

Vitality



Revitalize yourself.

You care about your health. So, if given the chance, you make the necessary changes to improve your life.

You are empowered to transform yourself into the person you know you can be. With that power, goals that once seemed impossible become possible.

As a result, you work to achieve these goals and then enjoy the rewards of your work.

Are you ready?

Brought to you by  **Wellness IQ**
HOW MUCH DO YOU KNOW?

Link your FITBIT and Earn Vitality Points!



- * Go to www.FITBIT.com and create a username and password (write it down).
- * Log onto Vitality using your Vitality personal ID and Password
- * Click on Get Healthy, Fitness & Exercise
- * Under Fitness & Exercise click on Fitness Devices
- * Scroll down until you see Fitbit
- * Click on Step 2 link your Fitbit to Vitality. Enter your email address and your Fitbit username
- * Set up your Fitbit (if you haven't already)
- * Start Walking!

Your accounts will now be connected!!!

 **Wellness IQ**
HOW MUCH DO YOU KNOW?