



**Harford County
SHERIFF'S OFFICE**

With courage, honor and integrity, we protect the rights of all citizens

**Total FitKIK Steps
7,376,124,525**

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Does Your Wellness Program Get Your People Moving?

"Simple, Effective, and Fun... Now that is the key to a successful corporate health and wellness program"



The **FitKIK**® system is the perfect activity monitoring solution to *any* corporate wellness rewards program, OR, a great launch point for newly introduced wellness programs.

LEARN MORE »



Join the Movement!

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Hello Joe Mina

Admin

Reports

My Activity

My Account

My Rewards

Challenges

Help

Sign Out

Device **Pebble** Serial Number **HGFK-00512-21820** Last Update **02/25/2015 11:32 AM** Battery Level **76%**

Select A Widget

Add Widget

MyStats

02/23/15 to 02/23/15

5,140 steps	360 steps to go 93%	5,500 steps
234 calories	0 cals to go 100%	200 cals
155 active mins	0 min to go 100%	90 mins
2.31 miles	0.00 mi to go 100%	2.00 mi

Chart: Steps

hide

MyGoals

steps x

steps **Days Remaining: 34**

TIME _____

STEPS 0 84% 600,000

Goal Details

hide

Name: steps

Goal: 600,000 Steps

Steps Remaining: 92,463 Steps

Steps Completed: 507,537 Steps

Duration: 10/01/2014 - 03/31/2015

MyEvents

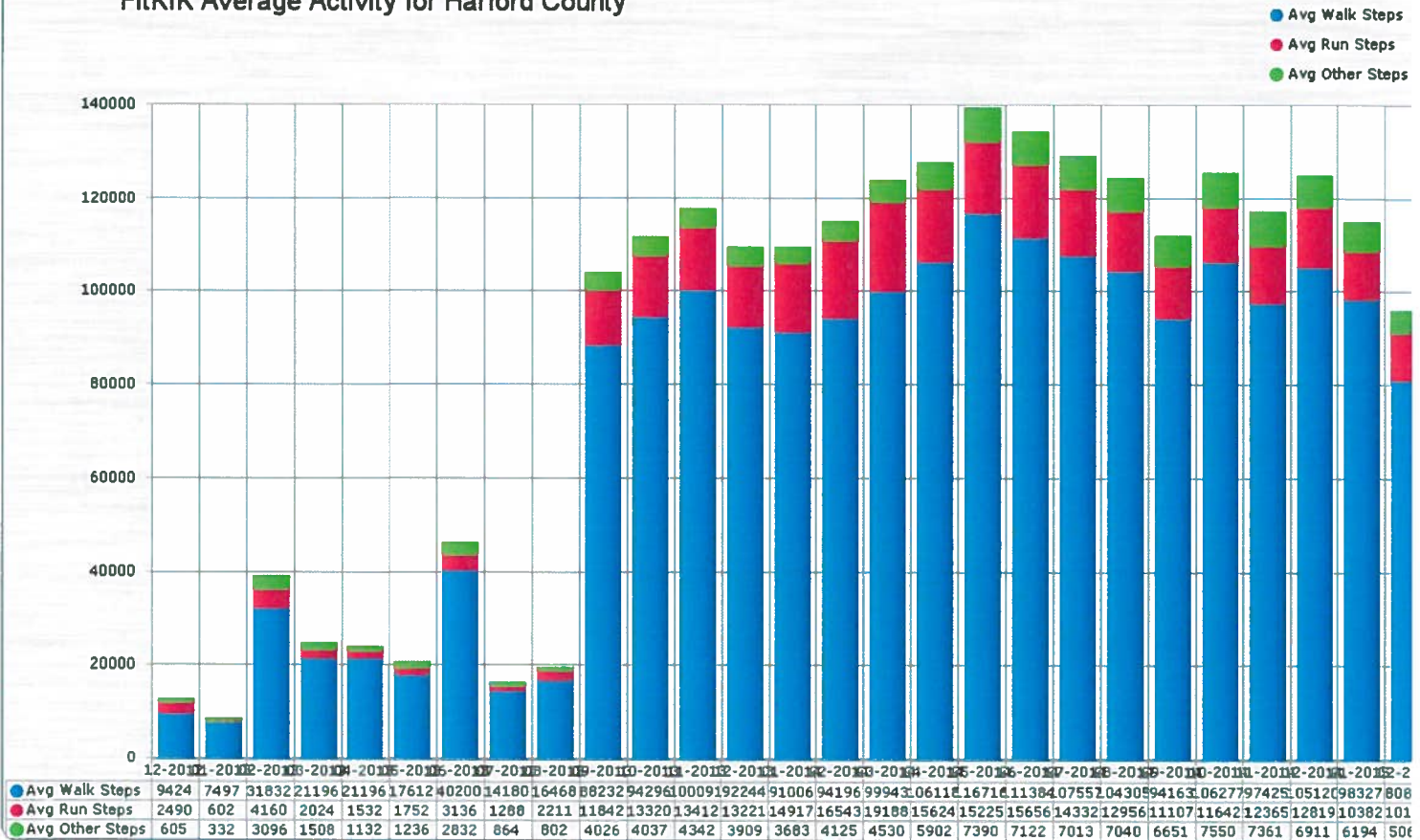
summary details manual entry



[Inactivity Report](#) |
 [Detail Report](#) |
 [Monthly Changes](#) |
 [Open Data in Excel](#) |
 [Snapshot Graphs](#) |
 [Close Window](#) |
 [Help](#) |
 [Leader Board](#) |
 [Detail Weight/BP](#)

Harford County Month All Show Average Avg Walk Steps Avg Run Steps Avg Other Steps StackedBar
 All Groups
 1/1/2011 2/25/2015
 Refresh Data Orientation Toggle #/%

FitKIK Average Activity for Harford County



Open Data in Excel

Company Id	Sub Company ID	Record Type	Type Value	Level Two	Activity	Active People	Total Walking Steps	Total Run Steps	Total Other Steps	Total Walk Calories	Total Run Calories	Total Other Calories	Total Walking distance (miles)	Total Run Distance (miles)	Total Walking Time (minutes)	Total Time (minutes)
5676		M	201212	ALL	ALL	3	28272	7472	1816	1104	646	178	13.58	5.58	391.61	83
5676		M	201301	ALL	ALL	0	0	0	0	0	0	0	0	0	0	0
5676		M	201302	ALL	ALL	0	0	0	0	0	0	0	0	0	0	0
5676		M	201303	ALL	ALL	0	0	0	0	0	0	0	0	0	0	0
5676		M	201304	ALL	ALL	0	0	0	0	0	0	0	0	0	0	0
5676		M	201305	ALL	ALL	0	0	0	0	0	0	0	0	0	0	0
5676		M	201306	ALL	ALL	0	0	0	0	0	0	0	0	0	0	0
5676		M	201307	ALL	ALL	0	0	0	0	0	0	0	0	0	0	0
5676		M	201308	ALL	ALL	0	0	0	0	0	0	0	0	0	0	0
5676		M	201309	ALL	ALL	0	0	0	0	0	0	0	0	0	0	0
5676		M	201310	ALL	ALL	0	0	0	0	0	0	0	0	0	0	0
5676		M	201311	ALL	ALL	0	0	0	0	0	0	0	0	0	0	0
Totals:							232,733,264	31,821,479	14,269,576	12,402,293	3,345,587	2,011,521	105,855.79	24,554.09	2,786,410.53	40

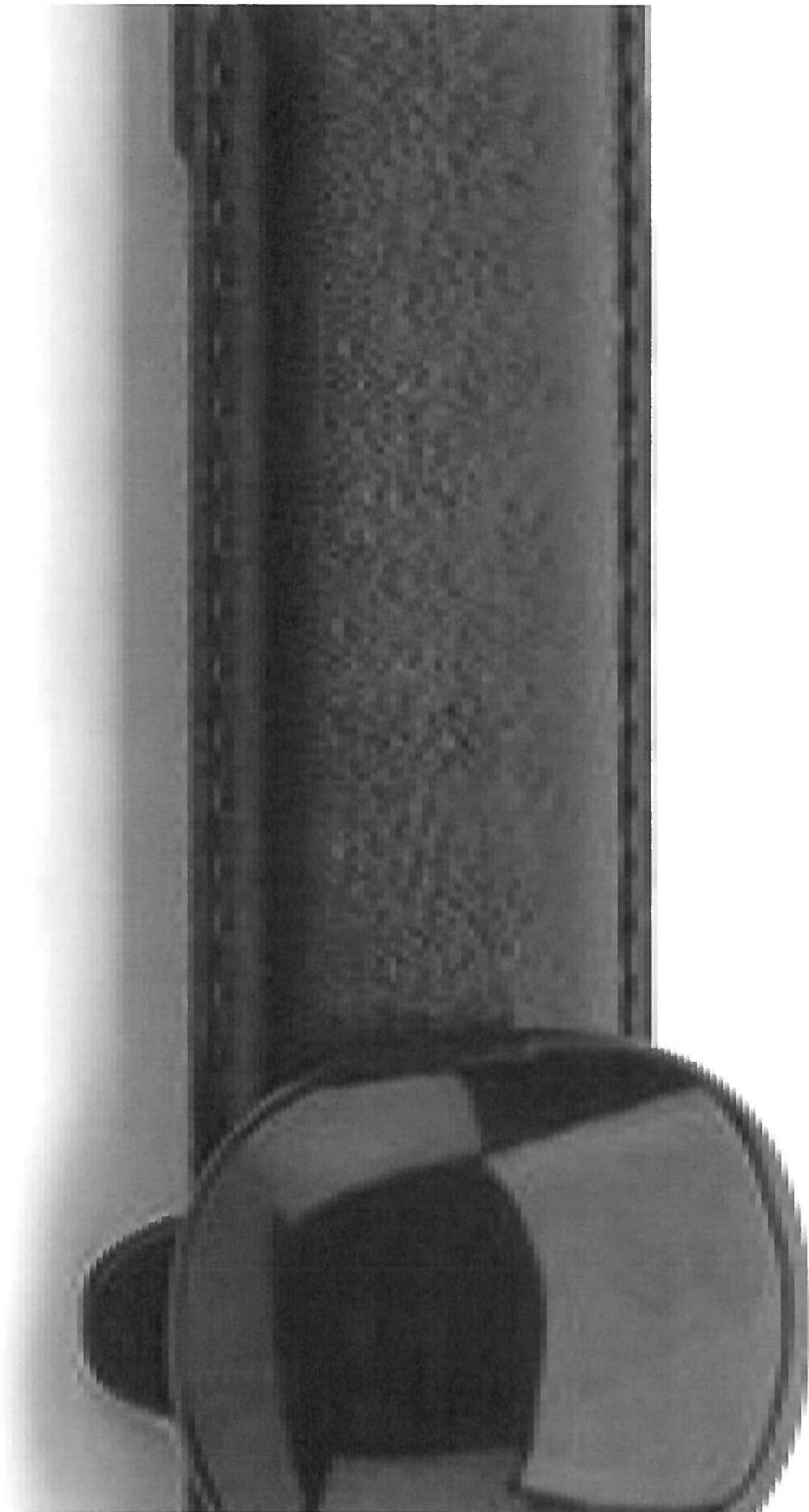
Pebble



ACTIPED









Pebble™

THANK-YOU FOR CHOOSING FITKIK™!

We are excited that you have chosen **FitKIK** to assist you on your quest to a healthier, more active lifestyle! Before you get started, please be sure to follow the simple instructions below... and Get Movin'!

SETTING UP YOUR PEBBLE

Step 1: Register your Pebble: Go to <https://harfordsheriff.fitkik.com/register-new.php> and click on the 'New User Signup' tab. Follow the directions to complete the registration.

Step 2: Add Device: Once registered, log in using your User Name and Password. Once logged in, click on the "Devices" link, which is where you will add your **Pebble** serial number found on the bottom of the device. After entering your serial number, click the 'add device' button.

Step 3: Attach the Pebble to the shoe you will be wearing for the day. (See "Wearing your Pebble" below for complete instructions.) Once activated, the **Pebble** will track your activity as you move through your day.

Step 4: Activate the Pebble: Since the **Pebble** is shipped in 'sleep' mode, a minimum of 200 steps are needed within a one-hour time frame to activate the device.

Step 5: Track your Progress: Click on the "Member Login", enter your User Name and Password (the one provided at registration) and click the Login button to view your progress!

WEARING YOUR PEBBLE

The **Pebble** must be attached firmly to footwear. (i.e. **Pebble** cannot be put on , handbags, watches, headwear, etc.) For wearing the Pebble on belt or pocket refer to FAQ on website.



The **Pebble** must be:

- Top Mounted** (Not on the side of footwear or at an angle)
- Flat** (Must be placed flat against the shoe)
- Snug** (The **Pebble** should not move freely on the shoe)

If using lace shoes: Place clip under as many laces as possible and towards the lower portion of your footwear. We recommend at least two points where the laces cross for best results.

For non-lacing shoes: Mount the clip with the open end pointing towards the toe.

Note: Battery life may decline during shipping and storage. These devices comply with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference and (2) this device must accept any interference received, including interference that may cause undesired operations. Changes or modifications not expressly approved by the party responsible for compliance could void the users authority to operate the devices. Patent information can be found at <http://www.fitlinxx.net/patents.htm>

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The Pebble™ is a registered trademark of FitLinxx
www.fitkik.com



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SETTING UP YOUR ACTIPED

Step 1: Register your ActiPed Go to <https://harfordsheriff.fitkik.com/register-new.php> and click on the 'New User Signup' tab. Follow the directions to complete the registration.

Step 2: Add Device Once registered, log in using your User Name and Password. Once logged in, click on the "Devices" link, which is where you will add your **ActiPed** serial number found on the bottom of the device. After entering your serial number, click the 'add device' button.

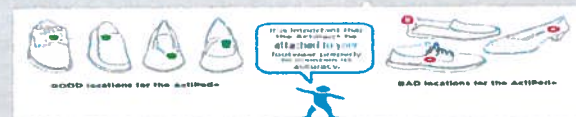
Step 3: Attach the ActiPed Attach the **ActiPed** to the shoe you will be wearing for the day. (See "Wearing your ActiPed" below for complete instructions.) Once activated, the **ActiPed** will track your activity as you move through your day.

Step 4: Activate the ActiPed Since the **ActiPed** is shipped in 'sleep' mode, a minimum of 200 steps are needed within a one-hour time frame to activate the device.

Step 5: Track your Progress - A nightly email will be sent to the email address provided in your registration. Simply click on the "Member Login", enter your User Name and Password (the one provided at registration) and click the Login button to view your progress!

WEARING YOUR ACTIPED

The **ActiPed** must be attached firmly to footwear. (i.e. **ActiPed** cannot be put on belts, handbags, watches, headwear, etc.)



The **ActiPed** must be:

- Top Mounted** (Not on the side of footwear or at an angle)
- Flat** (Must be placed flat against the shoe)
- Snug** (The **ActiPed** should not move freely on the shoe)

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CORPORATE WELLNESS

According to the Centers for Disease Control and Prevention, an estimated 75% of all healthcare costs directly stem from preventable health conditions like Type 2 diabetes. Employees can substantially improve their health and quality of life by including moderate amounts of physical activity in their daily lives. Unfortunately, 60% of Americans are not regularly active and 25% of Americans are not active at all.

Many corporations are now recognizing these facts and are turning to employee wellness programs to help their employees adopt healthier lifestyles. Some of the many benefits that corporations can expect to realize from implementing a successful corporate wellness program are...

- ✓ Increased Productivity
- ✓ Improved Employee Morale
- ✓ Decreased Absenteeism
- ✓ Improved Employee Retention
- ✓ Reduced Health Care Costs



Although most companies today understand the benefits that can be achieved from implementing a successful corporate wellness program, one of the biggest challenges employers face is employee engagement. Statistics show that ROI on corporate wellness programs (per participant) is high, typically 5-1, but employee engagement numbers are on average only 30%. With such a low number of employees willing to participate, it makes it difficult for a company to achieve a truly high level of overall success from their corporate wellness initiative.

At FitKIK our main goal is to help companies drive up those critical engagement numbers. Everything about a successful wellness program depends on its ability to encourage the majority of employees to switch to a healthier lifestyle through increased activity and better choices...but changing behaviors is hard. This is where FitKIK comes in. The FitKIK system delivers a simple, fun and engaging experience that will encourage a greater number of your employees to just "get moving" and actively participate in a company wellness program, improving their health and your bottom line, one step at a time.

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THE FITKIK SYSTEM

The FitKIK System was designed to provide employees with a simple, engaging, and motivating way to a healthier more active lifestyle while providing employers with an effective way to quantify the physical activity of their employees. Through the use of advanced technology, FitKIK not only delivers an accurate and easy way to track daily physical activity, but also a complete turn-key system for employers that provides quantifiable activity monitoring, engagement tools to drive up employee participation, and detailed reporting capabilities to support recognition and rewards distribution.

The technology behind the FitKIK system is a small device called an ActiPed that can be clipped onto any shoe and tracks a user's activity levels. Using advanced accelerometer technology, the ActiPed is smart and knows the difference between general movement, walking and running and is able to accurately measure number of steps taken, calories burned, active minutes and miles travelled. One of the key benefits of the ActiPed, and what makes it so different to any other activity monitoring device, is that a user does not have to worry about programming, charging, or docking the device to download their activity. A user's activity information is automatically uploaded as they walk by one of the remote access points while wearing the ActiPed device. This information is then sent wirelessly and securely to an individual's personal FitKIK web account where they can set goals, track their progress, set challenges and join communities.



ActiPed



Access Point



FitKIK Website

The main objective for any employee wellness program is to encourage employees to lead healthier, more active lifestyles. With rising healthcare costs it is critical for employers to provide employees with a simple, sustainable and effective way of achieving better health. Through the FitKIK system employers and employees work together to achieve a healthier, happier and more productive workplace.

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► [EMPLOYEE BENEFITS](#)

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EMPLOYEE: KEY FEATURES & BENEFITS

For the employee, following the FitKIK program is easy and fun! By simply wearing a small wireless monitor that clips onto any shoe called an ActiPed, they can go about their day from sunrise to sunset and find out how many steps, miles, total activity minutes and calories burned were accomplished each day. When a person becomes aware of their activity levels (or lack thereof), the natural tendency is to begin making small personal challenges to improve results each day.

At FitKIK we understand the importance of leading an active and healthy lifestyle, just as most people today are aware of the many benefits that can be derived from leading a more active lifestyle; Benefits such as...

- Increased energy
- Reduced aches and pains
- Improved flexibility
- Healthy weight loss
- Increased endurance



Although most people understand the benefits, deciding on the best place to start can be confusing. At FitKIK we have taken the guess work out of leading a healthy lifestyle by developing a very simple and engaging program that fits seamlessly into daily life and is designed to motivate users to move a little more each day. For participants the FitKIK system is...

- ✓ **Simple:** After completing the simple registration process just attach the Actiped (Activity monitoring device) to the shoe you will be wearing for the day and you are ready to go! Once attached you can go about your day and not have to worry about charging, docking or downloading any of your activity data. The information wirelessly uploads into the interactive FitKIK website where you can self monitor your progress.
- ✓ **Motivating:** The self-monitoring system helps to keep you motivated and on track by providing you with the ability to view your daily, weekly, monthly activity levels and comparing them against your personal goals. Your personal FitKIK webpage offers the ability to track your activity levels, general health and join communities... delivering a fun and interactive experience.
- ✓ **Engaging:** Regular e-mail and text messages serve as reminders of a participant's progress... keeping employees on track and moving toward their personal health goals. The fun and interactive experience that FitKIK delivers helps to keep participants motivated and further drives up engagement.

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