge. If the watch is not fully charged that's okay! You will still be able to complete the set-up. Tap Next.

6



Keep your Fitbit device close to your phone. Wait for your phone to connect to the watch.

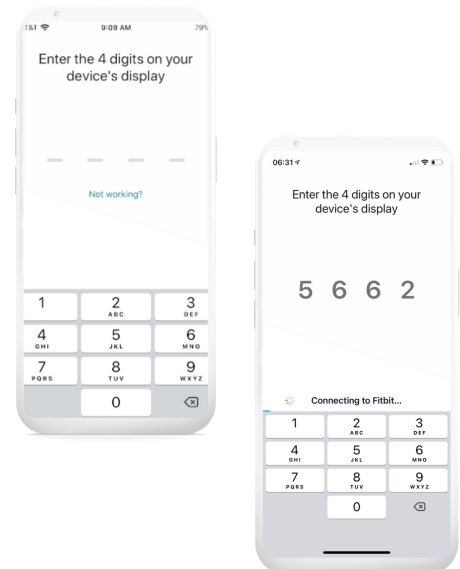
(If it does not connect, ensure bluetooth is turned on by going to your smartphone's settings, selecting the Fitbit app and turning Bluetooth on by tapping the button. Bluetooth is on when this option turns green).

7



Your watch will display 4 numbers.

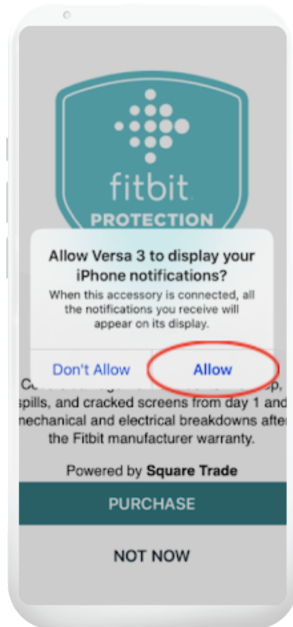
8



Enter them here. Confirm Bluetooth pairing. Tap Pair.

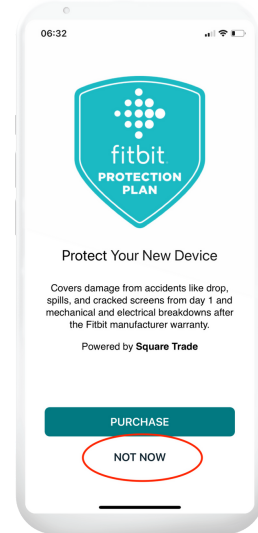
Setting up the Fitbit

9



Tap Allow in the pop-up to allow notifications from the Fitbit App.

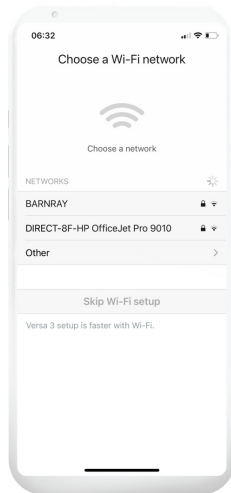
10



Tap Not Now in the next screen regarding purchasing a protection plan.

You can purchase a protection plan on your own at a later date if you would like. The study does not cover protection plans.

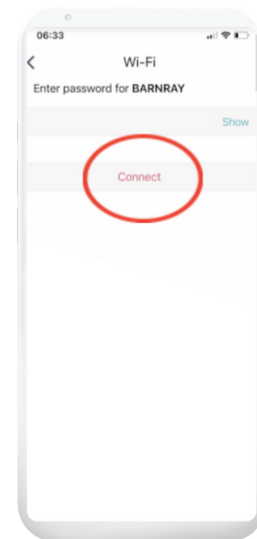
11



Connect your watch to WiFi.

Your Versa 3 uses WiFi to set up your watch and for faster updates. Connecting to WiFi also allows you to download playlists and apps from the Fitbit App Gallery, if you would like. Tap Next and select your personal home Wi-Fi network.

12



Enter the password for your personal home Wi-Fi. Tap Connect.

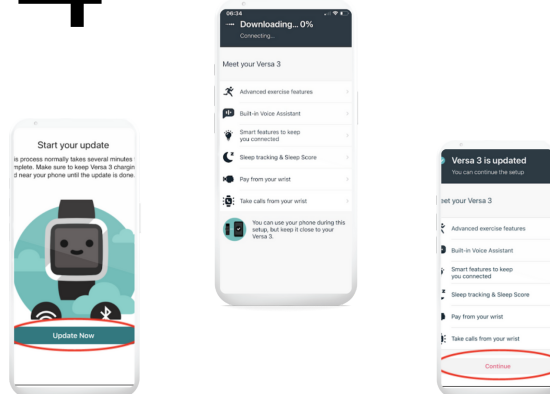
Setting up the Fitbit

13



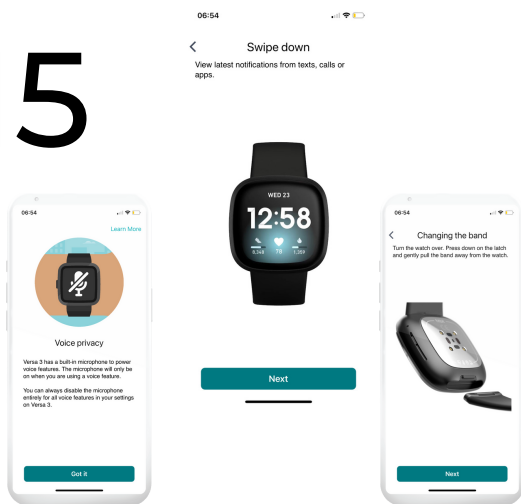
Wait for the connection confirmation. Tap Next.

14



The next screen will prompt you to update your device. Tap Update Now. Wait for the watch to update (this can take several minutes). When it is finished, tap Continue.

15



The Fitbit app will then provide instructions on how to use the watch. Please read through these instructions.

16



You are all done! The Fitbit device has been set up. Tap Done.