

Getting started with Fitbit Charge 3

Before you begin using your Fitbit device, you must connect it to your Fitbit account with a phone, tablet, or computer. Connecting your device allows it to transfer (or sync) data back and forth with Fitbit. Your data syncs to your Fitbit account, which is where you can see your stats, analyze historical trends, set goals, log food and water, connect with friends, and more.

TO SET UP YOUR FITBIT DEVICE WITH THE FITBIT APP:

1. Download and install the Fitbit app from one of the following locations:

- Apple devices—Apple App Store
- Android devices—Google Play Store
- Windows 10 devices (phones, tablets, and computers)—Microsoft Store

* Note that you need an account with the store before you can download apps.

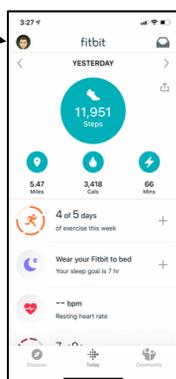
2. Open the Fitbit app and tap Join Fitbit. Or, if you already own a Fitbit account, log in.

3. Follow the on-screen instructions to create a Fitbit account and connect ("pair") your Fitbit device to your phone or tablet. Pairing makes sure your Fitbit device and phone or tablet can communicate with one another (sync their data).

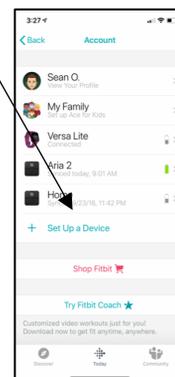
NEXT: If you already own a Fitbit account, continue following Instructions as shown to set up your new device. If this is your first Fitbit device, skip to Step. 8 and continue the set up process.

5. Tap the Today tab .

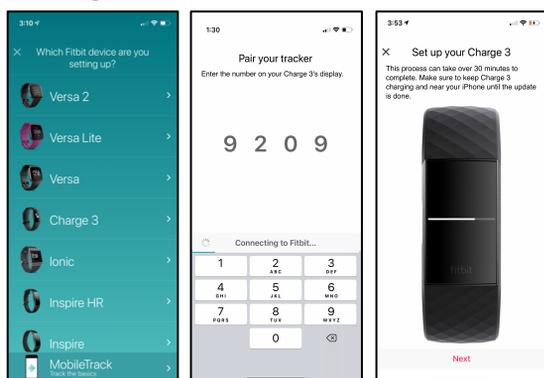
6. Tap your profile picture.



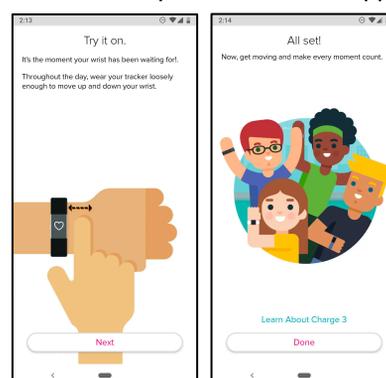
7. Tap Set Up a Device.



8. Choose Charge 3 and follow instructions to continue.



9. You're done! Try it on and start stepping!



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TIPS & TRICKS

Follow Quick Tips on the display during set up.

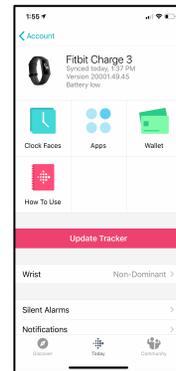
Your device will walk through each feature and function of your Charge 3 during set up.

See your stats. Swipe up to see your stats in Fitbit Today, including steps, heart rate, active minutes. You will also find the device's Battery life on this screen.

Never miss a notification. Swipe down to see your phone, text, calendar, and app notifications.

For more information on using your Charge 3, head to the Fitbit app on your phone. From your 'Today' dashboard, tap your profile picture in the left hand corner. Then tap 'Charge 3'.

- HOW TO USE guide
- Fitbit App Store
- Available Clock Faces



KEY THINGS TO REMEMBER:

•Make sure you have the latest version of the app installed on your phone or desktop. Update the Fitbit app the same way you update other apps on your phone. Note that your device may automatically update your apps depending on your settings.

•We frequently release new features, improvements, and bug fixes to our customers by offering updates to a device's software. Known as firmware releases, they're free and easy to implement. Download the latest software when setting up your device.

•When going through the setup process, make sure to select Charge 3.