

MePlus Instructions

MePlus is a mobile tracking app available on both iPhone and Android devices. It is designed to help you improve your health by tracking your steps, sleep, stress and tobacco use. Whether you're just getting started or already making lifestyle changes, the MePlus App is an easy tool to help you work towards your personal health goals.

1. Download

The MePlus app is available on iPhone and Android devices. You can download the App from Apple App Store or Good Play Store by searching "MePlus by HealthPartners". This is a free app.



2. Register

You will need to create an account at healthpartners.com/wellbeing before using the mobile app. Once you have created a username and password on your web account, you can then download the app and login. If you don't remember your username or password, click on "forgot username" or "forgot password" on the web account or call customer service at 952-883-7800.

3. Track

You can track your steps or other types of physical activity. Steps may be entered manually or synced from a Fitbit device. This tools allows you to choose other forms of physical activity by type and minute and will convert it into steps. This tool also allows you to track your stress and triggers, hours and quality of sleep and help you set a quit date for tobacco use.

Sync with Fitbit

You can also sync your personal Fitbit device with 10,000 Steps. You can connect your Fitbit account to MePlus through the settings. Click on "Devices" "Fitbit" and the "Connect". Once connected, any time your Fitbit device syncs with their Fitbit account, your steps will also sync to your MePlus account as well.

