



SOCIAL NETWORK DOs & DON'Ts

- Only establish and maintain connections with people you know and trust. Review your connections often.
- Assume that ANYONE can see any information about your activities, personal life, or professional life that you post and share.
- Ensure that your family takes similar precautions with their accounts; their privacy and sharing settings can expose your personal data.
- Avoid posting or tagging images of you or your family that clearly show your face. Select pictures taken at a distance, at an angle, or otherwise concealed. Never post Smartphone photos and don't use your face as a profile photo, instead, use cartoons or avatars.
- Use secure browser settings when possible and monitor your browsing history to ensure that you recognize all access points.



MANAGING YOUR FITBIT ACCOUNT

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

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.

The screenshot displays the Fitbit app interface. At the top, the 'fitbit' logo is on the left, and navigation options 'Dashboard', 'Log', 'Community', and 'STORE' are on the right. A gear icon in the top right corner is highlighted with a red box, and a red arrow points to a dropdown menu containing 'Settings', 'Help', and 'Log Out', with 'Settings' also highlighted by a red box. Below this, the main dashboard shows 'Today DECEMBER 26' and 'No Devices Paired'. A 'Recent Exercise' section is visible. An inset window shows the 'Personal Info' page for 'Jane Doe'. The left sidebar of this page lists 'SETTINGS' options: Personal Info, Notifications, Privacy, Data Export, Manage Account Access, Applications, and Help. The main content area of the 'Personal Info' page includes a 'Change Profile Picture' button, a 'Change Cover Image' section with a landscape image, and input fields for 'EMAIL ADDRESS', 'NAME' (Jane Doe), and 'SEX' (Female). A 'Logout' link is at the bottom left of the inset window.

PRIVACY

Dashboard Log Community Labs

Jane Doe
View Profile

SETTINGS

- Personal Info
- Notifications
- Privacy**
- Data Export
- Manage Account Access
- Applications
- Help

Privacy

Personal Info

- Pictures
- Birthday
- Sex
- Height
- Location
- My Friends

Statistics

- Badges & Trophies
- Lifetime Steps, Distance, and Floors
- Average Daily Step Count

Graphs

- Calories Intake and Burn Graph
- Steps, Distance, Floors Graph

Set sharing of personal info to either Friends or Private

ACCOUNT ACCESS

Dashboard Log Community Labs

Jane Doe
View Profile

SETTINGS

- Personal Info
- Notifications
- Privacy
- Data Export
- Manage Account Access**
- Applications
- Help

Account Access

Devices currently logged in

- Mac OS
1 hours ago
- iPhone
December 10, 2019

These devices are signed in now to your Fitbit account. Select a device to get details or revoke access to just that device.

Revoke All Access

Revoke access for devices you do not recognize.

APPLICATIONS

Dashboard Log Community Labs

Jane Doe
View Profile

SETTINGS

- Personal Info
- Notifications
- Privacy
- Data Export
- Manage Account Access
- Applications**
- Help

Applications

You have authorized these apps to interact with your Fitbit account

- Apple Internal WebView by Fitbit, Inc.
Approved on 2019-12-10 11:45:02
Apple Internal WebView client
Access And Write
sleep, settings, nutrition, activity, social, heartrate, profile, multi-factor authentication settings, weight, location, blood glucose
Revoke Access

Review applications that have access to your FitBit account.

PASSWORD RECOMMENDATIONS

- Minimum of 8 characters is recommended.
- Use a combination of upper and lowercase letters, numbers and symbols/punctuation marks.
- Enable two-factor authentication when available.
- Should not contain your name, username, phone number, birthday, pets' names or other personal information.
- Should be unique to each app or website you use.
- Don't use common words (dictionary, iloveyou, password) or series of letters (qwerty, abcd1234).
- Using a longer passphrase or series of words may be easier to remember and more secure.

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://help.fitbit.com/?l=en_US&c=Topics%3AAccount_Settings