

## Downloading Carrot WELLNESS



### Android Users

#### **Android Download Instructions:**

1. Download the Carrot Wellness App from the Play Store on your smartphone (only available on smartphones, not on computers)
2. Once the application has finished downloading open the app
3. Select Next on the page “Knowing the Path: Personal goals designed specifically for you”
4. Select Next on the page “Walking the Path: Earn CARROT coins to play challenges, enter contests or bid on auction items”
5. Select Get My Goal on the page “CARROT Get Paid for Walking”
6. Select Login at the top of the page
7. Login with either your phone number or with your Facebook account (it doesn’t matter which)
  - a. Login with phone number will have you enter your phone number and a confirmation code
  - b. Login with Facebook will bring up your account on your phone, select continue
8. The application will then allow you to start tracking your steps via Google Fit automatically

#### **Android Challenge Instructions:**

1. To be added to the challenge please select the three lines in the upper left-hand corner in the Carrot Wellness Application
2. Select Wellness Program
3. Enter your WORK email and automatically be added to your work challenge.

#### **Apple Fitbit Connect Instructions:**

1. Please select the three lines in the upper left-hand corner in the Carrot Wellness Application
2. Select Data sources
3. Select the toggle for Fitbit
4. This will then bring you to your Fitbit application to allow the connection

**Other Questions:** <https://help.carrotwellness.com/>