

UP by Jawbone™ Getting Started Guide



Your UP is a fun and easy way to track daily steps. Wear it throughout the day, then sync it with the UP app on your mobile device, and it automatically populates your wellness program account.

Wearing Your UP

Designed for 24/7 comfort and use, the UP band can be worn during workouts, showers, naps, and more. For best results, wear the wristband on your non-dominant arm. While UP is rain, splash, sweat, and shower resistant, it's not waterproof. Do not wear while swimming or in hot tubs, or submerge in liquid.

Help With Your UP

If you're having problems syncing your UP with your wellness program account, use the Contact link at the bottom of the web page; a representative will respond within 1 business day.

SYNCING YOUR UP

1. Create an UP account, download the UP app

Go to Jawbone.com/support and select Sign Up to create an account. Then download the UP app to your mobile device (be sure to select the correct app for your UP product) and sync it to your account.



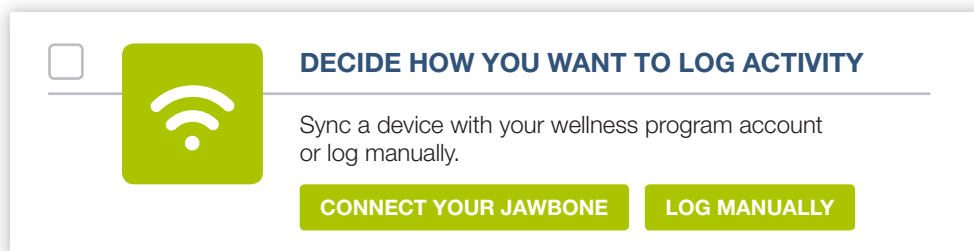
UP, UP24, UP Move



UP2, UP3, UP4

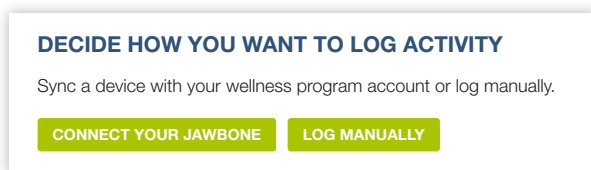
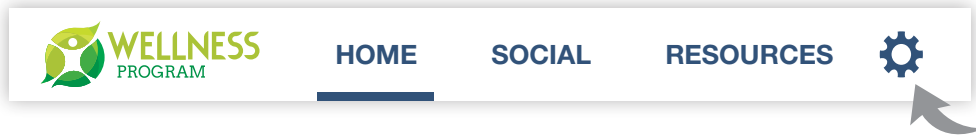
2. Connect to your wellness program account

Click Connect Your Jawbone on the Getting Started page.



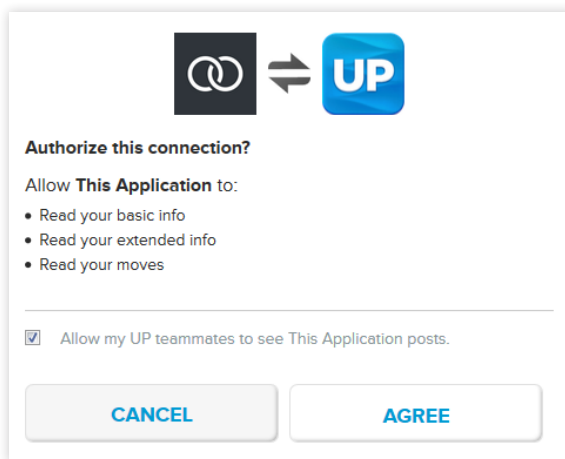
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Or go to Profile or the Settings icon  at the top of the site, then click Connect Your Jawbone.



3. Authorize the connection

Once you click Connect, you'll be taken to the Jawbone site. You'll be asked to authorize the connection; click Agree.



UP by Jawbone Getting Started (continued)

4. Begin your wellness program

After clicking Agree, you'll be brought back to the wellness program site. Click Get Started or just begin exploring the fun features.

CONNECTION IS SUCCESSFUL

Your *UP by Jawbone*™ tracker is now connected to your wellness program.

How does it work?

Put on your UP tracker, then watch your steps add up. Each time you sync your UP device with your computer or mobile app and log into your wellness program account, your steps will automatically load on the Progress page.

Note: Although the UP tracker tracks how you sleep, move, eat and feel, your wellness program account will only display movement.

[GET STARTED](#)