



[Or Click Here to Download](#)

1. Once you have downloaded the app, click Register Now

Login ⓘ

Username

Password (Case Sensitive)

Login

Register Now

2. Enter the required fields with the information that is *exactly* what you have given Chalk.

< Login Register ⓘ

First Name

Last Name

SSN (Last 4 Digits)

Date of Birth (mm/dd/yyyy)

Next

3. You will then be prompted to create a username and password of your choice.

< Register Credentials ⓘ

brooke.park

Password

Confirm Password

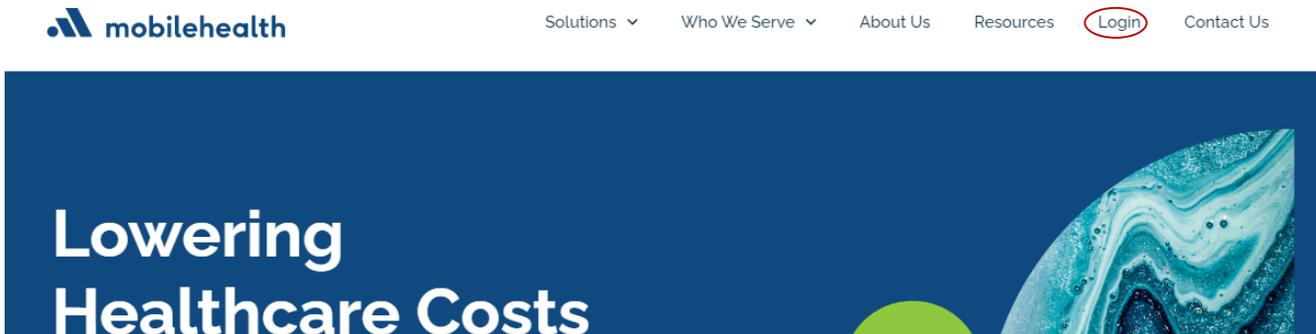
bepark@cmstx.com

Next

Passwords must have at least 6 characters.

All set!

1. Go to [www.mobilehealthconsumer.com](http://www.mobilehealthconsumer.com) and click Login



2. Click Register Now

3. Enter the required fields with the information that is *exactly* what you have given Chalk.

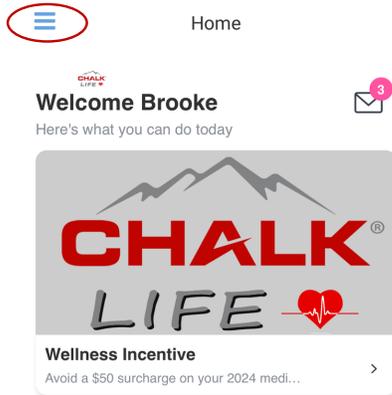
4. You will then be prompted to create a username and password of your choice.

All set!

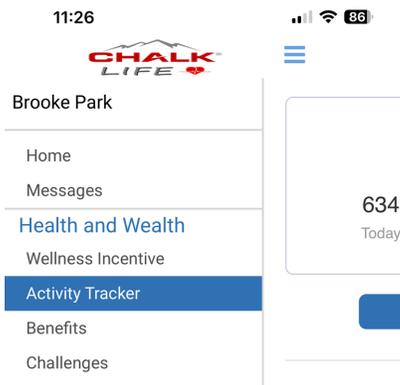


# Activity Tracking- Mobile Health App

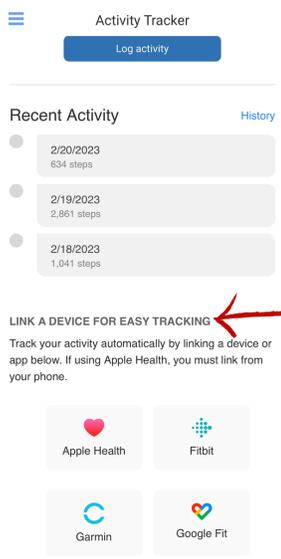
1. Once you have logged into the app, click to open the Menu



2. Click Activity Tracker



3. Scroll down to see the list of available apps and devices to link to your account



All set!



# Activity Tracking- Mobile Health Online

**\*Note: Apple Health App can only be linked on your Apple Mobile Device\***

1. Once logged into your account, click Activity Tracker

Activity Tracker

Steps

634 Today      84,006 Since Nov 22, 2022

Log activity

2. Scroll down to see the list of available apps and devices to link to your account

Activity Tracker

Steps

634 Today      84,006 Since Nov 22, 2022

Log activity

Recent Activity [History](#)

- 2/20/2023  
634 steps
- 2/19/2023  
2,861 steps
- 2/18/2023  
1,041 steps

**LINK A DEVICE FOR EASY TRACKING**

Track your activity automatically by linking a device or app below. If using Apple Health, you must link from your phone.

Fitbit      Garmin      Google Fit

All set!