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How to adjust fitbit stride

Are you thinking about becoming a public adjuster? If so, you'll need a specific skill set to succeed in this line of work as well as the right education. Keep reading to learn about the job role of a public adjuster and how you can become one.

Job Role of a Public AdjusterOnce you become a public adjuster, you will spend your time evaluating property loss when an insurance claim is filed. You do this on behalf of the policyholder. In most instances, the policyholder will pay you a fee in exchange for your services. You must have the appropriate licensure to become a public adjuster. Much of the time, a public adjuster is hired to evaluate the value of a claim when the policyholder feels the claim amount determined by the insurance company isn't correct.

As part of your job role as a public adjuster, you will fill out lots of paperwork and then present a claim to an insurance company. Your goal is to work in the best interest of the policyholder. You will spend much of your time finding evidence to support the claims you file. This often includes interviewing witnesses, obtaining police reports and getting copies of medical documents. Once the claim has been submitted to the insurance company, you then work to settle a negotiation.

What Skills Does a Public Adjuster Need?To succeed in the role of a public adjuster, you will need excellent oral communication skills. In addition, it is imperative to have solid written communication skills as you will spend much of your time documenting the evidence you find and filling out paperwork for claims. Negotiation skills are highly valued in this line of work because it is your duty to get the best settlement for your clients.

How to Become a Public AdjusterTo become a public adjuster, you will need a high school diploma in the least. Many employers require a bachelor's level degree and, depending on the exact position and the state you intend to work in, you may need licensure. The process to become a public adjuster is mostly determined by the state you live in. Some states have a short process while others are quite lengthy.

How Much Money Do Public Adjusters Make?According to Study.com, the median salary for a public adjuster is \$62,980. Those in this role may find employment under different titles, including claims adjuster, investigator or examiner. Between 2004 and 2024, the growth rate for this career field is expected to grow by three percent.

Should You Become a Public Adjuster?If you're thinking about becoming a public adjuster, you will do well to perform lots of research. You can start this research online and look for employment opportunities near you. This will give you a clear indication of how difficult it will be to secure employment once you have obtained appropriate credentials to fill the role of a public adjuster.

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How Do I Sync My Fitbit?When you sync your Fitbit, you're transferring the data from your device to your Fitbit dashboard. Think of your dashboard as your control center. This is where all your information accumulates, including your food and water consumption, your sleep, the goals you set, history of your activity and any challenges you engage in with friends who also have Fitbit devices. Fitbits are compatible with most mobile devices and PCs with Windows 10 operating systems. Before syncing, you'll need to download the Fitbit app to your device or PC and install it. After downloading, open the app and touch "Join Fitbit." You'll get a series of prompts to guide you through the process of creating a Fitbit account and then pairing your Fitbit device with your mobile device. After pairing your two devices, syncing should happen automatically whenever you open the app. You can also enable "all-day sync," which will prompt periodic syncing throughout your day. Computers and Fitbits will sync every 15 to 30 minutes when your Fitbit is near your PC and you've inserted your Fitbit dongle into a USB port of your PC. Manual syncing is also possible. Open the Fitbit app on your device, and touch the icon of your device on your dashboard. Touch "sync now" to finish.

How to Reset the Clock on FitbitIf you move between time zones, you may have to reset your Fitbit clock. You'll do this through the dashboard in your Fitbit app. From either iOS or Android, open the Fitbit app dashboard and touch "advanced settings." For iOS, find "time zone," turn off "set automatically," touch "time zone" again, select your desired time zone and sync. For Android, turn off "automatic time zone," touch "select time zone," set the desired time zone and sync.

Fitbit Charge — How to Set TimeYour Fitbit Charge should set time automatically. If you need to correct the time, open the Fitbit app and your dashboard. Touch "advanced settings," find "time zone," turn off "set automatically," touch "time zone" again, choose your desired time zone and sync.

My Fitbit AccountTo sync your Fitbit, you'll need to set up a Fitbit account. Fitbit accounts are free, and you can make one by providing an email address and choosing a password. You'll have to agree to Fitbit's terms of service, and you can also decide whether you want to receive promotional emails from Fitbit.

Fitbit Support Phone NumberIf you have problems with your Fitbit, you can get support in several different ways. Fitbit offers help via chat, email, community, troubleshooting articles and phone. Phone support is also available during certain hours of the day. To find Fitbit's contact information, click on "Get Support" from the help.fitbit website.

MORE FROM QUESTIONSANSWERED.NET If you feel like your Fitbit isn't properly recording when you fell asleep — versus when you're just lying on your couch watching TV — or that it fails to detect that you woke up in the middle of the night, you may want to adjust your the device. You can make your Fitbit more sensitive to your tossing and turning and other movements. Here's how.

1. From your Dashboard, navigate to your Account tab.

2. Scroll down and tap on Advanced Settings.

3. Tap on Sleep Sensitivity.

4. Tap on Sensitive if you want extra-detailed sleep tracking and records of nearly all of your movements. This can be helpful if you find that you keep waking up tired, Fitbit says. Normal may be a better setting if you sleep with a partner who tends to roll around in his or her sleep. Fitness trackers are increasingly popular as a means of keeping active. Here are top tips for setting up, and troubleshooting if you've been gifted one this Christmas.

Fitness trackers are big business. Fitbit is still arguably the market leader although the Apple Watch is hot on its heels. The latest models of the Fitbit include the Fitbit Versa 2 smartwatch, Fitbit Inspire and Fitbit Inspire HR trackers. Instructions are limited and so if you're having trouble setting yours up, here are some tips to get you going.

1. Connecting your Fitbit to your phone

Fitbit devices connect to an App on your phone, so you'll need to pair your Fitbit via Bluetooth. If you're having trouble connecting, check your phone's Bluetooth is turned on. For iPhone go to Setting and select General. Tap on Bluetooth and toggle the on/off button to on. Look for the name of your Fitbit tracker and tap on it to connect.

Android phones may vary. Look for Settings, and then tap Bluetooth. There should be an option to enable or disable it. Make sure it is enabled. You should see the Fitbit appear within Bluetooth devices, tap to connect. If there are two of you with a Fitbit device in the house, make sure the other device is away from your phone as too many devices can cause confusion.

Our free tool [My Computer My Way](#) is a step-by-step guide to how to make individual adjustments to a computer, tablet or smartphone.

2. Change your stride length for Fitbit

Feel as if you're putting in the steps but your Fitbit isn't counting enough or is counting too many? Everyone's stride is different especially if you have a physical impairment. Fitbit trackers work out how far you have walked by multiplying your walking step and stride length. To work out your stride length go to a place where you are sure of the distance. Count your steps as you walk across it. Divide the total distance (in feet) by the number of steps to get your stride length. You can change your stride length in the Fitbit app on your phone, or from within the online dashboard. In the app, tap or click on the Account icon and then tap on the Advanced settings. Tap or click Stride Length, and adjust your stride. In the Fitbit dashboard, choose settings and personal information. Under Advanced settings, find Stride Length. Click Set on Your Own and adjust your stride length.

Do you have a new device you need help setting up? Or have you gifted a relative who needs help? AbilityNet's network of volunteers offers free technical support at home.

3. Fitbit not receiving notifications from your phone

Your Fitbit works best in tandem with your phone and can receive notifications including when you receive messages. Sometimes, notifications don't come through but there are some things you can do to try and reconnect. The first, and most obvious, is to ensure you're within 20 feet of your mobile phone. You can also try turning Bluetooth off and on again (follow the steps in tip 1) and try restarting your Fitbit and your mobile device. Where notifications are delayed, it may be that you have an unstable connection. From your Fitbit app, select Account and then select the tracker. Select Call and text notifications and make sure that the Enable Notifications Widget is turned on.

4. Use Alexa on the Fitbit Versa smartwatch

Fitbit's Versa 2 smartwatch has Alexa built-in. It enables you to speak to your watch and to connect to a smart home, or to get news, weather and other information on the go but you'll need to turn on the function first. You'll need to do this on your phone in either iOS or Android. Open the Fitbit app on your phone. Click on your profile icon in the top-left corner, and tap on the name of the tracker. Tap on the Amazon Alexa tile and then click login with amazon. This will redirect you to the Amazon app. Tap 'Get started' and give Fitbit permission to access the Alexa Voice service. Tap on 'Use location', to share your location if you'd like more personalised results, and then hit continue. Discover six ways Alex can help you be more organised and productive.

5. Using other apps with your Fitbit

Fitbit devices come with a good range of apps but you may have a favourite you'd like to sue with the device, too. It's possible to set this up. It is possible to have a different app if there's one you're more used to as there are quite a few that use Fitbit's API. You can set these up to sync with the Fitbit app. Click on the Account tab in the Fitbit app and tap Compatible Apps at the bottom. Find out about useful apps including those for people with MS, students and for mental health and wellbeing.

How AbilityNet can help with a range of devices

AbilityNet has a range of products and services that can help you make tech more accessible including consultancy, design reviews, auditing and user testing.

AbilityNet provides a range of free services to help disabled people and older people. Call our free Helpline. Our friendly, knowledgeable staff will discuss any kind of computer problem and do their best to come up with a solution. We're open Monday to Friday from 9 am to 5 pm on 0800 269 545. Arrange a home visit. We have a network of AbilityNet IT Can Help volunteers who can help if you have technical issues with your computer systems. They can come to your home, or help you over the phone. We have a range of factsheets which talk in detail about technology that might help you, which can be downloaded for free. You may find our factsheets talking about voice recognition and keyboard alternatives useful.

My Computer My Way. A free interactive guide to all the accessibility features built into current desktops, laptops, tablets and smartphones.

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