

Getting Started

A pedometer – and way more!

Your Humana Gear pedometer is a small but powerful device. It lets you track your personal fitness goals like never before.

When you connect your pedometer with your account on Humana fit you can turn steps into Vitality Points by simply walking your dog, taking a morning jog, or wearing your pedometer while working out on the treadmill at the gym.

At every fitness level, your route to lifelong well-being becomes more fun and more rewarding. Humanafit.com downloads your steps from the pedometer, displays your daily progress, and sends your steps to HumanaVitality for points.

Your pedometer and Humana fit are with you every step of the way! Here's how to get started today:

Step 1 Get Humana fit

Make sure you have a Humana fit account synced with your HumanaVitality account.

- Log in to your MyHumana account.
- Click the HumanaVitality tab, scroll down and click "View My Dashboard."
- Go to Get Healthy > Fitness & Exercise > Fitness Devices.
- Go to the Humana fit area and create an account or sync your existing accounts.

Step 2 Register your pedometer

• Using your PC's Internet browser, go to Humanafit.com and log in to your account.

- Go to Workouts > My Workouts and click the "Register" button under the Humana pedometer picture.
- Follow the steps to register your pedometer.

**You may see a Security Warning window. This is a trusted site. Click "Yes."*

Step 3 Now, get moving!

• Secure your pedometer to your belt or waistband and go!

- The next time you connect your pedometer to your computer, Humana fit will automatically display your goals and your steps.
- Your HumanaVitality points should appear in your account within 24 hours of your upload to Humana fit.

Upload

Follow these steps to transfer your step data to your Humana fit account.

- Plug your pedometer into your computer's USB port.
- Click "OK" at the bottom of the green pop-up window.
- Log in to your Humana fit account, if you aren't already signed in.
- Click "Upload" on the My Workouts page under the Humana pedometer image.
- Look for your steps on the calendar.

Troubleshooting Tips

Systems Requirement

- IBM® or compatible PC only
- Windows® XP, Vista, 7
- USB 1.1 or greater
- Microsoft® Internet Explorer 6 or above (or compatible browser)

Internet connection required

Helpful Hints - These tips will help make sure you use your pedometer correctly.

Hint 1: Your pedometer will show zeros until you activate it

Hint 2: If you have a firewall on your computer, it may keep you from uploading your data. If so, please set it to allow access or contact your network administrator.

Hint 3: The steps will stop recording once the pedometer memory becomes 75 percent full. Uploading your steps will fix this. To keep this from happening, please upload at least once a month

Hint 4: You can clear the screen by pressing the "Reset" button. This will not clear the memory.

Hardware

Calibration and maintenance



Mode button - Choose and see time, steps, distance, and calories burned.

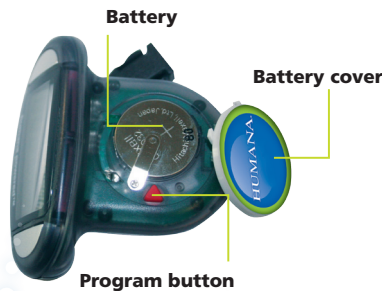
Reset button - Resets the values on the screen. Pressing this button does not erase the pedometer's memory. It allows you to set time, height, and weight once you have pressed the Program button.

Replace battery

To replace a battery, gently remove the blue round battery cover with a small screwdriver. Then use a tiny Phillips head screwdriver to take out the battery holder and put in a new battery – type: CR-2032.

Program button

The red button under the battery cover allows you to set the time (hour/minutes), stride length, which is how long your step is, and weight using the Reset Button.



Setup

Set up your pedometer with details about you and you'll receive more accurate results.

To Get Started

- Remove the battery cover from the pedometer
- Hold the pedometer so the LCD display faces you
- Press the "Mode" button to choose between:

- **Distance**
- **Time**
- **Steps**
- **Calories**

Distance

The pedometer more accurately records distance when you enter your stride length in inches.

- Press the "Mode" button to view distance. You'll see MILE on the LCD display.
- Press and release the red "Program" button.
- Enter your stride length in inches. To get your stride length, walk a step and measure the distance from heel to heel.
- The average stride length is about 30 inches for men and 26 inches for women.

Time

- Press the "Mode" button to display time.
- To change the time, press and release the red "Program" button.
- The hour on the display will begin to blink.
- Press the "Reset" button to set the hour. Time appears in military hours: 12:00 = Noon/13:00 = 1 p.m.
- Press and release the red "Program" button again to set minutes.
- Press the "Reset" button to set minutes.
- After you enter the correct time, press the red "Program" button to save.

Calories

The pedometer more accurately records the calories you burn when you enter your weight.

- Press the "Mode" button to display calories and view calories burned.
- You'll see Kcal on the LCD screen.
- Press and release the red "Program" button.
- Press the "Reset" button to enter your weight.
- After you enter your weight, press the red "Program" button to save.

Steps

- Press the "Mode" button to display the number of steps. You don't need to program the steps screen.

Now Get Stepping...

- Replace your battery cover. Use the "Mode" button to see your time, steps, distance, and calories burned.