Please follow these simple step-by-step instructions to register your MOVband and set up your online account.

1 Connect

- First, plug the USB end of the charging cable into your computer. Then, plug the USB end of the MOVband device into the other end of the charging cable with the *four metal contacts on the device facing the piece of white plastic in the charging cable.*
- A battery icon will appear on the screen when your MOVband is properly plugged in and charging. If a battery icon doesn't appear, try plugging it again, making sure that it's inserted in the proper direction.
- *The first time you plug in your MOVband, keep it connected for 8 hours or overnight to optimize the battery life.*
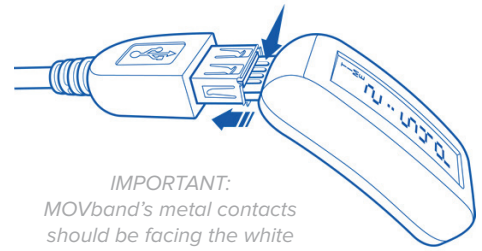
*IMPORTANT:
MOVband's metal contacts should be facing the white plastic in the charging cord.*

2 Install

Download MOVband SYNC software to your computer at movable.com/login and click Join.

- On a PC, click the Download Sync button and Run the .exe file. Click Next through the prompts, and Yes if you get a User Account Control pop-up. Finally, click Close, leaving the checkbox checked to start MOVband Sync. You will now notice the M icon in your system tray near the computer's time. The software will now automatically run in the background.
- On a Mac, click the Download Sync button and go to Downloads to open the file. Drag the file into your Applications folder and then go to your Applications folder to open the program. When it's open, you will see a gray M in the menu bar at the top of your screen. The software will now automatically run in the background.
- If you have any issues during this process, please contact us so we can help.

9:32 AM
8/15/2013

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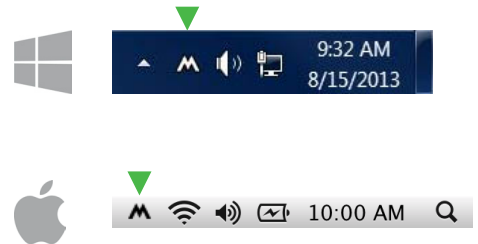
3 Register

When a MOVband is plugged in and connected properly, the MOVband SYNC software will open a web browser and launch a registration screen.
- Please fill in the registration completely.
- If you're part of a group, you should have a Group Invite Code. You can enter the code at this step or later in your online account.

GROUPS

Join a group by using your invitation code.

Invitation Code   Add Group

4 Move!

- Wear your MOVband everyday to track your daily moves and cumulative miles.
- Sync your MOVband 2-3 times each week to track your performance and stay motivated. Remember, every move counts!
- Check out the "Using Your MOVband" document for more tips on charging, wearing, and using your MOVband.

Technical Support
If additional help is needed, please contact MOVABLE at:

440.746.1234

email: info@movable.com
help.movable.com

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