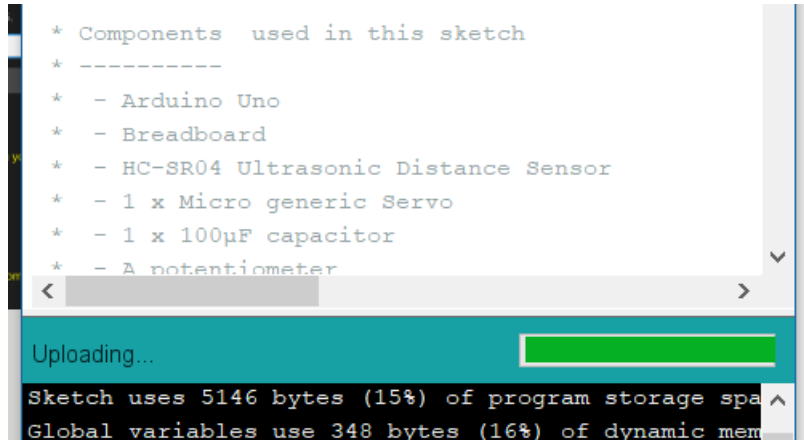Thanks for that. I was able to get my bluetooth connected to the computer but when I tried to upload to the my board thus:

the code appears to update but reaches a point where the green indicator bar reaches the end and just stays there. When I click on the serial monitor I get this: