

MOVband Info Sheet

When to Wear

- MOVbands can be worn all the time, except when showering or swimming. Be sure to remove your band before getting in the water.
- Remember to return your MOVband after the PEP reporting window

How to Wear

- Wear your MOVband on the wrist that you do not write with. For example if writing you use your right wrist, wear it on your left wrist.
- When the MOVband is on, do not remove the device from the band.
- Be sure the device is properly secured in the band. To do this, remove the band from the wrist and place the device inside. Push together until you feel the device click into the wristband. Refer to the pictures below to make sure this is correct. When the band is properly secured it will resemble the picture on the left. If it is improperly secured like on the right, it will be more likely to fall out of the band.



Get Active

- MOVbands are designed to track how active you are throughout the day (so be sure to wear them!).
- If you press the green button once, it will take you to a screen that displays how much you have walked, run and jumped today, the higher the number the better, get moving!