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Fitbit Flex Product Manual - English

Setting up your Fitbit Flex You can set up your Flex using a computer or the Fitbit apps for iOS, Android, or Windows. Setting up your tracker on your mobile device The Fitbit app is compatible with more than 200 mobile devices that support iOS, Android, and Windows 10 operating systems. To get started: 1.

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The Fitbit apps and Fitbit Connect use Bluetooth Low Energy (BLE) technology to sync with your Fitbit tracker. Each time you open the Fitbit app it syncs automatically if the paired tracker is nearby. You can also

use the Sync Now option in the app at any time. Fitbit Connect syncs every 15 minutes if the tracker is within 20 feet of the computer.

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