

STEPPING IT UP

How to connect your step tracking devices



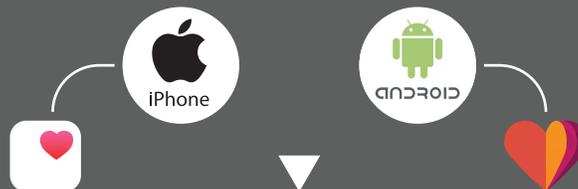
◀ NAVIGATE TO OR DOWNLOAD ▶



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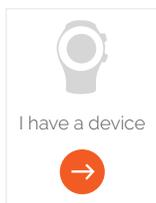
Vitality Today® mobile app



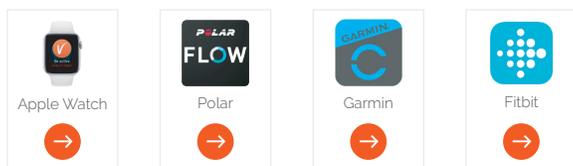
Log in and select **devices** on the homepage.



Select **I have a device** or **link another device**.



Select your device. You will be redirected to the device website. Log in with **your device account information** and connect to Vitality.



Steps will now automatically sync with your device and Vitality.

Open the app and select more on the menu bar.



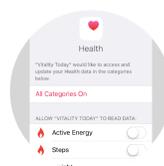
Select **connect to health app**



Select **connect to Google Fit**.



Select Vitality Today and turn **on all categories**



Select your account to connect



Steps will now automatically sync when you open the Vitality Today mobile app.

EARN VITALITY POINTS® FOR VERIFIED WORKOUTS*

- You must sync your device regularly in order for data to be sent from your device interface to Vitality.
- It's recommended to log in to Vitality Today at least once per week. It may take 24-48 hours for your Vitality Points to be awarded.
- Track your workout points on your personal points statement on the Vitality website or app.

* **LIGHT (5,000 STEPS), STANDARD (10,000 STEPS) AND ADVANCED (15,000 STEPS)**

Still have questions?

On PowerofVitality.com navigate to Resources > Guide to Vitality > Linking to Vitality

