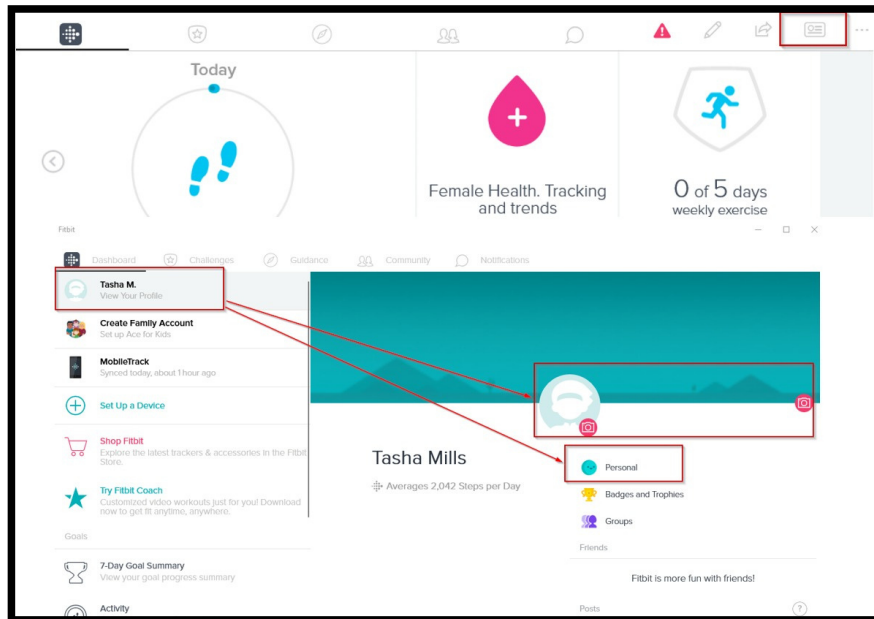
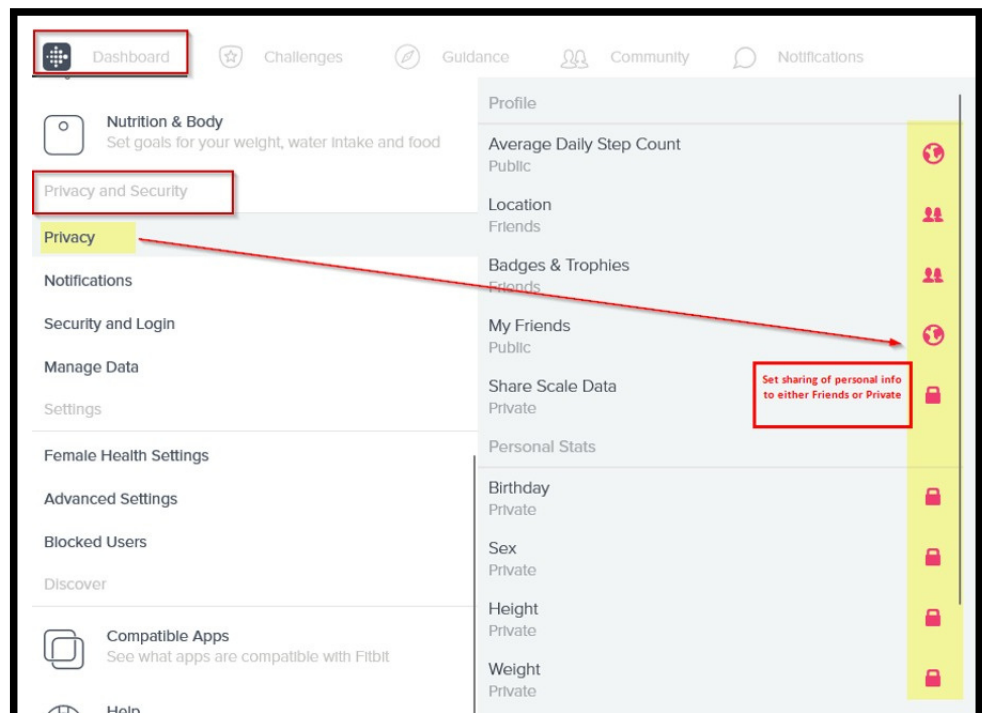


PROTECT YOUR FITBIT INFORMATION

Edit your profile. Access your profile information by clicking the gear icon and selecting Settings. Adjust your profile settings to show minimal personal information such as setting your Display Name to a username rather than actual name.



PRIVACY



ACCOUNT ACCESS

The screenshot shows the Fitbit desktop account settings page. The navigation bar includes Dashboard, Challenges, Guidance, Community, and Notifications. The left sidebar lists Nutrition & Body, Privacy and Security, Privacy, Notifications, Security and Login (highlighted), and Manage Data. The main content area is titled "Security and Login" and contains three options: "Manage Account Access" (with a description: "Check the devices that are logged into your Fitbit account. You can revoke their access here."), "Change Email" (with the email address "tashamills201@gmail.com"), and "Change Password". A red box highlights the "Manage Account Access" option, and a red arrow points from the "Security and Login" menu item to it. Another red box highlights the "Change Email" option, and a red arrow points from the "Security and Login" menu item to it. A third red box highlights the "Change Password" option, and a red arrow points from the "Security and Login" menu item to it. A red callout box next to the "Change Email" option contains the text: "Revoke access for devices you do not recognize. Change your password after this to ensure no one else is logged into your account."

MANAGE APP DATA

The screenshot shows the Fitbit desktop account settings page. The navigation bar includes Dashboard, Challenges, Guidance, Community, and Notifications. The left sidebar lists Nutrition & Body, Privacy and Security, Privacy, Notifications, Security and Login, and Manage Data (highlighted). The main content area is titled "Manage Data" and contains two options: "Manage 3rd party apps" (with a description: "Revoke access to 3rd party apps here.") and "Delete Account" (with a description: "Deleting your account will remove your data and profile from Fitbit."). A red box highlights the "Manage 3rd party apps" option, and a red arrow points from the "Manage Data" menu item to it. Another red box highlights the "Delete Account" option, and a red arrow points from the "Manage Data" menu item to it. A red callout box next to the "Delete Account" option contains the text: "Revoke access to any 3rd party application. Delete your account if you no longer use this application."

USEFUL LINKS

A Parent's Guide to Internet Safety

www.fbi.gov/stats-services/publications/parent-guide

Wired Kids

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

