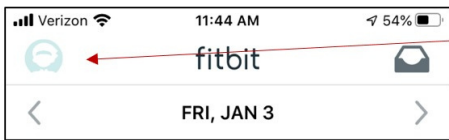


# PROTECT YOUR FITBIT INFORMATION

Keep your Fitbit device and software updated to ensure you receive the latest security updates.



Tap to enter settings.



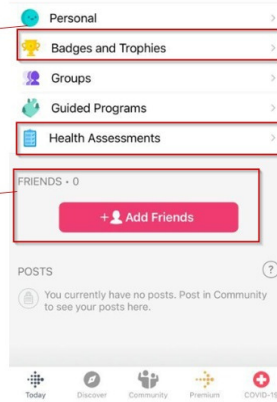
**Edit your profile.**  
Adjust your profile settings to show minimal personal information such as setting your Display Name to a username rather than actual name.



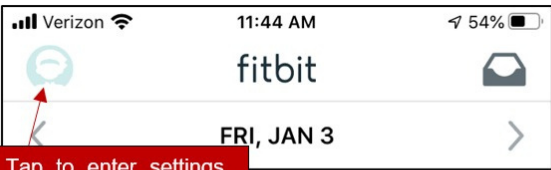
Tap to access user profile.

Leave any community Groups you may have joined. Make sure your health assessment is set to private.

Remove or block any "friends" that you do not know.



# PRIVACY

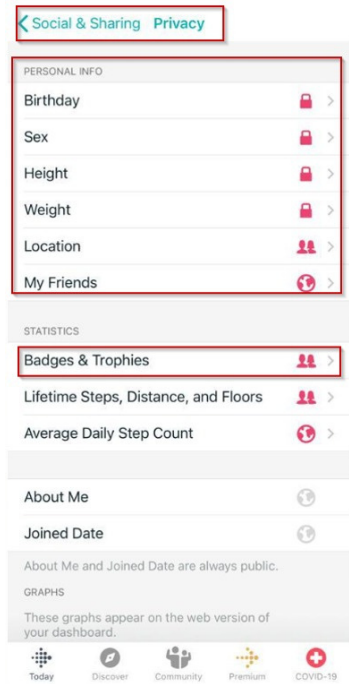
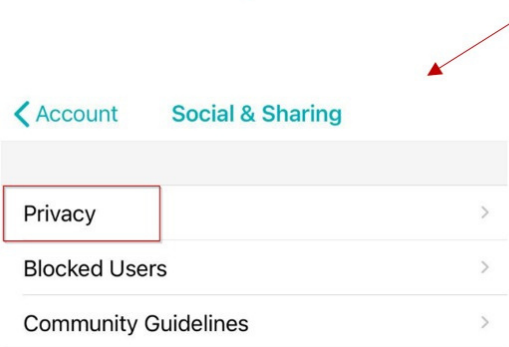


Tap to enter settings. Scroll down to find Social and Sharing.

Set sharing of personal info to either Friends or Private

Set sharing of Badges and Trophies to Friends or Private

Tap to access privacy settings.



## USEFUL LINKS

### **A Parent's Guide to Internet Safety**

[www.fbi.gov/stats-services/publications/parent-guide](http://www.fbi.gov/stats-services/publications/parent-guide)

### **Wired Kids**

[www.wiredkids.org](http://www.wiredkids.org)

### **Microsoft Safety & Security**

<https://support.microsoft.com/en-us/help/4091455/windows-protect-privacy-internet>

### **OnGuard Online**

<https://www.consumer.ftc.gov/features/feature-0038-onguardonline>

### **FitBit Help**

[https://myhelp.fitbit.com/s/home?language=en\\_US](https://myhelp.fitbit.com/s/home?language=en_US)

