



Connect with Apple's Health app

Put Fitness at your Fingertips

You can earn Vitality Points® for physical activity with Apple Watch or your iPhone by connecting the latest version of Vitality Today™ app to Apple's Health app.

Here's how it works:

- iPhone 5s or later models allow you to track steps and can be used to complete Light, Standard and Advanced Workouts (5K, 10K, 15K steps).
- Apple Watch allows you to earn Vitality Points through steps or Active Calories for Light, Standard and Advanced Workouts.
- Earn points for the Active Calories you burn throughout your day by standing or moving around, not just during the span of a workout, and by meeting your personalized thresholds displayed on Vitality Today. These thresholds are influenced by the weight you have provided in the Watch app.

In order for Vitality to pull your data from your iPhone or Apple Watch, you do need to open the Vitality Today app to initiate the data exchange. For more information on Apple's Health app, visit the Linking to Vitality Fitness Devices section in the Guide to Vitality.

Visit your App Store today and download Vitality Today to your iPhone.

