

YOU'RE INVITED TO JOIN MOTION CONNECTED



- ✓ Earn points & rewards for your healthy choices
- ✓ Easily track your activity & program progress
- ✓ Connect & compete in fun activity challenges
- ✓ Grab the latest company communications

Step 1: Create Your Account

1. Go to www.motionconnected.com/app on your smartphone or computer.
2. Click or tap on “Create Account.”
3. Use the correct **activation code** to create a Motion Connected account.

Make sure you are using your legal name as listed on your insurance card when signing up

If you already have an account – simply head to motionconnected.com and log in, or sign in on your app.

Desoto District Office	B45-12AE8-358
Desoto FSC + DSS	420-12AE8-AH8
Desoto High Schools	8H5-12AE8-592
Desoto Memorial Elementary	01G-12AE8-5G1
Desoto Middle School	9FB-12AE8-HH6
Desoto Nocatee Elementary	297-12AE8-DDF
Desoto West Elementary	E40-12AE8-305

Step 2: Track Your Activity

Motion Connected is directly compatible with Fitbit and Garmin devices. You can also link compatible devices such as Apple Watch, Polar fitness trackers, and Mi Bands, or use your phone as an activity tracker by connecting the Apple Health app on iPhones or the Google Fit app on Android phones.

To Link Fitbit or Garmin- log into Motion Connected and go to the Link Device page.

To Link all Other Devices- configure your device’s app to share step data with Google Fit or Apple Health then link to the Motion Connected app on the Settings Page.

Visit support.motionconnected.com for further assistance.

Step 3: Explore!

Tap the lightbulb icon to see your Scorecard and view all the available activities to earn points. Tap the push-pin icon in the app to find additional resources.

Questions? Please contact Motion Connected Customer Care Team:

Email: support@motionconnected.com | Website: support.motionconnected.com



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