

Getting Started with your Omron HJ-720ITC GoSmart™ Pocket Pedometer and Microsoft® HealthVault™

Welcome!

This guide will show you how to set up your Omron Pocket Pedometer (Model HJ-720IT) to work with Microsoft HealthVault.

With this guide, you will:

1. **Set up** your Pedometer device and take a test reading.
2. **Get ready** to use your Pedometer with HealthVault.
3. **Connect** your Pedometer to your computer and upload your test reading to HealthVault.

IMPORTANT: If you have not already created your HealthVault account and installed HealthVault Connection Center, please go to <http://healthvault.com/connectioncenter> and follow the instructions.

Let's get started!

Step 1: Set up your pedometer and accumulate a few steps

IMPORTANT: You will **NOT** be using the CD included with the device and may set it aside.

- Open your Pedometer packaging. Remember, you **will NOT** be using the CD included with the device and may set it aside.
- Remove the device, and batteries from their plastic packaging.
- Remove the screw on the battery cover located on the back of main unit and install the battery included with the positive (+) side of the battery upward.
- Set the time, weight and stride length on your device as described in the instruction manual pages 12-15.

NOTE: The display will not change until you have walked for more than 4 or more seconds

- Accumulate steps on your Pedometer
 - Attach the Pedometer as described in the instruction manual pages 16 and 17.
 - Start walking until your Pedometer has accumulated several steps.

Step 2: Get ready to use your Pedometer with HealthVault

- If HealthVault Connection Center is not running on your computer, please start it and sign in to your account. Connection Center then will open to a screen showing your device(s).
- Select the Omron Pedometer device picture on the left hand side of HealthVault Connection Center
- If you do not see a picture of your device in Connection Center, select **Set up a new device** and follow the on-screen instructions.

Step 3: Connect your Omron Pocket Pedometer to your computer and upload your reading to HealthVault

- Find the USB cable that came with your Pedometer.
- Plug the small end of your USB cable into the slot on your Pedometer that's marked with the USB symbol.
- Plug the large end of your USB cable into your computer.
- The symbol "PC" will appear on the Pedometer display when the USB cable is successfully connected to the computer.

NOTE: Do not unplug the USB connector during uploading of the measurement data.

HealthVault Connection Center will sense when your device has been connected to your computer and will prompt you to upload your test reading.

- Follow the Connection Center on-screen prompts.

You will see confirmation when your upload is complete. At that point you may unplug your Pedometer from your computer.

To see your reading in your HealthVault account:

- Open your Internet browser and go to Healthvault.com. (You will be asked to sign in if you haven't accessed your account in the past 20 minutes.)
- Click your **Health info** tab.

Whenever you have new readings from your device, you can follow the same steps to upload them to HealthVault and better manage your health and fitness.

For further help using your Omron Pocket Pedometer with HealthVault:

- Go to the [Troubleshooting guide](#)
- Refer to the printed instructions that came with your device
- Phone Omron Customer Service: 1 (800) 634-4350
- Go to <http://www.omronhealthcare.com>

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